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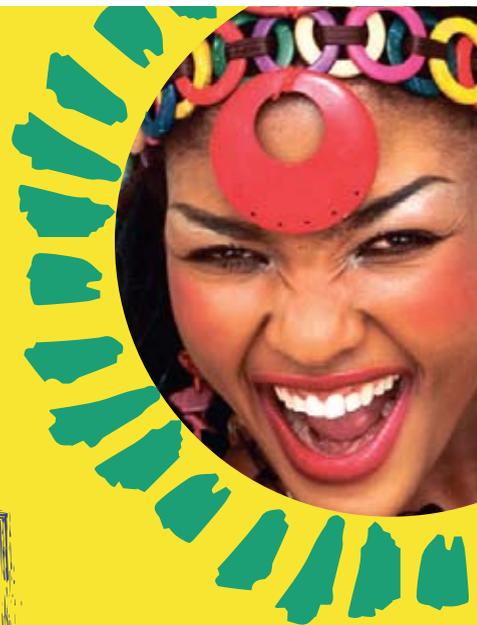
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Family November 2016



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Politics and kids

This election seems to have been going on even longer than usual, or perhaps it's the insane media coverage and the circus-like atmosphere that accompanied a good deal of it. One can only hope it hasn't affected our children with long-term negativity, because participating in the electoral process is an important part of our citizenry, and one should be engaged and proud to have the right to vote.



the inappropriateness of it all and ensuring their children's attention was elsewhere.

When I was a child I went to the polls with my parents and we voted "together." They instilled in us a sense of voter privilege and politics was a hot topic around our dinner table, sometimes pleasantly, and sometimes not so pleas-

antly. Unlike any past election I can recall, the tone of this went beyond decency and professionalism almost repeatedly. It seemed to grow quite ugly from the first, with vitriol usurping sensibility as the tabloids and other media practically salivated and ratings skyrocketed. We were bombarded with sexual innuendo and tasteless personal references almost from the start, and I was left wondering how families were coping with

As we youngsters began to think for ourselves, our opinions didn't always coincide with the parental stance around us, and great debates took place that could become quite passionate.

Taking my daughter to vote with me over these past years has been a ritual that has really paid off. She is very vested in the process and is one of many politically engaged millennials. We talk about politics and we discuss the candidates and the issues regularly, and I know she will do the same with her children one

day. This is as it should be.

But she is a grown young woman now, yet still I am embarrassed for all the personal smutty negativity she has had to hear in this election. Grown people behaving without cordiality and hurling insulting personal slurs at each other is no intelligent person's idea of true campaigning. This election has truly been a circus, not completely, but enough so to turn off a new young voter and to have to close the ears or the media outlets so that very young children didn't get exposed.

One can only hope that the the outcome of the election is respected and that we can move forward with some sense of dignity. Our country is dependent on this and so are our children. The show needs to end and governing on behalf of our electorate needs to commence.

Thanks for reading.

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Uniquely ROSIE

A mother of a special-needs son pens a series of books starring a pink hippo

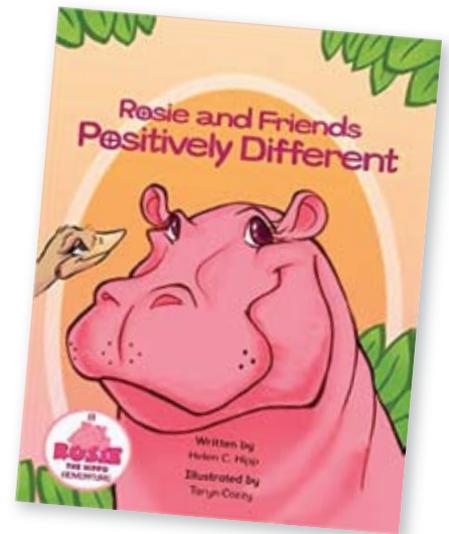
BY SHNIEKA L. JOHNSON

Mom and author Helen Hipp writes vivid books about whimsical characters that encounter real-life issues. Her own encounter with a pink hippopotamus while on safari birthed the idea of her character Rosie the Hippo, and led to a series of children's books about differences starring the rosy mammal. Hipp's experience raising a child with special needs led her to complete a Master of Arts in clinical psychology. She committed to never letting anyone but her son define his ability or potential. Because of this, her life's work as a mom evolved into her professional practice.

Hipp's book concept created an effective way to motivate kids (of all ages and abilities) to meet their challenges with self-acceptance, confidence, and under-

standing. The tomes are a creative and fun teaching tool for parents, caregivers, and teachers to use with children who may feel different than their peers. They encourage children to have a positive outlook and use their personal challenges to help them grow. Hipp's books are designed to help children see that being different can be an asset.

The first, "A Different Kind of Safari" (released in 2013), introduced Rosie, and encouraged the reader to transform personal challenges into opportunities. Her latest book, "Rosie and Friends Positively Different," addresses issues such as anxiety, fear, physical differences, and poor self-esteem. Hipp presents the issue of being different in a way that children can relate to and understand. She encourages happiness in spite of the challenges. Her message "uniqueness is not a weakness" truly puts into perspective that others'



perception of you depends mostly on how you see yourself.

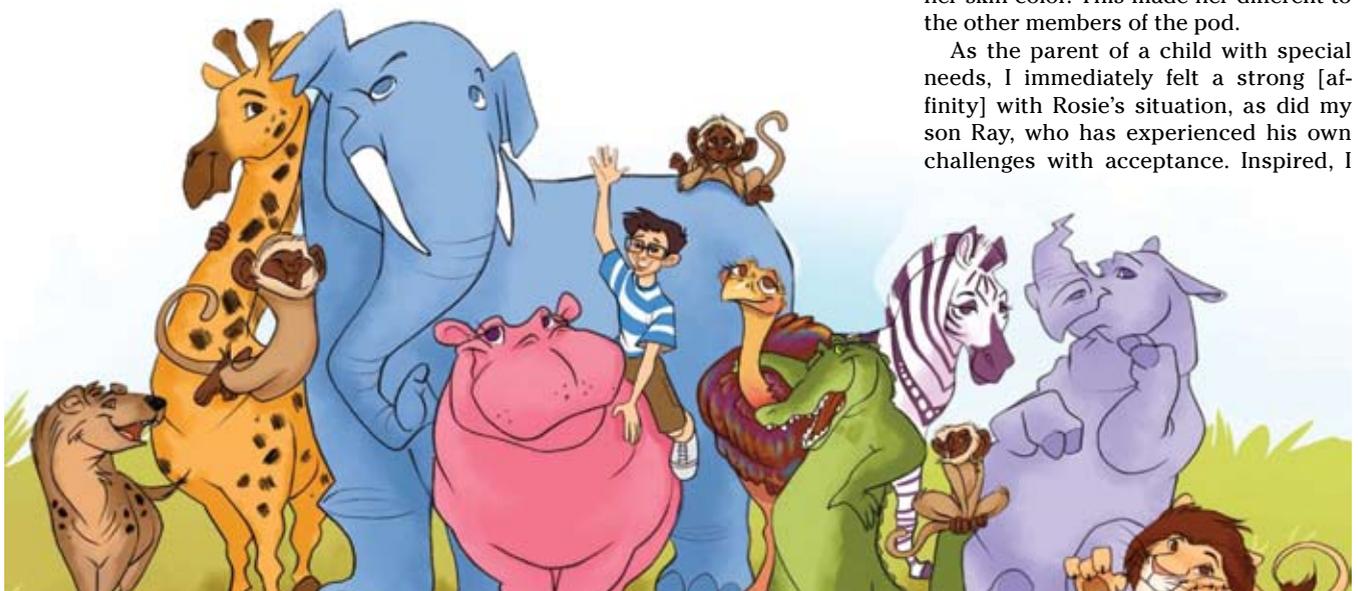
Shnieka Johnson: What led you to write children's books?

Hellen Hipp: My father had a dream to share an African safari experience with his family. Little did I know then that this trip would encourage me to write children's adventure books.

The storyline made its appearance when my family spotted a pod of hippos and one stood out because of her lack of color. She was pink! All of the other hippos were dark gray. My son Ray, 14 at the time, immediately named her "Rosie."

Curious and wanting to learn more about this hippo, we asked the guide many questions about hippos and hippo behavior. Specifically, I wanted to know why the pink hippo stood so far outside of her pod. The familiarity of the guide's answer took me by surprise. He explained that "Rosie" was tolerated, but not necessarily accepted by the herd because of her skin color. This made her different to the other members of the pod.

As the parent of a child with special needs, I immediately felt a strong [affinity] with Rosie's situation, as did my son Ray, who has experienced his own challenges with acceptance. Inspired, I



decided to share the story of Rosie with the world by weaving it into children's adventure books that celebrate differences.

SJ: What appeals to you most about children's books?

HH: I find the presence of innocence, imagination, and creativity that is woven into many children's books to be very captivating. I guess you can say I am a child at heart.

SJ: Why this particular topic?

HH: Perceptions shape your reality. Rosie and Friends help children to understand that their uniqueness is not a weakness.

SJ: Which children's books have inspired you as a writer?

HH: Maurice Sendak's "Where the Wild Things Are" is a book that I often think about when developing an ageless storyline that I want my books to be — fun and pertinent to readers young and old.

"Blueberries for Sal" by Robert McCloskey and "Angels on Horseback" written by Norman Thelwell were also instrumental, influencing me with simple, yet compelling, creative expression styles that brought the characters to life for me. As a child and now as an adult, I continue to enjoy all of these books immensely.



"As the parent of a child with special needs, I immediately felt a strong [affinity] with Rosie's situation, as did my son Ray, who has experienced his own challenges with acceptance. Inspired, I decided to share the story of Rosie with the world."

SJ: What vision do you have for your book series?

