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April 5th & April 27th at 6:30 pm





# NEW YORK Parenting

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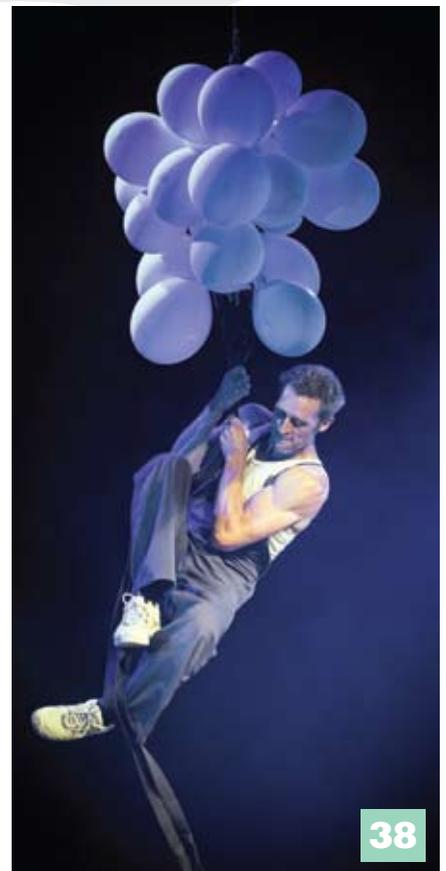
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## Winning awards at the Parenting Media Association

**N**ew York Parenting was the recipient of 6 Awards of Excellence at Parenting Media Association's Annual Editorial & Design Awards. I once again attended the conference and Award Dinner and happily accepted the Awards on behalf of our team.

We picked up a Silver Award for our June 2016 Front Cover Stock Photo design, featuring a tender portrait of a new Dad lovingly holding his infant. I love that cover! Congratulations to our Art Director, Leah Mitch.

Additionally, this year we again picked up Awards for Editorial pieces from two of our resident writers. Allison Plitt won a Silver Award for her excellent Book Reviews, and Tammy Scileppi was the recipient of two Awards, a Bronze for her News Feature on the tenacious women who battled the NYS Tampon Tax, and another Silver Award for her fine Q & A Interview with a local transgender family. They are fantastic writers who



always provide great work.

Our sister publication Westchester Family also won two Awards of Excellence. Congratulations to Jean Sheff, Editor, and her writers.

I am so proud of the marvelous team of talented professionals who share with us their columns and articles. We are

grateful for their expertise and for their informative contributions to our editorial content. We strongly believe that quality content is essential and that our readers are actually still interested in reading.

It's a great pleasure to continue this work for that I began 17 years ago when we first launched Brooklyn Family. It certainly has grown. Most recently we have been thrilled to see the expansion, relevance and popularity of our fine website, NYParenting.com, as well as numerous other digital initiatives.

Who knows what's coming next ... Thanks for reading.

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

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# Benefits of camp

## — from a kid's perspective

BY GAYLA GRACE

**N**athan Cole, 16 years old, has attended camp every year since he was 5. His eyes light up when you ask what he enjoys most about camp. A typical teenage boy who's not overly expressive, Nathan can quickly list reasons why he still loves to go to camp. Here are a few benefits from Nathan's point of view:

### 1. It's fun!

"Camp is always fun. Sports camp, church camp, day camp, or week-long camp — it doesn't matter, I always have fun when I go to camp," said Nathan. His preference is to head out with a few kids he already knows, but he says he's attended a few sports camps where he didn't know anyone on day one.

"The camaraderie happens easily among kids at camps. It doesn't take long for fun to begin, even with those you've just met," he adds.

### 2. It takes you away from normal life

Nathan admits that long summer days can get boring.

"I like to get away from the routine and experience things I can't do at home," he said. "My favorite camp has stuff like zip lines, paddle boats, go carts, paintball, archery, and riflery—things I don't get to do at home."

With activities like that to keep kids entertained, technology gets left behind and exercise becomes a daily occurrence.

### 3. You make new friends

"I didn't have any friends the summer we moved out of state when I was in elementary school," said Nathan. "I went to a baseball camp that summer and made friends who ended up being in my class the next school year, which helped me adjust to a new school."

Learning to meet new people and easily form friendships is a valuable skill for kids at any age.

### 4. You learn about others and different ways kids live

"I learned to appreciate my own family much more after finding out about the difficult home life many kids have," Nathan said. "Campers tend to open up with each other, and you find out your own life isn't so hard," he said.

Kids learn to accept others from different walks of life and appreciate their circumstances as they make friends outside of their everyday people base.

### 5. Sports camps help improve your skill

"I've gone to a lot of sports camps that helped me get better at soccer," Nathan said. "I've made the high school soccer team the last two years, and I think the camps I've attended helped."

Sports camps provide discipline and individual attention to a particular sport. They help develop an athlete in the game he loves. Competition on the playing field grows stronger as kids move through junior high and high school.

### 6. You learn to respect different kinds of authority

Kids grow accustomed to the authorities at home and school. It's good for them to experience different levels of authority at camp.

"The camp counselors are usually teenagers, and sometimes kids disrespect them," said Nathan. "But campers have to understand the counselors' place of authority, regardless of their age, and consequences for not following the rules," he added.

### 7. You gain confidence when you step outside your comfort zone

Camp offers activities not available at home, and kids are encouraged to try them.

"Some kids don't like to experience new things, but camp counselors help them move out of their comfort zone and do it anyway," Nathan said. Confidence is gained when kids overcome their fears.

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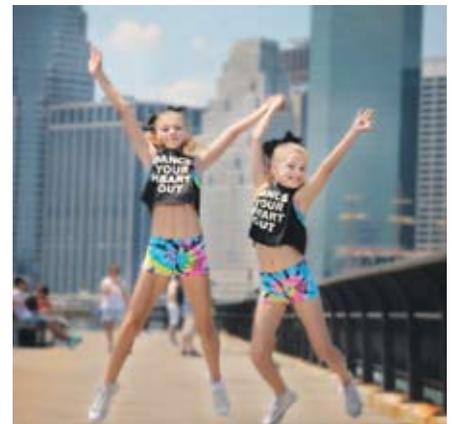
Nathan says his camp experience will be different this summer.

"I'm going as a junior counselor for the first time to the camp I've attended since I was in elementary school," he said. "I'm looking forward to helping young campers get out of their everyday routine and find fun at camp!"

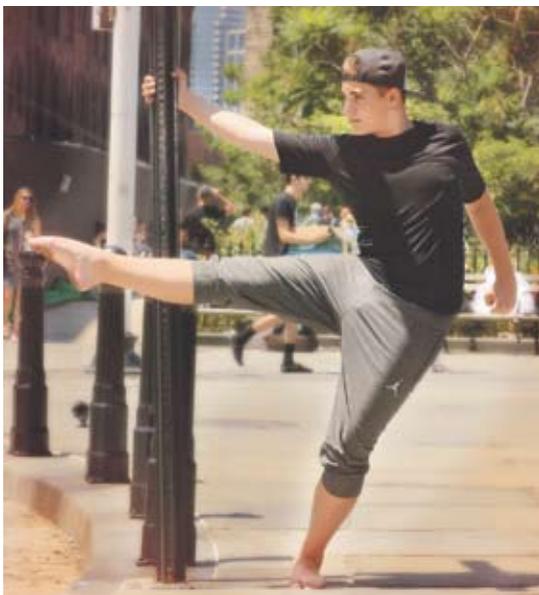
*Gayla Grace is a freelance journalist and mom to five who sends her kids to camp every summer.*

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# Self-defense

## Life-saving tips for children

BY MATT ROMOND

**M**any children spend their mornings and afternoons unsupervised as they travel from home to school and back again. Bullies and other predators can pose a threat to the safety of a child who is waiting for the bus or walking with just one or two other children, which is why parents need to make sure their children are physically prepared for their new-found independence.

In addition to pencils, pens, paper, and a backpack, parents also need to make sure they have taught their children basic self-defense and safety skills that could save their life if they are ever attacked. These unsupervised hours pose unique dangers for different age groups. Here is a list of tips on what parents need to be teaching their kids now to make sure they stay safe throughout the school year:

### Grades one to five

Lack of proper supervision is rare for this group of students, except for very short periods of time. Children of this age are most commonly left alone during a short walk to and from school. Here are a few practical tips to ensure that this time is as safe as possible:

- Always walk with a buddy who lives very close.
- Be sure to go straight to school or home. No detours or goofing around.
- If a stranger says “hello,” the child can smile, make eye contact, waive, and say “hello” back, but should always keep walking toward either school or home — no matter what.