HH: My adventure books have already taken me on a journey that has given me the opportunity to meet a large number of wonderful people, all of which I refer to as my "Safari Family."

I cannot imagine anything more rewarding than bringing more of Rosie's adventures and their powerful message onto the stage and into schools to create an atmosphere of happiness, understanding, and acceptance.

SJ: Is there a need for more books like this?

HH: Yes, there is a need for books of all types. Particularly books that expand upon and challenge thoughts and foster imagination.

SJ: Where can your books be found?

HH: My books are available on Amazon and at Barnes & Noble.

SJ: What else do you want parents to know about Rosie the Hippo?

HH: Rosie puts things into perspective!

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.shnieka-johnson.com.



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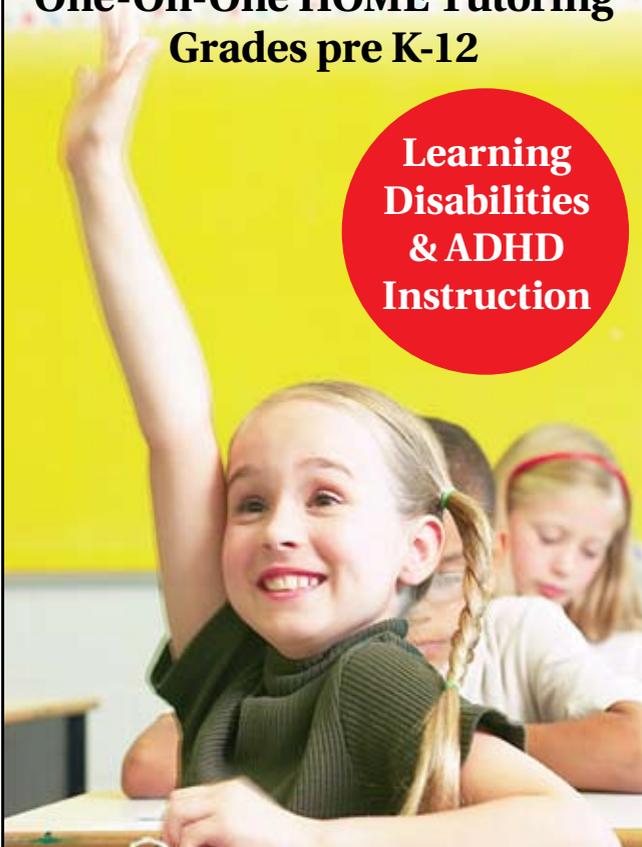
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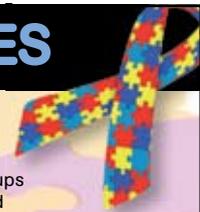
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Changing screen habits

Is there life without electronics? Part two of a series

BY MYRNA BETH HASKELL

Perhaps you've encouraged a variety of social activities and have found creative outlets for quality family time, but you still find that your child is spending too much time with his face glued to a screen. You would prefer that he learns to control his own behavior, but you are finding that he is unable to do so.

It's time that you monitor his tech time, set specific guidelines and, if necessary, utilize parental controls so you can be certain he is not spending all of his free time with his smartphone, iPad, gaming device, or other tech toy.

Why monitor tech use time?

According to a 2015 national survey conducted by Common Sense Media, tweens spend approximately six hours a day with technological media and teens spend approximately nine hours per day. This included gaming, cellphone use, social media, watching TV and videos, listening to music, and computer use (including making digital art and programming), but it excluded time spent with technology doing homework.

However, many experts agree that children learn best by real-world experience and interaction, and that limiting technology use in order to maintain a balance of non-tech social experiences is extremely important for a child's social and emotional development.

"When you hear the statistics about how much kids are attached to their social media, text messaging, and all things

Parental controls: Are you lost as to where to begin?

Here are some additional resources to find out more about controlling what your child sees and participates in throughout cyber world:

- Everything You Need to Know about Parental Controls (Common Sense Media): www.commonsensemedia.org/blog/everything-you-need-to-know-about-parental-controls
- The Best Parental Control Software for 2016 (PCMag.com): www.pcmag.com/article2/0,2817,2346997,00.asp
- Activate Parental Controls Around your Home (Internetmatters.org): www.internetmatters.org/parental-controls/interactive-guide
- Using Parental Controls for TV (TVguidelines.org): www.tvguidelines.org/parentalcontrols.htm

tech, it can be quite concerning," says Sue Scheff, a nationally recognized parenting advocate, author, and founder and president of Parents' Universal Resource Experts Inc.

She says it's easier with younger kids because parents are the ones arranging and monitoring play dates.

"However, with your tweens and teens it comes back to communication. If you feel they are spending too much time online,

share your concerns and give them some ideas for constructive offline activities," she says.

Dr. Lisa Strohman, a clinical psychologist, co-author of "Unplug: Raising Kids in a Technology Addicted World," and founder of Technology Wellness Center (www.technologywellnesscenter.com) warns parents of the affect long periods of time using electronics can have on kids' brains.

"The longer kids are connected — and studies now show over six hours a day — the more it's affecting their brain development."

She reports that MRI studies show that the brain starts to atrophy with obsessive, prolonged technology use.

"Addiction to technology during the teen years will also affect students going off to college."

She reports that kids have the highest susceptibility to create change in their brains between the ages of 13 and 20. So, these are critical years for brain development.

Setting guidelines for kids and teens

As with all other aspects of parenting, it's all about setting up rules and being involved with your children, according to an October 2015 article written by Dr. Ari Brown, Dr. David Hill, and Dr. Donald Shifrin, titled "Beyond Turn it Off: How to Advise Families on Media use" (American Academy of Pediatrics).

"The same parenting rules apply to your children's real and virtual environments. Play with them. Set limits. Be in-



involved. Know their friends and where they are going with them,” they write.

Common Sense Media suggests a screen-time schedule.

“If you’re concerned about heavy media use, consider creating a schedule that works for your family. This can include weekly screen-time limits and the kinds of screens kids can use. Get your kids’ input so the plan teaches media literacy and self-regulation.”

And the early you start, the better.

“For those who have young children, start early with device boundaries and guidelines,” advises Scheff. “Set up tech limits that fit your individual family. Starting early can really help your kids with a healthy digital life.”

For parents who have already given their tweens and teens smartphones without limits, she reminds, “You’re paying the bill for their privilege.”

Scheff also suggests family meetings to go over expectations:

- Set a time to unplug (i.e. during homework time)
- Find a place where devices are stashed

during meals

- No devices during social events
- Set consequences for breaking the rules

Privacy and parental controls

It’s true that it can be extremely difficult to physically monitor your children’s tech time. Therefore, some parents opt for parental control software and devices to monitor and limit their children’s tech or online activities.

“Let your kids know their actions online are public and permanent. It’s not about ‘I think you’re making bad decisions.’ It’s about safety,” says Strohman.

She explains that more kids are now getting cellphones by age 6, and that children at this age cannot possibly understand the complicated aspects of online safety and protocol. “Children should be told as early as possible that cellphones and technology are not equal to privacy.”

Scheff says that while setting parental controls can certainly help, parents

should always stay involved.

“I do believe in parental controls; however, it should never replace parenting,” Scheff states. “My philosophy has always been: when safety trumps privacy, that’s when you have to take it to another level of possible snooping. This is when you suspect your child is in danger or at risk, and they aren’t opening up to you.”

She stresses that parents must continue their offline chats every day to check in with their child about cyber health.

“New surveys are coming out regularly about how much time kids are spending online and how it can cause depression and possible addiction, not to mention cyberbullying. Growing up is hard enough without having to deal with social media pressure, too. As a parent, you must be present on all levels.”

Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in national and regional publications across the U.S. as well as internationally (www.mynahaskell.com). She is also cofounder and managing editor of “Sanctuary” (www.sanctuary-magazine.com).

Food, flowers, fun

Cranberries, pumpkin pie (with lots of whipped cream), deLysscious turkey, and mashed potatoes. Can you believe Thanksgiving is already upon us this month?

When I think of Thanksgiving, I think of the Macy's Thanksgiving Day Parade (cannot wait to take the kids), all the delicious food, the love of my family and the fellowship of friends. Sometimes after my family dinner I turn to my sister and say, "Happy SPANXGIVING!" (I will certainly need to be wearing my Spanx the next day.)



I recently found the most FabuLyss, innovative farm-to-vase subscription service — Half & Half Flowers.

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Half & Half Flowers, www.halfandhalfflowers.com.



Looking to see a new FabuLyssly Fun Broadway show? I loved "Holiday Inn: The New Irving Berlin Musical," now playing at Studio 54. You will leave the show smiling



A bouquet from Half & Half Flowers

from ear to ear.

In the play, based on the 1942 movie of the same name, Jim leaves the bright lights of show business behind to settle down in his Connecticut farmhouse, but life just



FABULYSS FINDS

LYSS STERN

isn't the same without a bit of song and dance. Jim's luck takes a spectacular turn when he meets Linda, a spirited school-teacher with talent to spare. Together they turn the farmhouse into a fabulous inn with dazzling performances to celebrate each holiday, from Thanksgiving to the Fourth of July. But when Jim's best friend Ted tries to lure Linda away to be his new dance partner in Hollywood, will Jim be able to salvage his latest chance at love?

"Holiday Inn: The New Irving Berlin Musical," at Studio 54 [254 W. 54th St. between Eighth and Seventh avenues in Midtown, (212) 719-1300, www.broadway.com/shows/holiday-inn-new-irving-berlin-musical]



Follow your heart straight to adventure at "Disney On Ice" with the family!