### Grades six to 10

Lack of supervision is relatively common in this group. At this age, children take on more responsibility and are less susceptible to the dangers faced by younger children. However, the dangers that these older children encounter are more commonly imposed by friends and acquaintances. These peer pressure-based dangers are experienced by every child in this age group. But the risk can be mitigated by ensuring that your child’s time and attention is occupied during these key hours. Here are a couple of practical tips for this



age group:

- Get your child involved in after-school activities that he or she genuinely enjoys.
- Schedule time after school for your child to complete chores or homework. Ensure that you hold him or her to that expectation when you come home from work.

### Communication is key

Make sure your children understand that there is no such thing as communicating too much. By letting them know that you expect regular updates, you will feel better leaving them unattended. Before leaving them for the first time, set these expectations. Let your kids know what you expect — whether it be staying inside while you are gone or coming straight home after school.

Here are a few more tips every parent and child should know:

**Talk to kids about knowing their surroundings.** By explaining to them that they need to be fully aware of what’s going

on around them, they can stop a dangerous situation from happening.

**Teach them to project confidence.** Confidence in speech (speaking clearly) and body language (good posture, eye contact, etc.) are the single most important factors that can increase your child’s chances of safety. Regardless of the dangerous situation or the age, a child with a strong presence is less likely to be at risk than those that project shyness or aloofness.

**Children should always listen to their instincts.** If something doesn’t feel right, they should leave the area immediately without hesitation or fear of getting in trouble.

*Matt Romond is a third-degree Krav Maga Worldwide Black Belt, the director of Krav Maga Worldwide’s KM-X kids program, and has more than a decade of experience teaching children and adults Krav Maga self-defense and fight classes. For more, visit [www.kravmaga.com](http://www.kravmaga.com).*

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# Reclaim that mojo

## Moms should stand up for themselves!

**A**vailable just in time for Mother's Day, my new book is "Motherhood is a B#tch!" It is the modern mom's bible for dealing with the day-to-day chaos that is child-rearing with style, savvy, and grace. It's written for both the stressed-out, working mom and the harried, stay-at-home mom. You've had a kid or two ... or three. Now, every time you look in the mirror you ask yourself, "Who the h--- is that tired, washed-out woman looking back at me?" What happened to the stylish, stiletto-wearing woman who prided herself on living the fabulous life? Sister, it's time to reclaim your pre-baby body, mind, and mojo!

No more sulking, stressing, or resenting other moms who have it more together than you and wondering how they do it. "Motherhood is a B#tch!" tells you how you can do it.

"Being a b--- is not about ranting, raving, or ripping someone's head off for the fun of it. It's about confidence and control and knowing when and where to dig your four-inch heels into the ground. It's about standing up for yourself and giving voice to your needs and feelings. It's about not

being selfless or selfish, but striking the right balance between the two."

I want to empower women to regain their once fierce and fabuLyss selves.

Follow these rules, and in the end, you'll be happier, healthier, and hotter than ever. Every mom deserves that — and more.



Do you have b--- potential? Try this little quiz:

1. A mom grabs you in the schoolyard and asks if you "wouldn't mind" watching her kid ... for the next three hours. Her nanny phoned in sick, and she has a shrink appointment and some errands to run. The correct response is:

a) Of course I'll watch him! We unbalanced people have to stick together!

b) Sure, I don't mind at all. Would Billy like to stay for dinner?

c) I'm sorry. All playdates need to be arranged at least 24 hours in advance. Clearly you mistake me for someone without a life.

2. Your husband gets the AmEx bill and flips out over how much you spent this month. You reply:

tail of choice when I have friends over, or when I have had a tough day and need to unwind.

### INGREDIENTS

- 3 ounces rosé wine
- 1 ounce watermelon vodka, such as Smirnoff Watermelon
- 1 ounce fresh watermelon juice

### DIRECTIONS:

Shake watermelon vodka, watermelon juice, and rosé wine in a cocktail shaker with ice.

Pour into a chilled cocktail glass.

Garnish with a watermelon chunk.

Take a sip and enjoy the deLysscious cocktail.

### The B---itini recipe

One day I was in the kitchen with my girlfriend, cutting up watermelon (and picking out the seeds) for our kids' snack and chugging down glasses of watermelon juice. "Ya know," I commented, "this would taste even better with a shot of vodka or a splash of rosé."

We got out the ingredients and the B---itini was born! It's now become the cock-



## FABULYSS FINDS

LYSS STERN

a) Perhaps Babies 'R' Us will give me diapers, wipes, and formula for free if I ask "pretty please."

b) You're right, honey. I'll start coupon clipping tomorrow.

c) No prob ... I'll just return that sexy new lingerie I was planning to wear for you this weekend.

3. Your mother-in-law remarks that you look like you've gained some weight. Your answer:

a) Gee, Mom, I guess giving birth to twins will do that to ya.

b) You're right. I should hit the gym more often.

c) Have you looked in a mirror lately?

### If you answered:

**Mostly As:** You're a woman who keeps her b---iness bottled up. You have potential, but you need to let it fly! You tend to hide behind snarky remarks rather than saying what you want or feel. Your anger is bubbling under the surface, and that's just not healthy. One day you're going to explode. Say what you mean, and mean what you say!

**Mostly Bs:** You must like shoes, because clearly you are a doormat. How much abuse can one woman take? Are you trying to be 50 shades of pathetic? Honey, stop suffering and start standing up for yourself!

**Mostly Cs:** Now you're talkin', girlfriend. You've got a mighty mouth and lots of natural b---iness in you. Brava! Now you just need to hone those skills, so people aren't offended, but become putty in your hands.

To purchase the book, visit [www.amazon.com/Motherhood-tch-Regaining-Sanity-Sexiness/dp/1510718974](http://www.amazon.com/Motherhood-tch-Regaining-Sanity-Sexiness/dp/1510718974)

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



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# Seven fast, easy ways to de-stress

One of our deep-seated beliefs of motherhood centers on the innate selflessness that goes along with it, so it comes as no surprise that new mothers are particularly vulnerable to feeling stressed, depressed, and basically exhausted. While we all want to do everything we can for our children and our families, there is a limit. In turn, if we don't find ways to instill harmony and relaxation into our busy lives, not only will we never feel peace, but there is little hope our children or spouses will be content either. Remember: "If mama ain't happy, nobody's happy," and doing things for yourself that make you feel good is not a luxury — it is a necessity!

Here are seven ways to de-stress in just 15 minutes:

## 1. Don't clean at nap time

A short nap can quite literally be the absolute best thing you can do all day. Having more energy after a brief rest period will boost your body and spirit loads much more than finishing up the dirty dishes.

## 2. But do schedule ways to keep your house tidy

You don't necessarily have to do it all yourself. Enlist help from in-laws and friends, delegate to your older children, and discuss the division of labor with your spouse. Bring in other people to share in

the responsibility, so it doesn't all fall on your shoulders. An uncluttered home is a peaceful home.

## 3. Continue regular beauty routines

Skin tells the tales of sleepless nights, inadequate nutrition, and sheer exhaustion most commonly in the form of breakouts and dryness. All you need to do to remedy this are two simple things: moisturize with a thick, soothing lotion everyday, and completely remove your make-up at night.

## 4. Bath oils

Essential oils are currently all the rave — and with good reason. Lavender has anti-anxiety effects, mandarin calms, and bergamot is recognized for relaxation. Known to soothe your mind and nerves, certain scents can physically calm you, not to mention a relaxing, hot bath is one of the true pleasures in life.

## 5. Make comfort a priority

After pregnancy, delivery, and sleepless nights, you deserve some comfort. There is nothing better than plush, soft materials to make you feel soothed. Invest in a nice pair of super soft sweatpants, T-shirts, and a hoodie. There are so many stylish and plush options available, you can look great and — even better — feel great.



## HEALTHY LIVING

DANIELLE SULLIVAN

## 6. Eat well, drink often

Keeping your blood sugar level up and your body well hydrated are often forgotten requirements. The hormonal changes that occur after a delivery, during breastfeeding, and while losing sleep can wreak havoc on an eating schedule. Dehydration and low blood sugar can make you feel terrible in the form of headaches, muscle spasms, anxiety, shakiness, and sluggishness.

Keep a water bottle and fresh fruit, veggies, and protein available, and eat and drink at regular intervals. If you are having trouble making meals, you can hire food preparation services, like Dinner At Home, which specializes in delivering up to three meals a week for expectant and new mothers (and fathers), and growing families.

## 7. Learn to say "No"

"Oh, you're home today, maybe you can meet me for lunch, go shopping, pick up my kids, write the school newsletter, take over the fund-raiser ..." the list goes on and on. And it will continue if you keep saying yes to things you do not want to do.

We as women have not been indicted with a life sentence of pleasing others (although many of us have imposed this punishment on ourselves). A simple, "No, I can't do that," is all the explanation you need, and the first time is purely empowering. You don't have to explain everything to everybody.

• • •

By taking care of yourself and your own needs, you will ensure a more peaceful you, which will result in a harmonious family environment.

*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 Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.*

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Visit [www.DigitalMediaAcademy.org](http://www.DigitalMediaAcademy.org) to register. Offer expires 5/31/17.

# 2017 Summertime Fun

## DIRECTORY

### Advantage Day Camps

**Manhattan Plaza Racquet Club**  
**450 West 43rd St. and**  
**Roosevelt Island Racquet Club**  
**281 Main Street,**  
**Roosevelt Island,**  
**Contact: Steve O'Keefe 212-**  
**935-0250 ext. 812 or**  
**646-884-9648**

[sokeefe@advantagecamps.net](mailto:sokeefe@advantagecamps.net)  
[www.advantagecamps.net](http://www.advantagecamps.net)

Offering every kind of fun imaginable! Kids 4 to 14 will love kickball, soccer, gaga ball, tennis, swimming and more. Plus enrichment classes in everything from yoga to fencing to chess... and excursions to The Intrepid Museum, bowling and other great places! Just as amazing, ADC provides an extra hour of supervised time for kids before and after camp – at no extra charge! Choose individual camp days with a 10- or 20-pack, weekly packages or a full season. Even share days or weeks between siblings! We're flexible — and only a quick tram or F-train ride away!

### Advantage All-City Junior Tennis Camp

**Roosevelt Island Racquet Club**  
**281 Main Street, Roosevelt**  
**Island**

**Contact: Gordon Ken**  
**212-935-0250 or [gkent@advantagetennisclubs.com](mailto:gkent@advantagetennisclubs.com)**  
**[www.advantagetennisclubs.com](http://www.advantagetennisclubs.com)**

Our Tennis Camp delivers more drills, more skills, more time on the court! It's "tennis heaven" for kids! Boys and girls learn from a team of pros — including some of the finest coaches in the East. Using our 12 Har-Tru indoor courts and 3 outdoor courts, campers improve their game with tennis instruction, match play and cross-training. While the focus is on tennis, Camp offers swimming, too! Choose single or consecutive weeks — and ask about our sibling discount! Located at Roosevelt Island Racquet Club, an oasis adjacent to the Tram and just 2 blocks from the F-train.

### The Ballet Club

**328 E. 61st Street**  
**917-281-1030**  
**[info@theballetclub.com](mailto:info@theballetclub.com)**  
**[www.theballetclub.com](http://www.theballetclub.com)**

Offering 3 creative and fun full-day and half-day summer programs throughout the summer for children ages 3.5 - 8 years, including our Ballet Arts Camp, Movement & Art Camp, and Movement Mini Camp. Camps include alternating days of ballet, yoga, drama, creative dance, and indoor/outdoor games and activities. Costume shop, ballet, story time, music, or fine arts are offered in the afternoon. You may select the weeks that work for you. To register please call or visit our website.

### British International School of NY

**20 Waterside Plaza,**  
**E. 23rd Street**  
**212-481-2700**

[www.bis-ny.org/summer-camp](http://www.bis-ny.org/summer-camp)

Keep calm and come to Camp! Designed to keep young hands and minds active over those hot summer days, the BIS-NY Summer Camp offers daily swimming instruction at our onsite pool, along with a variety of activities to build friendships and explore new skills, from creative science experiments, to outdoor games and arts and crafts — all taught by our highly qualified teachers and teaching assistants. For children ages 3-10. Please call or visit our website. Camp as space is limited. We look forward to welcoming you!

### Construction Kids Summer Camps

**718-522-2902**  
**[www.constructionkids.com](http://www.constructionkids.com)**  
**Located throughout Brooklyn and Manhattan**

Our week long summer camps are known for the dynamic projects that campers build. We teach safe, appropriate tool usage, along with drawing, painting, and creative play. We aim to foster each child's confidence in their skills at designing, making, repairing, and revising. Camp for ages 4 to 6 encourages the imagination and problem-solving skills of our campers by showing them that they can learn to make anything they want with the help of some wood, a hammer, and some nails. Advanced camp for Ages 7 to 9 is designed for campers

*Continued on page 16*

# Every kind of fun imaginable! For campers 4 to 14

Advantage Day Camp delivers great variety – and a great summer! Get ready for days packed with:

- Kickball, soccer, gaga ball, art, swimming, tennis – even rock wall climbing at our Manhattan Plaza location
- Enrichment classes in everything from yoga to fencing to chess
- Excursions to visit the Intrepid museum, go bowling and more
- An extra hour of supervised time before and after camp—at no extra charge!
- Choice of individual days with a 10- or 20-pack, weekly packages or a full season
- Option to share days or weeks with siblings
- 2 great locations -- Manhattan Plaza Racquet Club on West 43rd St. or Roosevelt Island



**Best Day Camp  
in NYC!**

Sign up now at [advantagecamps.net](http://advantagecamps.net)

Contact Steve O'Keefe at 212.935.0250 ext 812 or 646.884.9648 or  
[sokeefe@advantagecamps.net](mailto:sokeefe@advantagecamps.net)



If your camper lives for tennis, then go for more drills, more skills, more time on the court! At Advantage All-City Junior Tennis Camp players 5 to 17 receive expert instruction from some of the finest coaches in the East. Held at Roosevelt Island Racquet Club, an oasis in the East River.

**Best Tennis  
Camp in NYC!**

Contact Gordon Kent at 212.935.0250 or [gkent@advantagetennisclubs.com](mailto:gkent@advantagetennisclubs.com).  
Sign up now at [advantagetennisclubs.com/camps/](http://advantagetennisclubs.com/camps/)

# MORE COUNTRY, MORE CONFIDENCE

THERE'S A WORLD OUTSIDE NYC.  
REGISTER NOW FOR SUMMER 2017.



**CAMPSETTOGA.ORG | 646.505.4430**

A PROUD PARTNER OF UJA-FEDERATION OF NEW YORK

## 2017 Summertime Fun

### DIRECTORY

*Continued from page 14*

who are looking to challenge their engineering, problem solving, and critical reasoning abilities with complex multi-day projects. The camp weeks will incorporate traditional ConstructionKids tools with our new power tool lessons and usage. These camps are great for alumni who want to take their skills to the next level!

#### Digital Media Academy

**Locations: Concordia College, NYU, Stony Brook University**  
**866-656-3342**

**[www.digitalmediaacademy.org](http://www.digitalmediaacademy.org)**  
**[info@digitalmediaacademy.org](mailto:info@digitalmediaacademy.org)**

Our tech camps jump-start young imaginations and help kids and teens pursue their creative dreams while teaching them important STEM concepts. From game design to app development, animation to photography, filmmaking to music production, and everything in between, students (6-17) have the opportunity to tackle today's coolest tech topics! Learn by doing! Project-based one-week camps and two-week academies provide students with the confidence to pursue a future in technology. Take charge of tech this summer and #CreateTheNext with DMA!

#### Downtown Day Camp

**120 Warren St.**

**212-766-1104**

**[www.downtowndaycamps.com](http://www.downtowndaycamps.com)**  
**[info@downtowndaycamps.com](mailto:info@downtowndaycamps.com)**

Celebrating over 25 years since 1992! Offering Aquatics, Athletics, Arts & Sciences! Private TriBeCa facilities include a 75-foot pool, real outdoor ball fields, arts and dance studios, gyms, and more! Our wide variety of activities include: Swim Lessons, Field Sport Instruction, P.E. Class, Pier 25 Mini-Golf, Oeey Goey Science, Visual Arts, Lego Construction, Movement & Dance, Drumming & Music, Animal Hour, Karate, Tennis, Craft-Making, Trips, Crazy Hat Day & More! 2 – 8 week flexible sessions. Bus service available. Please call or visit our website to book an on-site tour.