"Disney On Ice Presents Follow Your Heart" brings the record-breaking 2016 animated film "Finding Dory" to life, allowing families to join in the deep-sea adventure as Dory swims off the screen and onto the ice. "Inside Out" also makes its on-ice debut as Riley's emotions — Joy, Sadness, Anger, Fear, and Disgust — take the audience on an emotional roller coaster.

With "Snow White and the Seven Dwarfs," "Fantasia," "Toy Story," "Frozen," and Mickey and Minnie Mouse, "Disney On Ice Presents Follow Your Heart" exposes children to the thrilling world of live entertainment by immersing families in an array of treasured stories.

"Disney On Ice Presents Follow Your Heart" at the Barclays Center [620 Atlantic Ave. at Pacific Street in Prospect Heights, www.barclayscenter.com] Nov. 9-13.

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

Oreo cookie turkeys

A FabuLyssly fun dessert to make with the kids.

Makes 12 servings

INGREDIENTS

- 24 Oreo Double-Stuff cookies
- 12 miniature peanut butter cups
- 12 malted milk balls
- 1 cup candy corn
- 4 ounces chocolate frosting
- 4 ounces white frosting
- red food coloring

DIRECTIONS: Place one Oreo cookie as the base. Put one teaspoon of chocolate frosting on top.

Place one small peanut butter cup on its side so that it sits perpendicular to the base and it's stuck in the frosting. The peanut butter cup is the turkey's breast. Place a teaspoon of chocolate frosting on the top (widest part) of the peanut butter cup. Pick up the second

cookie, stick some candy corn — pointy side down — along one edge, into the Oreo "stuff," to create the tail feathers. They should fan out around the edge. If you have trouble doing this, you can help them stick with some white frosting.

Place this second Oreo cookie on its edge and press it to the dab of brown frosting on the wide part of the peanut butter cup.

Place a dab of chocolate frosting on top of the peanut butter cup and attach a malted milk ball to form the head.

Take a small amount of the white frosting in a separate dish. Mix in red food coloring.

Use a toothpick to place white frosting for the eyes and red for the wattle. You can add a beak by pinching off the small pointy top of a candy corn, dip it in brown frosting, and adhering it to the malted milk ball.

Your turkey is complete!

Recipe from Food.com, www.food.com/recipe/oreo-cookie-turkeys-142998

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Hansel and Gretel

November 5th, 6th, 12th, 13th
Showtime: 2pm

Hansel and Gretel are brought into the woods and cannot find their way back! A witch lures them into her little house with all kinds of tasty treats. Can clever Gretel trick the witch and get them safely back home?



Little Red Riding Hood

November 19th, 20th, 26th, 27th
Showtime: 2pm

On the way to visit her sick grandmother, Little Red Riding Hood encounters the wolf. The wolf tricks her into revealing the location of grandmother's house. Just when Little Red Riding Hood thinks it will be dark forever, suddenly, there appears a ray of light.

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Five (temporary!) parents' struggles

My kids are five years apart, which can make for some very good experiences, like having time with the baby while the older one is in school. But it can also make for some unpleasant experiences, like having to start over again, knee-high in diapers and late-night feedings, once you have finally exited the baby stage with your older child. With my youngest just reaching the teen years, I am now experiencing a multitude of newfound freedoms.

Take it from someone who has been down deep in the trenches just where you might be right now, frantic from non-stop crying, sweaty, exhausted, and depleted. Rest assured, there will come a day when all the things you are going through right now will cease (and dare I say you may even miss it!).

I won't lie; the freedom I have now is amazing. I can barely remember the days when I couldn't shower, sleep at night, watch my favorite show, or even read a book whenever I wanted. At the time, I thought those long, busy days would never end.

You will get here, and until you do, keep these five things in mind, because they will go away (I promise!):

Being awakened at a godforsaken hour each weekend. Whether you are now accustomed to being awakened by a harrowing squeal from a screaming toddler or you have a more calm start to the day upon hearing footsteps and rummaging around the kitchen in search of Frosted Flakes, there will actually come a day when you will wake up — on your own — before your child does. And just like that, it will be closely followed by your preteen or teen sleeping in and you will be the one waking them up (after you relish that newfound morning silence).

Being at a social gathering and not having to constantly watch your child at every moment. I can remember the first time my husband and I attended a party, and I didn't have to run after a curious toddler. I actually had conversations, sat down, and chatted at length with friends while my daughter happily and safely entertained herself close by. I had never even known this was something I would have given up for those baby and toddler years. I also didn't quite realize how sweet it would be until I was able to hang up my safety hat around the time my last child reached school age.

Having to take your child every-



JUST WRITE MOM

DANIELLE SULLIVAN

where. Gotta run to the grocery store, visit a friend, or gasp ... go to a movie? You won't always have to take your child with you or preplan ahead of time and hire a babysitter. There will come a time when your child will be able to stay home alone. And I know it seems like right now when you are bogged down in diapers and spit-up, that you might not see it, but it will happen, and likely before you are ready for it to happen.

Having a scared child crawl into your bed. It may be after a nightmare, or every night, depending on the personality and sensitivity of the child. You think that may never ever sleep with your partner alone again but trust me, it will happen. (And with three children with different sensibilities who are five years apart, I can happily assure you it will.)

Having to oversee homework and studying. With enough effort in the early years, by the time a child gets a few years of school under his belt, there is really no need to micromanage his school life. Not only is it up to the kids to do their work, metaphorically and literally, but also, if they learned good school habits early on, it is already instilled in them. So all of those homework sessions, countless study reminders, and oral quizzes the night before a test will eventually fade away.

And once all of these little nagging, annoying inconveniences cease and your growing kids are independent and self-sufficient, well, you are going to wonder how fast they have grown and in all likelihood, only wish you had just a few more of those hectic days!

Danielle Sullivan, a mom of three, is a writer and editor living in New York City.

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The new debate over **homework**

Many parents think their kids have too much. Is the answer to have none at all?

BY TAMMY SCILEPPI

Is homework good for our children? Does it boost learning and encourage higher achievement? Or does it cause added stress in your kids' already-over-scheduled lives?

Would a no-homework policy at your child's elementary school hinder her academic progress?

And how can parents and teachers better manage students' workloads to ensure their well-rounded development?

In a controversial, nationwide trend, a handful of elementary-school teachers have been going rogue by taking a "radi-

cal" approach to their curriculum, and saying "no" to homework assignments.

Experts such as pediatricians and WebMD medical editor Dr. Hansa Bhargava, believe that youngsters can benefit emotionally and physically when they spend more free time with their families, or engaged in creative play. While some parents love that idea, others feel homework should take priority.

The great homework debate

Ask any young New York City student if he likes homework, and most likely, with a few exceptions, the answer will be a resounding "NO!" In kids' minds, there's nothing good about the "H" word. After hours of working in school, who wants to come home to more work? In fact, if you ask parents, many would probably admit that they secretly hate homework, too.

The heated homework debate — for or against — is indeed sparking quite a bit of controversy lately, as elementary school students seem to be coming home with more and more assignments each day. Some parents are questioning whether all of that extra work is worth the extra stress. And many believe that their kids



Pediatrician and WebMD medical editor Dr. Hansa Bhargava with her twin fifth-graders.

are getting much more homework than students did 20 or even 30 years ago.

Finding a balance

If too much homework is assigned, it can get overwhelming. Not only for youngsters, but for the entire family. Too little or none at all, and many parents worry that their kids aren't learning enough or getting a good education.

Other parents are wondering if no homework is a better alternative.

Author's aside

When my smart, well-rounded son, Brian (now 23), attended elementary school, he usually got good grades, even though he hated studying. Then one day, he and homework became arch enemies.

My rule was: When he got home, he could have a snack and relax for a while (maybe watch a little TV), but he had to get his homework done, neatly and correctly. The system worked for a while, but as my son got older, getting him to start and complete assignments turned into a daily battle. Like most kids, he felt (somewhat justifiably), that homework was getting in the way of his valuable free time.

I spent many years stressing out about it: arguing, coaxing, negotiating, and trying to reason with him. I even offered

rewards to get him motivated and excited about doing homework. Nothing seemed to work. He just wanted to get it over with.

We made sure his free time was spent doing what he liked. He loved baseball, video games, and spending time with friends and family. Weekends were great.

But when he got more homework, he couldn't handle it, and his behavior caused a lot of tension at home. My husband and I would bicker a lot; both of us were working, juggling household chores, and always feeling tired. Looking back, homework was just one more thing that made life more difficult and stressful.

In addition, we had different parenting styles, which added fuel to the fire. My husband was more laid-back than me, and his "Leave him alone, it'll get done"

approach would drive me crazy. Back then, I was a "get it done, or else" helicopter mom who didn't believe in that laissez-faire philosophy when it came to raising kids. Perhaps I should've taken the hands-off route, but then, who knows how many homework assignments wouldn't have been completed or handed in on time?

It took me a while to figure out that my son actually resented having to do his homework. He seemed to have an arrogant, "How dare they make me do it, when there are so many other things I'd rather be doing now?" attitude.

If I could, I would have said "NO" to homework!

With all due respect to my son's teachers, years later, I'm really grateful that all of those dreaded homework assignments are finally behind us!



Did you know?

Studies have shown that having dinner together as a family three times a week has many benefits and can lead to more grounded children, and also to better education and less likelihood of later drug abuse.

“This dynamic can impact kids at all levels, but specifically younger kids,” Dr. Bhargava noted.

What can teachers do?

Teachers have rules dictated by the National Education Association, including a standard homework rule of 10 minutes per grade. Dr. Bhargava suggests they try to stay within those parameters, and “be more aware that there are other things going on in the child’s life, so they can be a bit more realistic.”

In an ideal world, homework shouldn’t be a one-size-fits-all, because kids learn differently and handle assignments differently. So teachers could modify their workload with that in mind, says Bhargava.

She also suggests more project-based learning, in which students would get more real-world learning rather than filling out worksheets.