#### ESF Summer Camps

#### at Riverdale Country School

**5250 Fieldston Road**  
**718-432-1013 1-800-529-CAMP**  
**[www.esfcamps.com/Riverdale](http://www.esfcamps.com/Riverdale)**

Award-winning, family-owned and operated camp since 1982. ESF features exciting programs offering over 60 activities, a wide variety of sports and new adventures for boys and girls ages 3 to 15. We ensure that your child is continually exposed to a variety of new experiences. Our award-winning camps are filled with the perfect blend of Education, Sports and Fun! Our full-time team of dedicated professionals works year-round to ensure that our camp programs are fresh, creative and exciting each summer. At the Riverdale Country School offering 1-8 week options. An optional extended day program is available. Optional bus transportation from New York City and Westchester County.

#### Galli Theater's Acting Camps

**151 West 26th Street, 7th Floor**  
**212-731-0668**

**[gallitheaternyc.com](http://gallitheaternyc.com)**  
**[galliny@gmail.com](mailto:galliny@gmail.com)**

Has your child ever wanted to play a prince or a princess? Our theater camps are just the right place to act out different roles from classic fairytales! Each camp focuses on a specific fairytale and the children choose their roles, rehearse, and present the piece at the end of the session for family and friends. Costumes, sets, and music are provided to complete the transformation. We offer camps in English, German and French. To register please email us or visit our website.

#### International Ivy Summer Enrichment Program

**855-678-6335**

**[www.iisummer.com](http://www.iisummer.com)**

**Caedmon School (Upper East Side)**  
**Redeemer Presbyterian Church (Upper West Side)**  
**Corlears School (Chelsea/Greenwich Village)**

Promoting creativity and

*Continued on page 18*

# Summer Programs for Young Artists



5 EAST 89TH STREET  
NEW YORK, NY 10128

## Ages 5 - 17

Art & Drama

Drawing

Painting

Sculpture

Mixed Media

Digital Photography

Portfolio Development

Young Artist Intensive



Weekly sessions from June 5 - August 4  
9am - 4pm daily

## Register Now!

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

212.996.1908

**Open House**  
Museum Mile Festival  
Tuesday, June 13th

EXPERIENCE  
THE TRADITION AND EXCELLENCE OF  
NOTRE DAME



## Notre Dame School of Manhattan

### SUMMER CAMP PROGRAM

Open to girls from 6<sup>th</sup>-9<sup>th</sup> grade

JUNE 26<sup>th</sup> - JULY 20<sup>th</sup> 2017

#### MORNING COURSES (A Choice of 3 Classes)

9am to 12pm

English, Math, Coding, Design Squad, Art, and  
20th Century American Music

*\*All Classes offered are one hour. ND reserves the right to cancel a class  
for insufficient registration.*



#### AFTERNOON COURSE

12pm to 3pm

#### The NYC Experience

Offers a fun and exciting way  
for your daughters to discover the city,  
take part in community activities,  
and participate in drama exercises,  
led by actors  
from a local theater group.

*\*Trip schedule will be emailed at the  
beginning of June.*

For more info visit [www.cheznous.org](http://www.cheznous.org)  
or email [abadv@cheznous.org](mailto:abadv@cheznous.org) 212-620-5575



### SUMMER AT ST. BART'S 2017

#### ST. BART'S DAY CAMP

Ages 3.7-6 • June 5th-August 18th (11 weeks)

#### JUNIOR ADVENTURERS & ADVENTURE CAMP

Ages 6-13 • June 26th – August 18th (8 weeks)

*All options include swimming everyday!*

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

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

[Info-camp@stbarts.org](mailto:Info-camp@stbarts.org) • (212)378-0203

[www.stbarts.org/summer-camp](http://www.stbarts.org/summer-camp)

## 2017 Summertime Fun

### DIRECTORY

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hands-on learning for students between the ages of 7-15 in subjects such as Robotics, Video Game Creation, Computer Programming, Science, Math, Minecraft, Language Arts, Performing Arts, Visual Arts, Culinary Arts and more. New Steam Camp this summer. Weekly sessions, Full or Half day. Families can enroll for one week or multiple weeks.

#### JCC - Camp Settoga

Summer: 127 Call Hollow Rd.

Pomona

845-362-0409

Winter: 334 Amsterdam  
Avenue, NYC

646-505-4430

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

Nestled in the foothills of Harriman State Park, Camp Settoga offers campers exploration and adventure, with an Olympic-size swimming pool, athletic courts and fields, culinary and arts centers, gaga and pickle ball, an adventure course and much more. Our dedicated leadership team, counselors, coaches and wellness team are excited to be a part of your child's growth and development while also providing relevant pathways to your child's Jewish life and identity. We serve campers ages 5-12 years from all over NYC. Busing is provided from many locations. Lunch, transportation and towel service are included in the camp tuition.

#### Launch Math & Science Centers

173 West 81st Street

212-600-1010

[www.launchmath.com](http://www.launchmath.com)

We offer exciting and educational one-week STEM summer camps for kids from Pre-K to 8th grade (ages 4-13.) Our camps are week-long sessions packed with hands-on STEM projects, with multiple camps offered each week for three different age groups. Campers build architectural structures, design electronic circuits, code phone apps, program autonomous robots- and that is just the beginning! Plus, all campers get to keep their projects so the fun can continue at home. For summer 2017, Launch has 5 differ-

ent camp locations throughout Manhattan: Tribeca, UES-74th, UWS-68th, UWS-81st, and UWS-100th. Register today at [launchmath.com](http://launchmath.com)!

#### National Academy Museum & School

5 East 89th Street

212-996-1908

[www.nationalacademy.org/art-school](http://www.nationalacademy.org/art-school)

Foster your child's creativity and critical thinking skills while inspiring their spirit of collaboration and discovery. The National Academy offers engaging, challenging experiences in the creative environment of our historic Fifth Avenue home. Young artists from ages 5 to 17 are taught and mentored by professional artists experienced in working with all skill levels. One-week sessions in digital photography, painting, drawing, sculpture and more will run from June 5th to August 4th. Students may register for multiple sessions, exploring a wide range of styles, tools and techniques. Young artists also take advantage of the artistic canvas that is Central Park.

#### Neighborhood Playhouse School of Theatre: Summer Teen Conservatory & Youth Programs

340 E. 54th Street

212-688-3770 or

[www.playhousejuniors.com](http://www.playhousejuniors.com)

[juniors@](mailto:juniors@neighborhoodplayhouse.org)

[neighborhoodplayhouse.org](http://neighborhoodplayhouse.org)

Young actors seeking rigorous, dynamic training in the artistic Mecca of NYC can now apply for three exciting summer intensives, where Sanford Meisner's world-renowned acting method was born! Faculty from our adult Professional Acting program, working professionals and master teachers, train students in a conservatory environment. The performance skills learned are applicable to all mediums: film, theatre, television, and new media. The Conservatory (15-18yrs) mirrors a challenging, diverse college-level curriculum. The Studio (12-14yrs) provides

*Continued on page 20*

# SUPERCHARGE YOUR SUMMER



Day, Sports, and Specialty camps for boys and girls, Ages 3-15

JUNE 19 - AUGUST 11, 2017

AT RIVERDALE COUNTRY SCHOOL  
BRONX, NY

BUSING AVAILBLE THROUGHOUT THE NEW YORK CITY AREA AND WESTCHESTER COUNTY\*

esfcamps.com/Riverdale  
718.432.1013



	<b>MINI CAMP</b> AGE 3
	<b>DAY CAMP</b> AGES 4-8
	<b>SPORTS CAMP</b> AGES 6-14
	<b>SENIOR CAMP</b> AGES 9-15
	<b>MAJOR CAMPS</b> GRADES 1-9
	<b>TECH CAMPS</b> GRADES 1-9
	<b>JUNIOR BUSINESS ACADEMY</b> GRADES 5-8
	<b>TENNIS CAMP</b> AGES 6-15
	<b>EXTEND YOUR DAY</b> AGES 3-15



## GO EAST THIS SUMMER! (East River and 23rd St. that is...)

Although not quite the Hamptons, the BIS-NY Summer Camp offers daily swim instruction at our on-site pool, the relaxing breeze and quiet of our waterfront campus, and the non-stop fun and activity of our themed summer camp to keep young hands and minds active!

All offered on a weekly basis to allow you to dip in and out to meet the needs of your summer schedule.

Escape the hustle and bustle and join us: [www.bis-ny.org/summer-camp](http://www.bis-ny.org/summer-camp)

June 26th - August 4th 2017 • 9am - 3pm

FLEXIBLE WEEKLY ENROLLMENT

Boys & Girls 3 - 10 years old

The British International School of New York - 20 Waterside Plaza, East 23rd St, NY, NY, 10010

• [www.bis-ny.org/summer-camp](http://www.bis-ny.org/summer-camp) • [camp@bis-ny.org](mailto:camp@bis-ny.org) • (212) 481-2700 •

## VILLAGE KIDS



490 Hudson Street, New York  
www.villagekidsnyc.org  
917-426-3263

Ages 5 - 12  
Best Summer Camp in the Village!

Archery  
Biking  
Chess  
Cooking  
Dance  
Expeditions  
Fishing  
Kidnastics  
Kung Fu  
Legos  
Engineering  
Minecraft  
Mini-Golf  
Nature Walks  
Puppet Theater  
Robotics  
Science Safaris  
Picnics  
Soccer  
Swimming  
Tennis  
Treasure Hunts  
Visual Arts  
Water Fun  
Wood Crafts

## 2017 Summertime Fun

### DIRECTORY

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serious, engaging pre-professional training and the Youth Workshop (9-11 yrs) explores a variety of techniques for the young actor. Each program culminates in a presentation for family & friends of the skills learned throughout this exhilarating course. Acceptance to the program(s) is by application and personal interview only. Please see [www.playhousejuniors.com](http://www.playhousejuniors.com) for details. Applications are processed on a rolling basis until the program is at capacity. Space is limited. Apply now.

#### Notre Dame School

327 West 13th Street NYC  
between Eighth Ave. &  
Hudson St  
212-620-5575  
[www.cheznous.org](http://www.cheznous.org)

Our Summer Camp is open to all girls from sixth through ninth graders. The English, Math, Art, Coding, Design Squad and 20th Century American music courses provide an opportunity for student enrichment. The New York Experience offers a fun and exciting way for your daughters to discover the city by taking part in community activities, unique field trips and participating in drama exercises, led by actors/actresses from a local theater group.

#### Oasis Day Camps

Central Park & Downtown  
at PS 84 & PS 110  
646-519-5057  
[www.oasischildren.com](http://www.oasischildren.com)

Located on the Upper West Side we utilize Central Park's incredible collection of recreational facilities including tennis and basketball courts, softball fields, soccer fields, nature trails, and an incredible Olympic-sized outdoor swimming pool. Our camp is for kids ages 3-11. For emerging teens ages 12-14 we offer a Teen Travel program which gives emerging teens the opportunity to take unique trips every day. Children enroll for a minimum of two consecutive weeks, a maximum of eight weeks, or any combination you choose. Families have the advantage to enroll their children around their summer plans! Our downtown camp is located in the heart of

Manhattan's Lower East Side and has everything a camp should; great facilities, loads of activities, and most importantly, the most well trained, caring staff in the industry. Plus our campers get the added benefit of visual and performing arts instruction from Kids Creative – a leader in the NYC arts education community!

#### Oasis Early Start Imagination Camp

Central Park & Downtown at PS  
84 & PS 110  
800-317-1392  
[www.oasischildren.com](http://www.oasischildren.com)

This program is designed to meet the social, emotional, and physical needs of our Early Start Campers. For most children, camp means a set of "firsts," this is especially true for our youngest campers—the first time playing with others, the first time learning to swim, and the first time riding a bus. This program strives to create a nurturing transition into the camp environment, working hard to make both our families and campers feel safe. The ESIC campers are ages 3-5 who have not yet started Kindergarten and are fully potty trained. Being a larger camp, Early Start campers also have opportunities to participate in special events and activities with the entire camp community.

Summer at St. Bart's  
325 Park Avenue (at 51st Street)  
212-378-0203

[www.stbarts.org/summer-camp](http://www.stbarts.org/summer-camp)  
Campers ages 3.7-13 have week after week of fun! Each day includes swimming sports, music, arts and crafts, a rooftop playground, dance and movement, and more! Our Day Camp is perfect for ages 3.7-6. Junior Adventurers or Adventure Camp is great for campers' ages 6-13 and includes fun-filled trips around the city. There is SWIMMING EVERY DAY! For families with working parents, early drop-off and after camp options are available. To receive more information or schedule a tour, contact Summer at St. Bart's at [info-camp@stbarts.org](mailto:info-camp@stbarts.org) or call. Check out our new

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# Digital CAMP GUIDE 2017

Check it out  
on [nyparenting.com](http://nyparenting.com)



NEW YORK  
Parenting

# INTERNATIONAL IVY

## SUMMER ENRICHMENT PROGRAMS






**NEW STEAM CAMP IN NYC!**  
**JUNE 26 - AUGUST 18, 2017**  
 Weekly Sessions, Full or Half Day

**Ages 7-15**

**\$50 off each child.**  
 Use code NYP17  
 Expires 5/15/2017

International Ivy strives to promote creativity and hands-on learning in a variety of subjects like Robotics, Video Game Creation, Computer Programming, Science, Engineering, Math, Business, Visual Arts, Digital Arts and more.



MANHATTAN - UPPER EAST SIDE @ THE CAEDMON SCHOOL  
 MANHATTAN - UPPER WEST SIDE @ THE REDEEMER PRESBYTERIAN CHURCH  
 MANHATTAN - CHELSEA/GREENWICH VILLAGE @ THE CORLEARS SCHOOL

LEARN MORE: VISIT [WWW.IISUMMER.COM](http://WWW.IISUMMER.COM) or CALL 855-678-6335.

# THE WEEKDAY SCHOOL AT RIVERSIDE CHURCH

is pleased to announce

## SUMMERSIDE 2017 IS HERE!





Registration for the Summerside Camp program is under way.

For information and registration

- Online: [www.wdsnyc.org/summerside](http://www.wdsnyc.org/summerside)
- Email: [tpool@wdsnyc.org](mailto:tpool@wdsnyc.org)
- Phone: 212-870-6743

Session I: June 19 – 30  
 Session II: July 3 – 14 (Closed 7/4)  
 Session III: July 17 – 28  
 Register for one, two or all sessions.

Mini Camp for 2's and young 3's  
 8:45am–12:30pm

Full Camp for 3–6 year-olds  
 8:45am–2:30pm

**Be sure to save a space - Register by May 1, 2017**



# Join The Ballet Club for Camp this Summer!

Three creative and fun full-day and half-day summer programs for ages 3.5-8 years old



- Ballet Arts Camp
- Movement & Art Camp
- Movement Mini Camp including ballet, yoga, drama, creative dance, indoor and outdoor games, and more.

Select the weeks that work for you!

To register, call:  
**917-281-1030**  
 email: [info@theballetclub.com](mailto:info@theballetclub.com)  
 or on our website:  
[www.theballetclub.com](http://www.theballetclub.com)  
 328 East 61<sup>st</sup> Street, 2<sup>nd</sup> floor  
 New York, New York 10065



**The Ballet Club**



Meisner Acting    Dance    Film & TV    Audition Technique, and more...

[WWW.PLAYHOUSEJUNIORS.COM](http://WWW.PLAYHOUSEJUNIORS.COM)

## SERIOUS ACTOR TRAINING FOR TEENS IN THE HEART OF NYC

### 4 WEEK SUMMER INTENSIVE

Performing Arts Conservatory (15-18 yrs)

July 17th – August 12th

Dynamic conservatory training including Meisner Acting, Dance, Singing, TV and Film and Audition skills

**APPLY NOW!**  
**LIMITED SPACE AVAILABLE**

340 East 54th Street NY, NY 10022 | 212.688.3770

FORMER NY JUNIOR ALUMNI



Daisy EAGAN    Brendan SEXTON, III    Scarlett JOHANSSON    Aily SHEEDY    Frances CONROY    Anderson COOPER

**Galli Theater: Fairytale Theater for the Whole Family**  
 Performances \* School Shows \* Birthday Parties



**GALLI THEATER CAMPS**

The right place to act out different roles from classic fairytales!  
 Each camp focuses on a specific fairytale.  
 The children choose their roles, rehearse, and present the piece  
 at the end of the session for family and friends.