Of course, if your child is unable to complete the volume of assignments because of attention deficit hyperactivity disorder, anxiety, or any number of special needs or learning disabilities, by all means, advocate for your child.

“If you’re the parent of a child who isn’t able to handle homework, advocate for your child,” says Bhargava. “Absolutely talk to teachers and see what you can do. I would say, don’t take away homework, let’s keep it in regular parameters and make it reasonable.”

In the end, Bhargava says, academics, activities, and family time can happily co-exist with proper balance.

“We have to have some trust in education and hope they do know what they’re doing,” says Dr. Bhargava, who agrees that homework isn’t the be all and end all, but reminds parents: “At this point in time, the bigger problem is just creating time for families.”

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

Additional reading

www.webmd.com/hansa-bhargava
www.webmd.com/news/breaking-news/teen-stress

“The Homework Myth: Why Our Kids Get Too Much of a Bad Thing” by Alfie Kohn.

Bhargava, who doesn’t advocate for removing homework from school curriculums, suggests parents look over all of those after-school activities they’ve got lined up for their kids. Is their schedule too overloaded with all the homework they’re getting?

As the mother of twin fifth-graders (a boy and girl), who get an hour and a half of homework every night, she knows firsthand what it’s like to help her kids balance school responsibilities with leisure time. Family time is crucial for kids’ emotional development, says Bhargava, who enjoys lots of it with her twins.

She says it’s all about balance.

“When we did a survey here at WebMD, the majority of parents reported that the number-one stressor for younger kids was homework,” she noted. “We do need to be mindful that there are other things going on in a child’s life as well; a lot of activities, screen time, devices. So, I think that competing priorities for that time after school is not just about homework.”

In fact, she says the idea of today’s kids

having more homework to do than those of past decades is just not so.

“When you actually look at the numbers, there’s essentially not a lot of it,” she notes. “And interestingly, the amount of time spent on homework has been consistent over the decades. We need to put this in perspective based on the data.”

Kids have a lot going on, with competing priorities: activities, time with family and friends, and homework. And that’s much more so today than in the past. They are overscheduled. According to the American Academy of Pediatrics, family time and creative play for younger children — when the brain is still developing — are essential.

To alleviate stress, Bhargava suggests:

- Re-examine your kids’ entire schedule and think about re-prioritizing or removing some activities altogether.

- Know your kids and how they handle homework — some take longer, and some do better resting or playing before diving in.



There is help for varicose veins!

Among the myriad of uncomfortable and unattractive ailments of pregnancy are unsightly varicose veins. The bulging purple or red veins might not pose a health threat, but they can be uncomfortable.

Often varicose veins can begin in pregnancy but last a lifetime, unless medical intervention is pursued. Some people experience an ache and heaviness due to the blood pooling in their veins, so living with the condition can also be painful. There is help available, says Dr. Luis Navarro, founder and director of The Vein Treatment Center in New York City.

Danielle Sullivan: Why do some women get varicose veins and others don't? Does it signal a serious health issue, such as a circulation problem? Does it develop from standing too much?

Dr. Luis Navarro: Some women are more prone to varicose and spider veins because they are genetically predisposed to them. More than 60 percent of patients who have vein troubles have a family history with this. Varicose and spider veins rarely indicate more serious medical issues, but things such as pregnancy, standing all day, or sitting all day can bring on the veins.

DS: How effective are compression socks as opposed to laser ablation?

DN: Compression socks and stockings are complementary to actual vein treatments such as laser ablation. Compression stockings diminish the symptoms of varicose veins, but do not cure them. You'll need laser ablation to cure the veins, and once your laser ablation is done, you will no longer need to wear compression stockings because you will



HEALTHY LIVING

DANIELLE SULLIVAN

be completely cured.

I, along with my colleagues, developed the Endovenous Laser Ablation technique, which became approved by the Food and Drug Administration in 2002. Now used worldwide, Endovenous Laser Ablation is the preferred method of treatment over traditional ligation and stripping, due to its minimally invasive characteristics.

DS: What are the risks and complications of laser ablation? Does it ever cause blood clots?

DN: There are very minor risks and complications associated with laser ablation treatment. Minimal black-and-blue bruising may occur, and there is a minor chance that it can cause blood clots — this is very rare.

DS: What are the rates of success with laser ablation?

DN: There is close to a 100 percent success rate with laser ablation. It is an extremely beneficial treatment for varicose veins, and with the 25-minute treatment time under local anesthesia with no downtime, it is a great option to cure the veins.

DS: What are some at-home treatments for varicose veins?

DN: Home treatments to help ease symptoms of varicose veins include wearing compression stockings, and to help with swelling, individuals can take horse chestnut seed extract. These at-home remedies will not cure the veins like professional treatments will, but they will help manage the symptoms associated with varicose veins.

Danielle Sullivan, a mom of three, is a writer and editor living in New York City.



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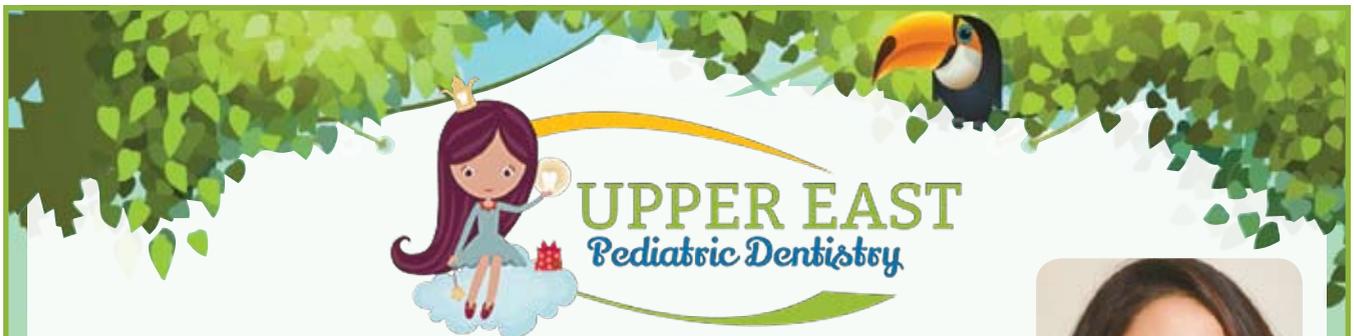
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DIVORCE & SEPARATION

LEE CHABIN, ESQ.

The timeline and costs of mediation

Bill and Angela have been married 10 years and have decided to divorce. They have two children, ages 6 and 9. They also own a home, other assets, and have joint credit cards. In this and upcoming articles, we'll follow this realistic albeit hypothetical couple as they deal with their conflicts, assisted by a mediator.

Since the couple has decided to use a mediator for their divorce, they will pay \$3,350 for services. By contrast, in many litigated divorces, each spouse pays more than twice that amount (\$7,500 or more) for the lawyer's retainer. That's \$15,000 between them. And very often, that is just the beginning of the court process.

In mediation, many spouses will incur costs lower than \$3,500 for their sessions. For couples who split the cost in half, that will be about \$1,750 each.

Mediation usually costs about \$300 an hour.

Mediation ends when parties have reached their agreements. The agreements then need to be written and filed with the court.

Here's a timeline of how Bill and Angela's mediation will start:

Nov. 1

Angela calls the mediator, who answers several questions.

Nov. 2

Angela tells Bill what she has learned about mediation:

- This mediator, who has a sliding scale, will charge \$300 per hour; and work with both of them, together.

- They can split the fee, and there is a \$50 consultation that they will attend together.

- The mediator is paid at the end of each session (unlike most attorneys, who require a retainer upfront).

- Bill and Angela will make decisions about their children and everything else. The mediator won't decide for them.

- If they begin mediation, either party can end it at any time.

Nov. 8

Bill and Angela discuss mediation.

Angela wants to try it. Bill is reluctant, thinking it a waste of time. But, since the consult is \$50, and he would pay \$25, he agrees. What's to lose?

Nov. 15

Angela and Bill attend the consultation.

They both like the idea of saving money — as opposed to what litigation costs. And they would like to be amicable (as much as possible), because they'll have to interact with each other for years to come since they have fairly young children.

They learn that many couples complete mediation within six to 12 hours.

Since Angela and Bill have children, own a home, and other assets — and have major disagreements — the mediator offers that the case will probably take longer

than six hours.

"Let's say it takes 10 hours," the mediator suggests, noting that it could be shorter or longer. "That would come to \$3,000, plus \$50 for the consultation."

The mediator adds that finishing mediation doesn't mean couples are divorced. There are things that follow:

"Whether you mediate or go to court, you'll need a separation agreement (essentially all of the agreements spouses come to, written in a format that courts require). There is a separate fee for that service."

"I encourage parties to each meet with their own review attorney to go over the agreement before signing it," he adds.

A review attorney is someone who will review the agreement, and may charge hundreds of dollars — a small fraction of the tens of thousands of dollars that the same lawyer might charge to litigate the same case.

He also adds that each party may hire a lawyer at any time.

Angela and Bill read the "Agreement to Mediate" form, which largely sets out how mediation works, and sign the form.

Bill and Angela each pay \$25 for the consultation fee, and they schedule a first working session for early December.

Next time: Parenting discussions

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

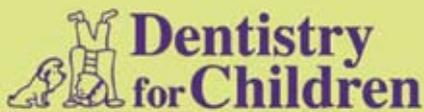
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Because 'mother-in-law' is antiquated!

BY CAROLYN WATERBURY-TIEMAN

Last month, I joined ranks with one of the most maligned groups in the civilized world. Members of this sorority are stereotypically described as conniving, undermining, competitive, superficial shrews. Historically, they have been the butt of jokes, fodder for stand-up comedians, and a staple of classic sitcoms. Perhaps the only other familial role depicted as equally villainous is that of stepmother. Yet, in spite of all the unpopular press associated with this group, I could not wait to join!