**SPRING  
 BREAK CAMP**

April 10<sup>th</sup> - 14<sup>th</sup>  
 9:30am - 2:30pm

**SUMMER  
 CAMPS**

July &  
 August

**Galli Theater** Tel: 212 731 0668  
 151 West 26th Street, 7fl. Email: galliny@gmail.com  
 New York, NY 10001 www.gallitheaternyc.com  
 For tickets, birthday parties, school shows and camps please visit  
[gallitheaternyc.com](http://gallitheaternyc.com), email us at [galliny@gmail.com](mailto:galliny@gmail.com) or call us at 212-731-0668



**2017 Summertime Fun**

**DIRECTORY**

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 online registration at [stbarts.org/resources/summer-camp/](http://stbarts.org/resources/summer-camp/).

**Village Kids Camps**  
 490 Hudson Street,  
 West Village  
 917-426-3263  
[www.villagekidsnyc.org](http://www.villagekidsnyc.org)  
 Camp Director - Richard Nelson

Our programs are carefully designed to ensure children are physically active and intellectually engaged. Thematic field trips, fun expeditions, and walks to neighborhood parks — sprinklers, water games, sports, picnics — guarantee lots of time outdoors. Afternoon activities include archery, soccer, kung fu, dance, science, technology, creative arts, cooking, and recreation. Chess club, open to all levels, offers mini lessons, puzzles, supervised play, and friendly matches. Instructional swimming at the McBurney YMCA runs weekly. Tennis classes can be

added as an optional extra. Early bird and bundle discounts available. Ages 5-12. Best summer camp in the Village!

**Xaverian HS Summer Sports Camps**  
 7100 Shore Road  
 718-836-7100  
[www.xaverian.org](http://www.xaverian.org)

Our Sports Camps provide boys and girls, who will be entering the 2nd to 9th grades (basketball) or entering 5th to 9th grades (baseball) in Fall 2017, with a wonderful opportunity to develop their individual skills, appreciation for team play, and general fitness by attending instructional camps in Basketball and Baseball, running Mondays through Fridays. The program directors and staff are Xaverian's own, highly accomplished coaches, alumni and players, all of whom have experience at the High School, AAU and Collegiate levels.

**S U M M E R @ X A V E R I A N**



**XAVERIAN  
 SPORTS  
 CAMPS**

**Basketball and Baseball  
 Monday - Friday,  
 9 am - 3 pm, Dates below**

Boys and girls entering grades 1 to 8 have the opportunity to develop their individual skill, team play, and general health and fitness by attending basketball or baseball camp. For more details about the schedule and coaching staff, visit: [www.xaverian.org/sportscamps](http://www.xaverian.org/sportscamps)

**Basketball**  
 June 26 - June 30 - boys and girls  
 July 17 - July 21 - boys and girls  
 July 24 - July 28 - boys and girls  
 July 31 - August 4 - boys and girls

**Baseball**  
 August 7 - August 11 - boys only

**Basketball and Baseball:  
 Mondays thru Fridays, 9 AM - 3 PM**

Cost Per Week: \$270 prior to 5/29,  
 \$300 after 5/29.

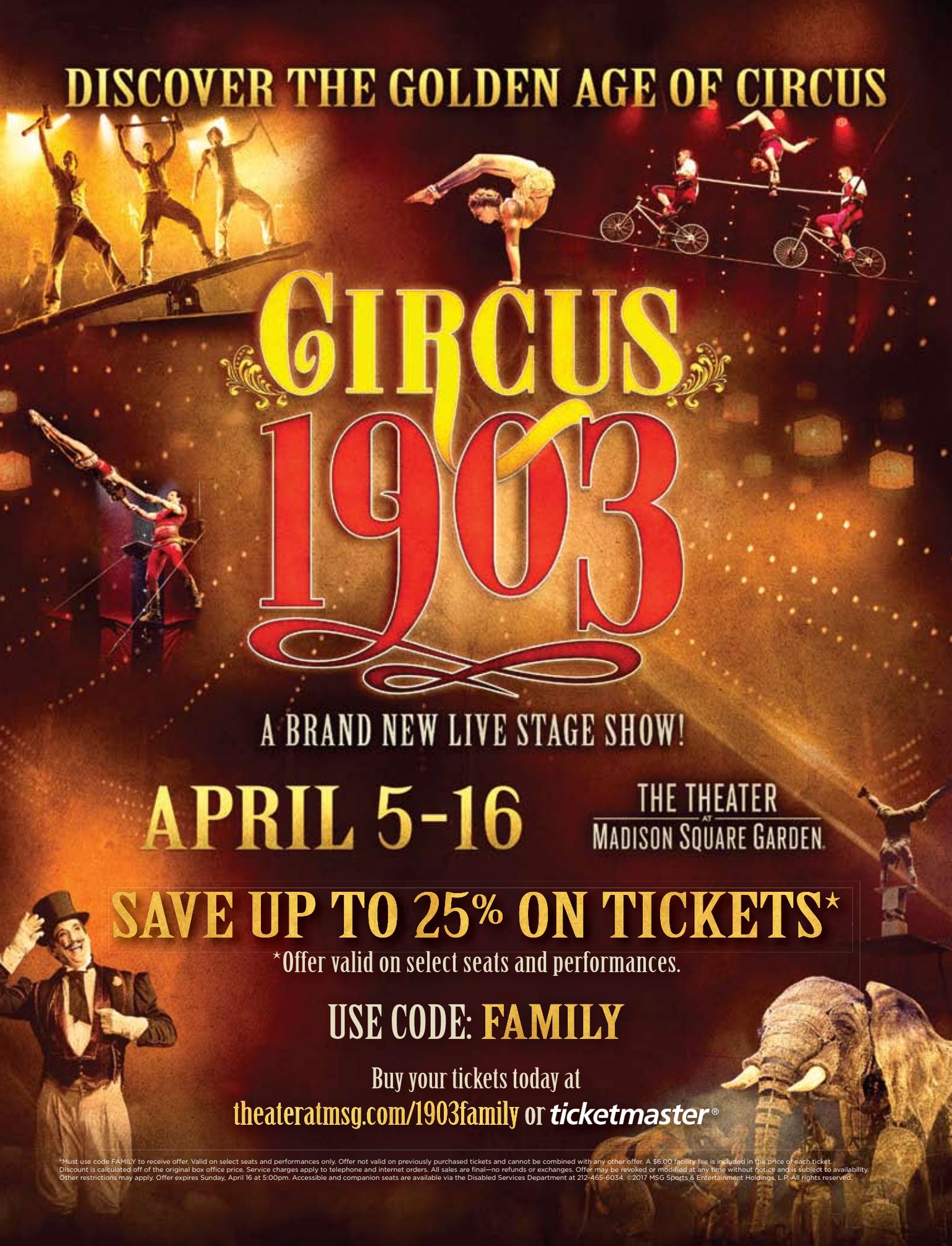
\*\* Lunch Special- \$9.00 per day (optional)  
 includes Sandwich, Drink and Snack.  
 All campers get Free Pizza on Friday!

Free bus service from the Rockaways



Questions: Eddie Mayrose, Director of Sports Camps,  
[emayrose@xaverian.org](mailto:emayrose@xaverian.org) or call 718.836.7100, ext. 118.

DISCOVER THE GOLDEN AGE OF CIRCUS



# CIRCUS 1903

A BRAND NEW LIVE STAGE SHOW!

APRIL 5-16

THE THEATER  
AT  
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# Green gifts

## Tips for fun, Earth-friendly giftwrap alternatives

BY LARA KRUPICKA

**T**here's nothing like the fun of tearing at colorfully wrapped gifts to make a celebration exciting for a kid. The mere sight of a bow-bedecked box can elicit shrieks of delight.

And no wonder — a study by Daniel Howard of Southern Methodist University found that, due to positive association, recipients automatically feel more favorably about owning a gift when it has been wrapped. Which may also explain why the tradition of disguising gifts is such a long-standing one. Some date it back to 105 AD in China.