There are no prescribed qualifications for membership. During the initiation cer-

emony, I was not even required to make a pledge. However, my son was asked to take a series of vows. That's right! You guessed it. On the first Saturday of October, I officially became a mother-in-law.

My first order of business is to make an adjustment to this antiquated moniker. The name "mother-in-law" smacks of an obsolete patriarchal system that identified everything in terms of its relationship to property. The property, in this case the bride, was transferred from ownership by the father to the husband, so that the husband could track, with confidence, the distribution of his wealth to his legal heirs. Well, hooley on that!

For six years, I have witnessed my son

and his now-wife creating a vibrant relationship that is extraordinary to behold. Law had absolutely nothing to do with it. Their devotion to each other and their future together has been inspired, motivated, guided, and enhanced by love. It is through love, with love, and by love that her presence has been added to our lives. And so, that is how I plan to refer to myself, as her mother-by-love.

The next order of business is to avoid perpetuating the myth of the stereotypical mother-in-law. Fortunately, my own mother-by-love has provided an exceptional role model for conducting myself in this new facet of my parental identity. From the very beginning, she welcomed my involvement in her son's life. Over the years, we have become friends and confidants. We have walked miles and talked for hours. We

Fortunately, my own mother-by-love has provided an exceptional role model for conducting myself in this new facet of my parental identity. From the very beginning, she welcomed my involvement in her son's life.

have recommended and discussed books with each other. We have traded recipes, shared parenting strategies, and travelled and vacationed together. We have debated politics and religion. We have elected to agree to disagree because keeping our relationship intact has been more important than asserting our point of view. We have helped each other find humor in the most trying of circumstances. We have comforted one another when no humor could be found. In her, I discovered what Anne Shirley called "a kindred spirit."

Underlying the success of our 34-year association has been mutual respect, genuine affection, and a shared conviction that when it comes to love, there is always room for more. My love for her son has not diminished, nor was it intended to replace, her love as his mother. Her love for my husband has not threatened, nor was it intended to usurp, my love as his wife. My husband's

love for his mother is not a sign of disloyalty to me, nor is his loving me being disloyal to her. It is because of her love that he is capable of loving me and accepting my love in turn. Each of us has benefitted from the love abiding between the other two.

Love does not exist in limited quantities to be doled out incrementally. Love is a quality of character we learn to demonstrate toward others because of the way we have experienced it ourselves. The quality of love is not strained by the presence of additional people in our lives. Love deepens and expands to embrace all those who seek it. Love begets love. Each of us is better for the love we have known from each other.

As parents of young children, you may be wondering what any of this has to do with you. Well, after 26 years of parenting a son — meeting his basic needs, surrounding him with people who loved him, providing him with opportunities to explore

and develop all of his abilities and talents, encouraging him to always do his best, guiding him through making decisions, coaching him in creating and nurturing relationships with others — and six years of observing his courtship, engagement, marriage preparations, and wedding, I have come to the conclusion that this is the role we have been preparing him for.

There is tremendous pressure to raise our children to be successful. And when people say successful, they are primarily referring to financial success. Well, statistically speaking, of all the things our children could become, they are most likely to become spouses. I tell you right now, there is nothing like having your son whisper in your ear, during the mother-son dance at his wedding reception, "Thank you for being such great parents. I am ready for this. Thank you for preparing me so well." And when he presents you with a young woman whom you are honored to call your daughter-by-love, you know you have done something good.

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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Healthcare proxies — why do you need them?

A healthcare proxy allows you to communicate your end-of-life choices if you cannot speak for yourself. It is important to create a healthcare proxy before a crisis hits. If you receive a dire medical diagnosis, the last thing you want to be thinking about is addressing these documents.

It will allow you to appoint another person (whether family member or friend) to make healthcare decisions for you if you are no longer able to communicate with doctors, or lack the capacity to make decisions. In the absence of a proxy, the statutory law in New York provides for a hierarchy of persons who make medical decisions for another person. The first is a spouse, and then a child — without specifying which child, which can lead to ambiguity with adult children who don't get along or agree.

We like to have clients prepare healthcare proxies for their children under the age of 18, who by definition “lack capacity” to make their own decisions. In the parents' absence, or incapacity, parents can appoint another person to make medical decisions for that child.

Even if a person lacks healthcare decision-making capacity, he can still designate a healthcare agent and sign a proxy if he is “competent.” According to Public Health Law 2981.1, every adult is “presumed competent” to appoint a healthcare agent unless determined incompetent by a court.

The requisite “competence” standard for making the proxy is different from the standard of “capacity to make healthcare decisions.” “Capacity” in that context means “the ability to understand and appreciate the nature and consequences of healthcare decisions, including the benefits and risks of and alternatives to any proposed healthcare, and to reach an informed decision.”

What this means is that a person who cannot make his own medical decisions because he cannot process the information and make reasoned decisions, can

still grasp that he is appointing someone to make those complex decisions.

Advance directives such as healthcare proxies and powers of attorneys are intended to avoid the need for a guardianship proceeding under the law of Mental Hygiene Law Article 81. A proceeding is costly and time consuming, not to mention emotionally burdensome for going through the process of asserting that a loved one lacks competence. This often angers the person over whom a guardianship is sought, and causes strife among adult children of that person or other family members. That said, a guardianship proceeding is sometimes still necessary, as where a person has signed conflicting documents or is believed to have been susceptible to undue influence.

Another complication can arise where there is a guardianship in place but a person executes a healthcare proxy. Decisions by a healthcare agent take priority over decisions by any other person. Nor does an Article 81 guardian have the authority to revoke a designation of an agent. The written designation of an agent is presumed valid, and the person making it is presumed to have had the requisite competence. Court intervention is required to revoke the designation.

New York State does not recognize the designation of “co-agents” on a healthcare proxy. Policy dictates that only one person be imbued with decision-making authority. To do otherwise imposes risks on the health of a person who is in need of clear direction to medical personnel. A person may designate an “alternate” or successor agent, but the law is clear on the appointment of a single agent.

A healthcare agent's authority is not triggered unless and until the person lacks decision-making capacity. The agent may not supersede the principal's own decision making simply because they've been appointed as agent. The physician may only take direction from the patient and



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

no one else when the patient is able to communicate.

The agent's authority is not unfettered. An agent cannot override a decision already made by a patient. If a patient has communicated a “do not resuscitate” order to a physician and later loses capacity, in general, the agent cannot change plans.

An agent also cannot limit visitation to the patient, although in circumstances where a client is concerned about strife among family members, or unwanted persons coming to visit, language to that effect can be included to persuade the medical facility that the patient would exclude those persons if she were able to do so.

A healthcare proxy is a brief document but can still be fraught with potential for conflict and complexity. It is important to consult an attorney to answer questions you may have regarding the implementation of a proxy in various contexts.

Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists new and not-so-new parents with their estate planning needs. Visit her website at www.besunderlaw.com.

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Scanning for head trauma in babies

Last month, my 6-month-old daughter fell off of the changing table. I looked away for only a second to grab a diaper and she rolled over; it happened so fast! She was crying and there was a bump on her head. I panicked and took her to the emergency room. After the examination, the doctor said that although she looked fine, he wanted her to stay for observation. We were released a few hours later with a clean bill of health. However, my mother-in-law scolded me and said I should have demanded a CT scan. I just want what is best for my child. Should I be worried?

You did the right thing by bringing your daughter to the emergency room after her fall. Unlike other types of injuries, injuries to the head can't always be seen with the naked eye, which is why computed tomography scans are sometimes ordered when a child comes to the emergency room after experiencing trauma to the head.

The scan takes a series of X-rays and combines them to give a multi-dimensional image. They are especially useful for providing sharp images of soft tissue, blood vessels, and internal organs, and, in



FAMILY HEALTH

DR. PRAMOD NARULA, MD
Chairman of Pediatrics
New York Methodist Hospital

cases of head trauma, are helpful in detecting brain injury, such as internal bleeding or skull fracture.

While a scan can be an extremely helpful tool in diagnosing brain injury, it exposes the child's still-developing brain to radiation, and should only be used when absolutely necessary. To that end, pediatric emergency medicine physicians follow a strict protocol in determining whether a child with head trauma should receive a scan or if staying in the department for observation will be sufficient.

As you may remember from your trip to the emergency room, the doctor will ask about behavior changes: is the child acting abnormally in any way? Did the child lose consciousness after the fall? The doctor will feel the head for hematoma or possible skull fracture. If the child is acting normally, and there is no palpable skull fracture, the physician will most likely avoid ordering a scan and instead ask that you stay in the emergency room for observation.

On the other hand, if your child is behaving unusually or if the doctor feels that there may be skull fracture, he or she might recommend a scan for further review.

Scans are excellent tools, but should only be used when indicated. Otherwise, the risks outweigh the benefits. If a scan is recommended, your doctor will probably explain why he or she believes that it is indicated.

Babies can give you a lot to worry about — whether a CT scan is the right choice shouldn't be one of them.



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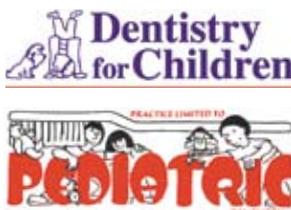
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Calendar

NOVEMBER



Associated Press / Diane Bondareff

Before the turkey

Get ready for the 90th annual Macy's Thanksgiving Day Parade on Nov. 24.

The giant event features balloons, floats, marching bands, performance groups, and loads of entertainers.

The 2.5-mile march kicks off at W. 77th Street and Central Park West, winding its way downtown to the viewing stands in front of the world-famous Macy's of Herald Square.