But for the environmentally conscious, this practice can be cringe inducing. How to please the birthday boy or girl and still care for the earth? Try one of the following options:

### **It's a calendar. No, it's gift wrap accessories**

If you appreciate artistic recycled gift packaging, tags, and cards, check out the Paper Source Wall Art Calendar. Enjoy 12 months of beautiful calendar spreads. Then when the year ends, flip the pages over and cut out the templates for notecards, pillow boxes, and other gift wrappings. Purchase at your local Paper Source store or online at [www.papersource.com](http://www.papersource.com).

### **The Sunday funnies**

For years, thrifty folks have used full-color Sunday comics pages for wrapping gifts. The large newsprint pages fit most smaller packages, or you can use mul-

tiples spreads for a larger box. Save each week's funnies to build up your wrapping stash.

Or simply grab the current Sunday pages from your recycling bin.

### **Outdated maps**

Did you know that your car's door pockets and glove box can be sources of gift-wrap? Cull any outdated maps and move them to your giftwrap bin. After a road trip, instead of discarding any maps collected, keep them to have on hand for the next celebration. The bright color and larger-sized pages make for great gift coverings, especially for guys.

Or add a decorative touch to any present by cutting maps into strips and winding them around a pen or pencil to create curls. Then tape a group of curls to the top of a wrapped package.

## Retail shopping bags

Ever since Hallmark introduced the first handled paper gift bag in 1987, Americans have favored presenting gifts in decorative bags. Instead of buying bags specifically for gifts, why not use the cute shopping bags from retail chains you frequent?

American Girl and Vera Bradley's shoppers with their vibrant glossy colors and braided handles make alternatives as nice (and often stronger) than the "real thing." Be selective about which shopping bags you recycle and save the best for wrapping gifts. When a gift-giving occasion arises, take a few minutes to cover the company logo or name on the bag with stickers or decorative paper scraps. Add tissue, or for an even greener filler, use shredded paper, such as the shiny pages of last month's magazine. Tie on a tag or add a card, and you're set.

## Empty Altoids tin

Care for a mint? If you have an Altoids lover in your household, you have on hand the perfect gift-card container. Simply wipe out the powdery residue from the empty candy tin. Then paint the top and sides with a layer of acrylic craft paint, glue on some cardstock, write your greeting, and insert the gift card. For a two-in-

one gift, decorate the top with a refrigerator magnet instead — it will stick readily to the metal tin.

## Fabric

Think outside of the box by using fabric to cover a gift. The Japanese originated the use of a fabric wrap during the Edo period (1608–1868). Furoshiki, as the colorful, reusable cloth wrappers are called, began as a means for carrying personal items to the public baths, before being adopted as an all-purpose wrap.

Create your own furoshiki out of any available cloth. Wrap a hand towel around bath toys. Buy a bandana in the recipient's favorite color. If you sew, pull scraps from your fabric bin and secure with a long fabric strip tied in a bow.

## Paper grocery bags

Next time you buy groceries, ask the bagger to use one or two paper bags in place of plastic or your reusable cloth bags. Kraft paper grocery bags can be cut open and turned inside out. Then have your children color a design on it, or stamp images to decorate before taping around a gift.

## Treasure hunt

Instead of wrapping your gift, tuck a clue

written on paper in a small, bow-topped box instead. Create a series of clues, each one hidden in a location prompted by the previous clue. At the final location, hide the gift. This works especially well for large and oddly-shaped gifts that are difficult to wrap or consume large amounts of paper.

...

Keep your eyes open for other alternatives to traditional paper giftwrap. After all, even sheets and rolls of giftwrap originated as an alternative to customary wrappings. In 1917 the Hall Brothers' stationery store ran out of tissue sheets commonly used for wrapping gifts. As a quick solution, it brought out decorative French envelope lining papers from the manufacturing plant and offered them for 10 cents a sheet. Customers loved them and bought out the supply, both that year and the next. Thus Hallmark started the business of giftwrap, which has expanded now to a nearly \$3 billion dollar industry.

Have fun trying new, earth-friendly methods for packaging your gifts. You may surprise and amuse yourself as much as your recipient.

*Lara Krupicka is a parenting journalist and mom of three who keeps plenty of old maps and Altoid tins on hand for gift wrapping.*

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# Not easy being green

## The good, bad, and ugly of my family's recycling plans

BY LISA BEACH

**M**y favorite Muppet, Kermit, said it best: "It's not easy being green."

Like any good mom, I try to lead my family down the do-the-right-thing path as we go about our lives. This includes adopting environmentally friendly habits as I try to instill a leave-no-trace mentality in my family.

Let's just say they're about ready to stuff me into the recycling bin with my attempts to "green up" our lives.

"Listen, Mother Earth, you need to chill," my husband Kevin says to me on a regular basis as I try to shove my save-the-planet philosophy down my family's throats.

I admit that I sometimes go a little overboard in my efforts. I also admit that I sometimes fail miserably at my own green habits due to inconvenience or the reality of living with teen boys.

For example, I've drilled my kids on the importance of the three big "Rs": reduce, reuse, and recycle. Yet, despite my best efforts, we often fall short:

### **Reduce:**

**The good:** To cut down on all the harmful chemicals and reduce the influx of disposable containers in our home, I sometimes make my own non-toxic cleaning products with simple ingredients like water, vinegar, and lemon juice.

**The bad:** While this DIY approach works as effectively as most cleaners,

I'm banned from using them when my family is at home, because they claim it makes the house smell like pungent salad dressing. Which it does, but only for 10 minutes.

**The ugly:** With two teen boys in the house, I'm not against breaking out the Lysol as needed. I'm all for "going green," but teen messes and smelly soccer cleats demand the toxic big guns, like bleach, alkyl, dimethyl benzyl, and other ingredients I can't pronounce. Ozone layer, air quality, and clean water be damned! I'm trying to survive two teenagers.

### **Reuse:**

**The good:** We own at least a dozen refillable water bottles, which we regularly take to school, work, soccer games, etc.

One drink at a time, we're not adding to the county landfill. Yay, us!

**The bad:** While we've slowly upgraded most of our water bottles to stainless steel or BPA-free plastic over the years, a few "bad plastics" still lurk in our cupboards. For unknown reasons, we're still holding onto a few toxic, BPA-laden freebies emblazoned with our local radio station's logo.

**The ugly:** At this very moment, we've got a case of disposable water bottles sitting on our back porch. Despite our best efforts to bring reusable containers everywhere, we've just committed the pinnacle of atrocious eco-crimes. Not only did we buy disposable water bottles, but we bought them in bulk. What kind of monsters are we?

### Recycle:

**The good:** My family has dubbed me the Recycling Nazi for my zealot-level intensity of recycling. Each week, our recycling bins overflow with aluminum cans, plastic bottles, newspapers, and empty cereal boxes. I'm thrilled that we've reduced our carbon footprint.

**The bad:** Sometimes my overly aggressive efforts tick off my husband, like when he hasn't yet read the Sunday newspaper, and I've already tossed it into

Like George Costanza picking an éclair out of the trash in a classic "Seinfeld" episode, I've been known to pluck a perfectly good empty toilet paper roll out of the bathroom waste can and put it in the recycling bin.

the recycling bin by 10 am that morning. (This is where he starts, "Listen, Mother Earth...")

**The ugly:** Like George Costanza picking an éclair out of the trash in a classic "Seinfeld" episode, I've been known to pluck a perfectly good empty toilet paper roll out of the bathroom waste can and put it in the recycling bin. My husband thinks I've sunk to a new low. But do you know how many trees I've saved over the years?

...

While I've got the best of intentions, I

struggle with trying to set a good example and then consistently live up to it.

For example, rather than waste gallons of water while brushing my teeth, I turn the faucet off until I'm ready to "rinse and spit." Sometimes my husband or the boys will leave the faucet running full blast while brushing their teeth.

"My God, you can bathe a toddler with all the water you're wasting!" I chastise over the gushing stream. The problem? My hypocrisy comes back to haunt me when they point out that I take longer showers than a construction worker after a long, hot day on the job. Damn, they're right.

Yet, despite my eco-fails, I keep trying to live the green life. In fact, I've seriously asked for a compost bin for Mother's Day for the last five years. So far, no one's running to Home Depot to fulfill my wish. Instead, I usually receive flowers on Mother's Day. Of course, when they die, I could have tossed them into the compost bin *if I had one*. The struggle is real, people.

I agree with Kermit. It's not easy being green.