Children of all ages will love watching

the marchers and goggling at the giant balloons floating high above the avenue. Bringing up the rear as always is the ever-popular Mr. and Mrs. Santa Claus, with Rudolph at the head. Santa and sleigh heralds the end of the parade and the beginning of the holiday season.

Thanksgiving Day Parade, Nov. 24 from 9 am to noon. Free.

Macy's Herald Square (Broadway and W. 34th Street in Manhattan).

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THURS, NOV. 3

IN MANHATTAN

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.

FRI, NOV. 4

IN MANHATTAN

Little New-Yorkers: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3:30 pm; Free with museum admission.

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

SAT, NOV. 5

IN MANHATTAN

Sonia De Los Santos and Elena Moon Park: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$17 (\$14 members).

Get ready for a morning of folk music from around the world (in English, Spanish, Korean, Mandarin, Japanese, Tibetan, and Taiwanese) from these two fantastic musicians, who are both Dan Zanes collaborators.

Pumpkin Smash 2016: Clement Clarke Moore Park, 10th Avenue between W. 21st and W. 22nd streets; (212) 477-4022; nycgov-parks.org; 11 am to 2 pm; Free.

Don't let your pumpkin haunt a landfill! Bring pumpkins, jack-o-lanterns, and gourds for a smashing good time. After you smash them, NYC Compost Project will turn them into compost for city parks and green spaces.

5K Birch Family Run and Walk: Hudson River Park, Pier 64 at W. 24th Street; (212)



Crackin' holiday tradition

Sugar Plum Fairies like you've never seen before are performing in the New York City Ballet's production of "The Nutcracker," at Lincoln Center for the Performing Arts from Nov. 25 through Dec. 31.

The George Balanchine version of the holiday favorite features a one-ton Christmas tree that grows from 12- to 40-feet-tall, an on-stage snowstorm, and hundreds of fanciful costumes. In addition to 90 dancers and 62 musi-

cians, this production also boasts more than 60 performers from the School of American Ballet.

"The Nutcracker" Tuesdays through Sundays, Nov. 25 to Dec. 31; with special presentations on Dec. 19 and 26. Tickets range from \$79 to \$165. Visit www.lincolncenter.org for showtimes.

David H. Koch Theater, Lincoln Center for the Performing Arts [10 Lincoln Center Plaza on the Upper West Side, (212) 875-5374; www.lincolncenter.org].

616-1801; www.birchfamilyservices.org; Noon to 2 pm.

The fourth annual Family Day and 5K Run and Walk is a family-friendly event that celebrates the abilities of the 1,500 children and adults with autism and other developmental disabilities supported daily by Birch Family Services throughout New York City and the surrounding areas.

Family Concert: Lincoln Center's Passport family Program, 10 Lincoln Center Plaza; (212)-875-5456; 1 pm and 3 pm; \$25-\$35.

Who is Count Basie? Piano player and bandleader William "Count" Basie brought America out of the Depression with the elegant and irresistible swing of Kansas City. In this hour-long narrated concert featuring the Jazz at Lincoln Center Orchestra, crowd participation, and engaging storytelling by Wynton Marsalis, families will learn about Basie's

exciting career and infectious music.

"Chalk": The Kraine Theater, 85 E. Fourth St. and Second Avenue; (212) 460-0982; www.horseTRADE.info; 2 pm; \$15 (\$5 children under 12).

A playful and poignant one-man show guaranteed to delight audiences of all ages. Chalk invites audiences into a hand-drawn world where imagination is made real and anything can happen. Charlie Chaplin meets "Harold and the Purple Crayon" in this feel-good romantic romp sure to "Draw You In."

Jazz for Young People: Lincoln Center's Passport family program, 10 Lincoln Center Plaza; (212)-875-5456; 2 pm to 4 pm; Free.

This event is the second installment of Jazz at Lincoln Center's three-part Jazz for Young People series. Community Artist Workshop and performance based on Wynton Marsalis and Sandra Day O'Connor's conversations on

Calendar

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jazz and democracy, this three-part concert series will illustrate the ideals of American democracy through the lens of America's greatest and most democratic art form: jazz.

"Hansel and Gretel": Galli Theater, 151 W. 26th St.; (212) 731-0668; www.gallitheater.com; 2 pm; \$20 (\$15 children; \$35 combo).

Follow the kids into the woods in this fun fairy tale.

SUN, NOV. 6

IN MANHATTAN

All Aboard: Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; www.mjhnyc.org; 10 am to 1 pm; \$8 (Free for members).

Pick up your passport and get your tickets at this hands-on workshop. Board a boat and watch an original play based on the PJ Library story, "When Jessie Came Across the Sea."

New Families—New Traditions: Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; www.mjhnyc.org; 10:30 am; Free.

Playful programs about holidays and traditions for downtown Jewish and interfaith families with infants to 4-year-olds. Join the musical group Yellow Sneaker and puppet pals for programs that nurture family bonds and bridge connections to Jewish life and traditions.

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

All ages are welcome to join this special story time.

Itty Biddies: Carnegie Hall Resnick Education Wing, 861 Seventh Ave. at 57th Street; (212) 247-7800; www.carnegiehall.org; Noon and 2 pm; Free.

Carnegie Kids Concert features The Itty Biddies, a fun vocal group with crystal-clear vocals and awesome instrumental skills. This trio makes audience members of all ages sing, dance, and have a great time. Suitable for children 2 to 6 years old.

Thalia Book Club: Leonard Nimoy Thalia, 2537 Broadway at W. 94th Street; (212) 316-4962; www.symphonyspace.org; 1 pm; \$16 (\$13 members).

The Newbery Honor-winning author and illustrator of "Year of the Rat" and "Dim Sum for Everyone" presents "When the Sea Turned to Silver," a finalist for the 2016 National Book Award. A companion to "Where the Mountain Meets the Moon," this exquisitely written and illustrated novel blends fantasy and Chinese folklore for a fast-paced adventure steeped in legend. For children 8 to 12 years old.

"Hansel and Gretel": 2 pm. Galli Theater. See Saturday, Nov. 5.



Finding dangerous treats

Follow "Hansel and Gretel" to the Galli Theater on Nov. 5, 6, 12, and 13.

Hansel and Gretel are brought into the woods and cannot find their way back! A witch lures them into her little house with all kinds of tasty treats. Can clever Gretel trick the witch and get

them safely back home?

"Hansel and Gretel," Nov. 5, 6, 12, and 13 at 2 pm. Tickets are \$20, \$15 children; \$35 parent-and-child combo.

Galli Theater [151 W. 26th St. between Sixth and Seventh avenues in Nomad, (212) 731-0668; www.gallitheater.com].

TUES, NOV. 8

IN MANHATTAN

Little New-Yorkers: 3:30 pm. New-York Historical Society. See Friday, Nov. 4.

WED, NOV. 9

IN MANHATTAN

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

Come hear warm, whimsical tales about traditions, holidays, and families from some of today's best storybooks for infants to 4-year-olds.

THURS, NOV. 10

IN MANHATTAN

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

FRI, NOV. 11

IN MANHATTAN

Veterans Day Weekend Special: New-

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

Enjoy special family programming with Living History, the First Rhode Island Regiment of Foot, The Battle of Brooklyn, craft making, and a special reading with Laurie Halse Anderson.

Little New-Yorkers: 3:30 pm. New-York Historical Society. See Friday, Nov. 4.

SAT, NOV. 12

IN MANHATTAN

Veterans Day Weekend Special: 11 am to 4 pm. New-York Historical Society DiMenna Children's History Museum. See Friday, Nov. 11.

"The Space Pirate Puppy Musical": The Kraine Theater, 85 E. Fourth St. and Second Avenue; (212) 460-0982; www.horseTRADE.info; Noon; \$15.

Earth has gone to the dogs, the humans have disappeared, and the Space Pirates are about to invade. Join the Dogstar Fleet on

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

an intergalactic musical mission to seek the knowledge of the Oracle and save the planet Earth!

Lenape Thanksgiving: Inwood Hill Park, 269 Dyckman St. in the park; (212) 628-2345; www.nycgovparks.org; Noon to 2:30 pm; Free.

Urban Park Rangers guide you to historic sites within the park and discuss the culture of the Lenape people. Participants will learn about their daily customs and their knowledge of the forest, and sample forest-sourced food items, which were the staples of a Lenape diet. Registration required. For older children.

Mystery at Ginger Creek: The Kraine Theater, 85 E. Fourth St. and Second Avenue; www.horsetrade.info; 2 pm; \$15.

Welcome to Ginger Creek, where curious characters and perplexing events are the norm. Join Hank O'Hara and Sally Silver Gunz, as they run from the law, stumble over clues, and suffer from amnesia.

"Hansel and Gretel": 2 pm. Galli Theater. See Saturday, Nov. 5.

SUN, NOV. 13

IN MANHATTAN

Veterans Day Weekend Special: 11 am to 4 pm. New-York Historical Society DiMenna Children's History Museum. See Friday, Nov. 11.

Macy's story time: 11:30 am. New-York Historical Society. See Sunday, Nov. 6.

240th Commemoration of the Battle of Fort Washington: Fort Tyron Park, Margaret Corbin Drive and Cabrini Boulevard; (212) 795-1388; www.nycgovparks.org; Noon to 3 pm; Free.

This year marks the 240th anniversary of the Battle of Fort Washington, a key event during the Revolutionary War. Be transported back in time and celebrate your local history. The Brigade of the American Revolution will perform and lead drills. Come watch a blacksmith demonstration, listen to live 18th-century music, make arts and crafts, and play games from the period. Tour the battle scene with a tour guide dressed as heroine Margaret Corbin. Prizes will be offered for the most authentic costumes!

The Big Quiz Thing: Leonard Nimoy Thalia, 2537 Broadway at W. 94th Street; (212) 316-4962; www.symphonyspace.org; 2 pm; \$17 (\$14 members).

The Big Quiz Thing brings a ridiculous amount of fun for an afternoon of fast and funny team trivia with quizmaster extraordinaire EdP. Over the course of six rounds, children and their parents team up to show off their knowledge of topics ranging from history, sports, art, animals, geography, pop culture, and more. Loads of great prizes await as an added bonus!

"Meet the Music - Leaping Leopold":



Rocking with the band

Alex and the Kaleidoscope is performing at the Jewish Museum on Nov. 20.

The Emmy Award-winning children's entertainer Alex Mitnick and his band of fun-loving musicians captivate the audience with a fresh approach to music, featuring everything from pop beats to island rhythms. It's

a musical journey that's perfect for families. Suitable for children 3 to 10 years old.

Alex and the Kaleidoscope on Nov. 20 at 11:30 am. Tickets are \$16. Reservations required.

The Jewish Museum [1109 Fifth Ave. in Carnegie Hill, (212) 423-3200; www.thejewishmuseum.org].

Lincoln Center's Passport family program, 10 Lincoln Center Plaza; (212)-875-5456; 2 pm; \$10-\$30.

The Chamber Music Society presents this special event where Mozart's father appears in our time to tell the world that he is really responsible for his son's genius! For children 6 and older.

"Hansel and Gretel": 2 pm. Galli Theater. See Saturday, Nov. 5.

TUES, NOV. 15

IN MANHATTAN

Little New-Yorkers: 3:30 pm. New-York Historical Society. See Friday, Nov. 4.

THURS, NOV. 17

IN MANHATTAN

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

FRI, NOV. 18

IN MANHATTAN

Little New-Yorkers: 3:30 pm. New-York Historical Society. See Friday, Nov. 4.

SAT, NOV. 19

IN MANHATTAN

Storytime at the Atrium: Lincoln Center's Passport family program, 10 Lincoln Center; (212)-875-5456; 11 am to 2 pm; Free.

"What The Dinosaurs Did Last Night" by Refe and Suan Tuma. What would it be like if toys came to life? For children 2 to 5 years old.

National Dance Institute: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 2 pm; \$17 (\$14 members).

Celebrate the team with dance. Audience members will be taken on a poetic journey through choreography inspired by the powerful words of Langston Hughes, Walt Whit-

Calendar

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

man, Cole Porter, and more!

Jazz for Young People: Lincoln Center's Passport family program, 10 Lincoln Center Plaza; (212)-875-5456; 2 pm; Free.

This three-part concert series will illustrate the ideals of democracy through the lens of America's most democratic art form: jazz. Suitable for all ages.

SUN, NOV. 20

IN MANHATTAN

Alex and the Kaleidoscope: The Jewish Museum, 1109 Fifth Ave. at 92nd Street; (212) 423-3200; thejewishmuseum.org; 11:30 am; \$16.

Emmy Award-winning childrens' entertainer Alex Mitnick and his band of fun-loving musicians captivate the audience with a fresh approach to music featuring everything from pop beats to island rhythms. It's a musical journey that's perfect for families. Reservations required. For children 3 to 10 years old.

Macy's story time: 11:30 am. New-York Historical Society. See Sunday, Nov. 6.

"The Quest for the Seven Teeth": Central Park (Call for exact location), Central Park; (347) 559-6223; www.Accomplicetheshow.com/kids; Noon and 5 pm; \$60 mother/child.

This fun interactive scavenger hunt will ignite children's imaginations as they embark on a quest to assist the Tooth Fairy's cousin, Franklin, in finding some teeth to replace those that he lost. The event lasts approximately two hours, rain or shine, and is suitable for children 6 to 11 years old. Children must be accompanied by an adult. Reservations in advance required.

Alex and the Kaleidoscope: The Jewish Museum, 1109 Fifth Ave. at 92nd Street; (212)

Fun times with folk music

It's an international sensation when Sonia De Los Santos and Elena Moon Park unite for "Just Kidding" at Symphony Space on Nov. 5.

The pair share music from around the world, infusing folk music in English, Spanish, Korean, Mandarin, Japanese, Tibetan, and Taiwanese.

It's a fun interactive concert for kids of all ages.

"Just Kidding" Sonia De Los Santos and Elena Moon Park, Nov. 5 at 11 am. Tickets are \$17 or \$14 for members.

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



423-3200; thejewishmuseum.org; 11:30 pm; \$16.

Emmy Award-winning childrens' entertainer Alex Mitnick and his band of fun-loving musicians captivate the audience with a fresh approach to music featuring everything from pop beats to island rhythms. It's a musical journey that's perfect for families. For children 3 to 10 years old. Reservations required.

THURS, NOV. 24

IN MANHATTAN

Macy's Thanksgiving Day Parade: Macy's 34th Street, Herald Square and W. 34th Street; 9 am to noon; Free to watch.

Come on down to this time-honored tradition. Beginning at 9 am, this year's parade offers the same characters and loads of new ones. The parade signals the beginning of the holiday season when Santa and Mrs. Santa arrive in their sleigh.

FRI, NOV. 25

IN MANHATTAN

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

Did you know that Thanksgiving became a national holiday during the American Civil War? Stop by the museum this weekend for an authentic celebration with living historians from the 119th New York Volunteer Infantry, a group of American Civil War reenactors.

SAT, NOV. 26

IN MANHATTAN

Thanksgiving Weekend: 11 am to 4 pm. New-York Historical Society DiMenna Children's History Museum. See Friday, Nov. 25.

MON, NOV. 28

IN MANHATTAN

Winter's Eve at Lincoln Square: Dante Park, Broadway and 63rd Street; 5:30 pm to 9 pm; Small fee for tastings.

New York's largest holiday festival features an evening of music, food, dancing, and fun for the whole family. Visitors can enjoy ice sculpting, stilt walkers, jugglers, and more. A holiday tree makes everything festive, and hungry visitors can take advantage of three different tasting areas.

Can you solve the mystery?

Where were you when the crime was committed? Come find out in this performance of "Mystery at Ginger Creek" on Nov. 12 at the Kraine Theater.

Welcome to Ginger Creek, where curious characters and perplexing events are the norm. Join Hank O' Hara and Sally Silver Gunz as they run from the law, stumble over clues, and suffer amnesia. Their lives depend on you as they attempt to solve a murder and prove their innocence in a fun, interactive family show suitable for children 7 years and older.

"Mystery at Ginger Creek," Nov. 12 at 2 pm. Tickets are \$15.

The Kraine Theater (85 E. Fourth St. between Second Avenue and the Bowery; www.horsetrade.info).



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

WED, NOV. 30

IN MANHATTAN

Story time: 3 pm. Museum of Jewish Heritage. See Wednesday, Nov. 9.

LONG-RUNNING

IN MANHATTAN

“Wonders of the Arctic”: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; tcoppens@amnh.org; www.amnh.org; Daily, 10:30 am to 11:30 am; \$27 (adults), \$22 (students/seniors), \$16 (children); Member Discount: \$13.50 adults; \$8.50 children.; Free for Voyager-level Members and above.

Set in the frozen wilderness at the top of the world, “Wonders of the Arctic” tells the story of survival in one of the most unforgiving environments on earth dominated by a single element: ice.

Juggling: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; Daily, Noon to 1 pm; Now – Tues, Nov. 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. The Bryant Park Jugglers use the park throughout the year.

Stories & Songs: 6 River Terrace, 6 River Terrace; (212) 267-9700 X 9363; registration@bpcparks.org; bpcparks.org; Wednesdays, 9:40 am–10:20 am, Now – Wed, Dec. 14; \$335.

The 14-week program develops active listening, socializing, and cultural literacy in a joyous, warm environment, for infants, toddlers, or preschoolers. Session 1 9:40 am–10:20 am: (6 months–3.5 years); Session 2: 10:30 am–11:10 am (13 months–3.5 years); Session 3: 11:20 am–noon (13 months–3.5 years).

Street of Ships: South Street Seaport Museum, 12 Fulton St.; www.southstreetseaportmuseum.org; Wednesdays – Sundays, 11 am to 5 pm, Now – Sat, Dec. 31; \$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. .

Teen Night: Battery Park Conservancy Rec room, 6 River Terrace; (212) 267-9700; www.bpcparks.org; Fridays, 4 pm, Now – Fri, Dec. 16; Free.

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

Early childhood math: Dyckman Farmhouse Museum, 4881 Broadway at 204th St.; (212) 304-9422; nycgovparks.org; Saturdays, 10 am to noon, Now – Sat, Dec. 17; Free.

Running for special needs

Put on your trainers and get ready for the annual 5K Birch Family Run-Walk on Nov. 5.

Birch Family Services is inviting you to this family-friendly walk that celebrates the abilities of the 1,500 children and adults with autism and other developmental disabilities that are serviced through the many programs provided at Birch Family Services in New York City and surrounding areas.

The event brings together the community that is dedicated to supporting those with special needs. All ages and abilities are welcomed.

Sponsors include Pfizer, Jackson Lewis, Sterling Risk, and Juice Press, The New York Post, and New York Parenting.

New York City trainer Ngo Okafor is the special guest runner and will lead participants in warm-ups prior to the start.

At the end, awards will be presented to top teams and runners. All



runners and supporters are invited to an after party at Jake’s Saloon, located at 2012 Ninth Ave. in West Chelsea.

Participants may register online or at the site the day of the event.

Birch Family Run-Walk, Nov. 5 from noon to 2 pm. Kick off is at Hudson River Park, Pier 64 at W. 24th Street.

Birch Family Services [104 W. 29th St. between Sixth and Seventh avenues in Korea Town, (212) 216-9780, (212) 616-1801; www.birchfamilyservices.org].

Back by popular demand, Ms. Carole Muligan will be teaching an early childhood math program for children ages 3 to 6.

Le Carousel Magique: Bryant Park, 42nd Street and Avenue of the Americas; (212) 768-4242; www.bryantpark.org; Saturdays and Sundays, 1 pm to 2 pm, Sat, Nov. 5 – Sun, Nov. 27; Free.

Voila! The world’s best magicians perform fun-filled tricks for kids of all ages, and Flaubert Frog and Cali Co Cat present stories, songs and poems from the celebrated book “Free to Be: You and Me.”

Jazz for Kids: Jazz Standard, 116 E. 27th St. between Park and Lexington avenues; (212) 576-2232; www.jazzstandard.com; Sundays, 1 to 3 pm; Free (\$5 donation requested).

Come and listen to jazz concert and help benefit the Jazz Standard Discovery Program. Table reservations required.

“The Nutcracker”: David I Koch Theater, 20 Lincoln Center Plaza; (212)-875-5456; Tuesdays – Sundays, various times, Fri, Nov. 25 – Sat, Dec. 31; \$79-\$165.

New York City Ballet presents George Balanchine’s version of the classic. Tchaikovsky’s

iconic score transports you to a world of wonder. For children 5 and older.

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.

Holiday Train Show: New York Botanical Garden, 2900 Southern Blvd. at Fordham Road, The Bronx; (718) 817-8700; www.nybg.org; Tuesdays – Sundays, 10 am to 5:30 pm, Sat, Nov. 19 – Mon, Jan. 16, 2017; \$20, \$10 for children. (Weekends \$30, \$18 children).

Large-scale model trains zip around such familiar sites as the Statue of Liberty and Rockefeller Center. A recent addition of 3,000-square-feet of exhibition has made room for new trains, bridges, and tracks. Closed on Thanksgiving. Reservations strongly recommended.



TIPS FOR FEEDING KIDS

DAWN LERMAN

Smarter snacking

There's something so warm and comforting about the taste of fall — warm soups, seasonal muffins, and decadently sweet drinks. While many food and beverage companies advertise their products as healthy snacks, most pre-packaged fast-food items are actually loaded with sugar and contain very little nutritional value. But with a couple of easy tricks, you can transform your kids' diets and help them power through their busy days while boosting their mood and immune systems:

Re-think your family's snacks. A smart snack is meant to be a mini meal: containing good quality protein, a brain-boosting fat, and a complex carbohydrate. Try a turkey roll up with avocado and cucumber,

or an almond butter and banana sandwich on whole-grain toast, or a pumpkin yogurt smoothie.

Turn fresh-baked goods into nutritional power houses. With busy schedules, we're often lured by convenience foods and fall prey to the the closest vending machine or fast-food establishment. But if we prepare homemade muffins, cookies, and brownies with superfoods like oats, chia seeds, and coconut oil, we satisfy our kids' sweet cravings without compromising their health.

Fill your thermos together. If your children are involved in their snack preparation from start to finish, they will be more inclined to make healthy choices when

they are not with you. Pick a day of the week to cook together. Most kids love the idea of a stone soup, throwing a variety of vegetables and herbs together to produce a hearty broth. I always include a thermos of soup in my daughter's lunchbox for after-school. She says it fills her heart as well as her belly. Anything interactive with children makes it more delicious.

In the words of my maternal grandmother, Beauty, who taught me to cook at age 9, sending me a weekly recipe card and \$20 bill: "Good food is not fast, fast food is not good, and if you know how to make a pot of soup, you can nourish yourself for life."

Dawn Lerman — also known as "The Snacking Mama" — is a top Manhattan nutritionist and the author of the best-selling book, "My Fat Dad: A Memoir of Food, Love, and Family, With Recipes." Follow her on Twitter@DawnLerman.

Vegan, protein-packed butternut squash soup

Yield 6-8 servings

INGREDIENTS:

- 3 tablespoons olive oil or coconut oil
- 1 large onion, peeled and finely chopped
- 1 cup (150 grams) raw cashews
- 1 clove garlic, finely chopped
- 1 large butternut squash (about 2 pounds), peeled and diced into 1/2-inch pieces
- 5 cups vegetable stock
- 2 tablespoons minced, fresh ginger
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon curry powder
- 1 teaspoon ground turmeric

Kosher salt and freshly ground black pepper to taste

1 cup coconut milk, plus additional (optional)

1 sprig fresh rosemary

DIRECTIONS: In large stockpot or Dutch oven set over medium-high heat, warm the olive oil until shimmering. Add the onions and cook, stirring, until they begin to soften, about 5 minutes. Add the cashews and cook, stirring, until the onions are translucent and the cashews have slightly browned, about 3 minutes. Stir in the garlic and cook for 30 seconds. Add the squash, broth, ginger, cumin, coriander, curry powder, turmeric and stir to combine. Season to taste with salt and pepper, and bring the soup to a simmer. Reduce the heat to low, cover the pot, and cook the soup until the

squash is easily pierced with a knife, 20 to 25 minutes. Uncover the soup and let it cool for 15 minutes.

Starting on slow speed and increasing to high, purée the soup in small batches in a blender until smooth. Place a towel over the top of the blender in case of any splatters. You can also use an immersion blender (let the soup remain in the pot), but it will take longer to purée until smooth.

If using a blender, return the soup to the pot, add the coconut milk and rosemary sprig, and cook over low heat, covered, until slightly thickened, for about 15 to 20 minutes. Serve immediately or refrigerate until ready. If serving the soup later, while reheating the soup, thin it out with more broth or coconut milk until the desired consistency.

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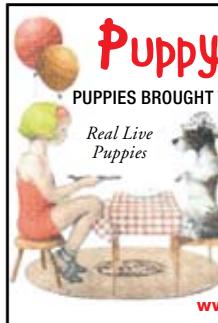
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New & Noteworthy

BY LISA J. CURTIS

Do-it-yourself science lab

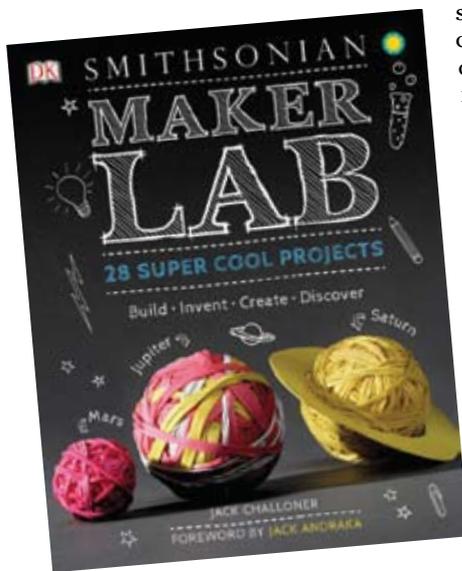
Have you ever wondered why the ice cream inside a baked Alaska doesn't melt? According to Jack Challoner's new book — *Maker Lab* — you can thank the insulating property of air trapped inside whipped albumin molecules, but hey, why not use his recipe to make the dessert and learn about the scientific concepts while it bakes? The hands-on aspect of experimentation ensures that children

have a deeper understanding of scientific concepts — and with Challoner's new book, it's also just plain fun.

The full-color, amply illustrated how-to tome contains detailed instructions and photographs for families to conduct 28 science experiments and activities that can be executed with objects found around the house. Among the highlights are pages of instructions for making sticky slime (a “non-Newtonian fluid”); creating invisible ink (and learning about chemical reactions); and even how to make sugar crystal lollipops (and why molecules form into crystals).

Recommended for readers ages eight (with guidance from an adult) to 12 and beyond, each project description has a time estimate and difficulty level. Challoner has written more than 30 books on science and technology and his experience shows with *Maker Lab*, which has all the info needed to conduct a successful experiment and learn why it works the way it does. His recipes and activities enable readers to discover that applying the scientific method can be absorbing, interesting, and often, delicious!

Maker Lab book by Jack Challoner, \$19.99, www.dk.com.



Pump smarter

Pumping breast milk for your baby is literally a labor of love, and it means a lot to find a product from a company that seems to have listened to the challenges working moms face — and yes, they make an app for it! Recently, Lansinoh announced the launch of the first Bluetooth-enabled Smartpump, a double electric breast pump which syncs to its Lansinoh Baby app. The app records the date, time, and duration of each pumping session, and mom can also use it to record the amount of breast milk pumped, as well as baby's feeding history, diaper changes, and growth. The logs can even be downloaded and printed out for the pediatrician!

And when mom has those middle-of-the-night questions or concerns, the app has tips and links to resources. The compact Smartpump has three pumping styles and eight adjustable suction



levels. It's packaged in a bundle that includes a tote, cooler bag, and bottle-feeding accessories.

Juggling it all can be difficult, but caring for baby just got a little easier!

Lansinoh Smartpump bundle, \$199.99, www.babiesrus.com.



Rise and shine

Mornings can be hectic. Getting the lunches made, the kids dressed, fed, and out the door on time for school is choreographed chaos. And even when I find a breakfast my son likes and will eat quickly, I can only serve it up so many days in a row before palate fatigue sets in.

That's where the folks from Good Food Made Simple come in. Their expansive selection of frozen breakfast burritos are free of artificial preservatives, colors, flavors, and sweeteners. Because they do have healthy ingredients like cage-free eggs and antibiotic-free meats, they are guilt-free. Our family's favorites are the turkey sausage, the uncured bacon (which is also free of nitrates), and the Mediterranean veggie egg white, as well as the spinach and mushroom cafe wrap. They're delicious and take just minutes to prepare in a microwave, giving you extra time to find your kids' misplaced shoes.

Breakfast Burritos by Good Food Made Simple, \$2.39, available at ShopRite and Target.



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at nyp.org/kids



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