*Lisa Beach is a freelance journalist, copywriter, and humor blogger. Check out her website at [www.LisaBeachWrites.com](http://www.LisaBeachWrites.com) and visit her humor blog at [www.TweeniorMoments.com](http://www.TweeniorMoments.com).*

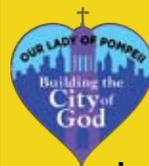
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# Connecting *with the* earth

Fostering appreciation, knowledge, and respect for nature

BY CAROLYN WATERBURY-TIEMAN

Sundays during my childhood meant making the arduous trek over hill and hollow to my maternal grandparents' house for dinner. The scenic journey along state Route 11 bordered patchwork-quilt farms, wound between walls of sheer rock, and skirted pitch-black openings in the hillside that ignited my childish imagination, all the while roughly paralleling the south fork of the Kentucky River. Oftentimes I spent the duration with my nose in a book, singing with my sisters, or listening to my mother tell stories of growing up and rarely traveling beyond those hills. So familiar was this trip that I can still close my eyes and retrace its meandering course.

On one such Sunday excursion, when I was about 8 years old, my father suddenly proclaimed, "Look out the window, girls. Take a good look around. The world will never again look exactly the same as it does today." I begged to differ, pointing out that it looked just like it did the last time we drove this way.

He explained that while it may appear to be the same, it wasn't. The leaves on the trees had changed color, even if only slightly. Leaves had fallen. Different clouds were in the sky. Different water was flowing down the river.

Prior to this conversation, I'd considered the earth as merely a backdrop against which my life was meant to

unfold. But in that moment, the earth became a living entity, with a life of its own, and the seeds of my environmental conscience had been sown.

Having been allowed to revel in nature as a youngster — climbing trees, catching all manner of creatures, exploring the woods in search of fairies and wildflowers — the transition from casual observer to student and steward came about quite naturally with the guidance my father provided. He taught me to identify trees by their leaves, birds by their song and plumage, and the constellations by their pattern of stars. He explained the life cycle, the water cycle, and rainbows. While I may not have completely comprehended the words, the wonderment with which he conveyed this information was contagious. He made it clear that the ability to explain a phenomenon renders it no less miraculous.

These vivid recollections were prompted by an e-mail exchange with my son. He suggested I write an article exploring the role of parents in influencing environmental awareness in their children. When asked about the goal of the article, he replied, "to encourage parents to raise strong advocates for the earth who adhere to environmentally responsible practices." His heartfelt message reflected the appreciation, knowledge, and respect for nature that had been shared with him. My father's legacy of establishing a connection to the earth

is in good hands.

Establish a legacy for your children:

- Revel in nature. Roll in the grass. Walk in the woods. Wade in a stream.
- Identify nature. Books and apps can help.
- Plant something. Whether it's a garden on the terrace, windowsill, or rooftop or a single seed in an old boot, watch something grow.
- Bring nature indoors. Collect rocks, feathers, nuts, and shells.
- Create nature-inspired art projects.
- Work in the yard or adopt a space to maintain in your neighborhood or local park.
- Participate in conservation and anti-pollution efforts. Consume less. Waste less. Share more.
- Celebrate the earth every day, not just once a year.

There are those who lack contact with nature. From the time they rise in the morning until they retire at night, they don't step foot on actual ground, they don't encounter a wild creature, and they experience the weather as something they seek to avoid while getting from one place to another. This lack of connection with the natural world contributes to indifference.

Those who are ignorant of, or refuse to acknowledge, the interconnection between human activity and the environment are easily persuaded to adopt and support practices that potentially cause



irreparable damage to our planet, especially if they mean to benefit financially. They are operating on the misguided notion that they'll be immune to the consequences. But nature is apolitical and its forces are completely unbiased. Political affiliation, socioeconomic status, age, race, or religion are irrelevant. The environment is the one thing that cannot be corrected after the next election cycle.

The earth is an approximation of a closed system, which means, what is here is all there is. Fresh air, clean water,

and healthy soil cannot be pumped in from outer space. Nature's ability to recover from whatever damage we inflict is not infinite. The effects of human activity on the environment will continue to occur whether we believe it or not. The choice of whether or not to limit those effects is ours. But it is our children and grandchildren who will inherit the consequences of our choices.

Raising children to become good stewards of our planet begins by fostering their personal relationship with nature

— a connection to the earth. If we expect them to adhere to environmentally responsible practices, we must do so first. Imagine what could happen if we all intended to leave the earth a little better than we found it.

*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](mailto:parent4life@yahoo.com).*

# Understanding a Supplemental Needs Trust

*I have an adult cousin who is disabled. She is the beneficiary under the Will of our aunt. She went to another relative who is an attorney to do her Will. Although the attorney was aware of my cousin's disability, he did not put any Supplemental Needs Trust provisions in the Will. Our aunt died. The bequest, which is significant, will disrupt her government benefits, which include residence in an assisted living facility paid for by Medicaid. What can I do?*

This is a frustrating problem that happens quite often. Before we look at the solution, let's review what a Supplemental Needs Trust is. These trusts are authorized by federal and state law and are created to hold assets for the benefit of a disabled individual in a way that will not interfere with any government benefits available to him or her. The assets could come to the individual by employment, testamentary bequest, or proceeds from a personal injury litigation settlement. These benefits include Social Security income and Medicaid benefits.

These can be crucial for the disabled individual, both in economic terms and to the extent that there are community resources available to the disabled beneficiary through Medicaid that would not otherwise be available, even through a private pay mechanism. It is paramount to protect these benefits so that care continues without interruption.

There are two types of Supplemental Needs Trusts: a "first-party" and a "third-party." A Supplemental Needs Trust is often referred to as a Special Needs Trust and the two terms are, for general purposes, referring to the same trust vehicle.

When a Supplemental Needs Trust is funded with the individual's own assets

(i.e. bequest, lawsuit proceeds), it is called a "first-party SNT." This is in contrast to a "third-party SNT," which is funded with another person's assets for the individual's benefit.

A first-party trust is permitted only when the individual is younger than 65 years old when the transfer occurs; otherwise there is a transfer penalty (a period during which the government will not pay for benefits). If the individual was still in the community, a first-party trust may be established after the age of 65; however, the transfer is a non-qualified transfer with a five-year look-back period. If the disabled beneficiary is over 65 years old, however, and already in nursing home care, this is not the best option.

A testamentary trust established under someone's will is generally a "third-party SNT." The benefit to a third-party trust is that it does not have a "pay back" requirement to the government, because the funds used to "seed" the third-party trust are not the disabled individual's own funds. They are generally the funds contributed by a third-party, whether a parent, grandparent, sibling, or anyone else. Any remaining assets at the individual's death pass as the grantor of the third-party trust directs. A first-party trust requires that the trust balance be used to pay back any government benefits received.

Back to the problem with your aunt's Will. There are a few options, but usually the most prudent option is to seek reformation of the Will if it is financially feasible to do so:

## Option 1: Pooled trust

Pooled Trusts are essentially a form of a Supplemental Needs Trust in that it suspends ownership of the funds sufficient to



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preserve benefits, but the individual need not create or administer a separate trust (hence the "pooled" reference). A pooled trust is managed by a nonprofit organization that is authorized to act as trustee of a global Supplemental Needs Trust for several beneficiaries (not just one, like a privately created trust). The assets in the pooled trust are not counted as assets of the individual for the purpose of determining eligibility for government benefits. Unlike the first-party trusts discussed above, the pooled trust can be utilized at any age. However, a transfer to a pooled trust can create a transfer penalty if the disabled beneficiary is currently receiving Social Security income.

Assets of a disabled person are put into a subaccount with the pooled trust and the assets can be used for the individual's benefits during her life. Distributions are permissible to enhance the individual's quality of life, which may include payments for vacation, computers, sporting goods, furniture, or transportation. Prohibited distributions include distributions to the beneficiary directly (as with all trusts discussed herein), distribution to a bank account, alcohol, tobacco, or firearms.

The pooled trust option alleviates the administrative burden of ensuring payments won't jeopardize benefits, but drawback of this type of trust is that there are delays in payments, as the pooled trust must first authorize the payment and then send a check. Also, at the individual's death, the remainder of the trust assets

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will become the property of the pooled trust; you cannot direct a beneficiary.

There are some start-up costs to a pooled trust and a monthly (or annual) fee during the individual's life. In New York, there are approximately 20 different pooled trusts to choose from. Each has its own rules, minimum contribution limits, and fees. Once the individual is accepted into a pooled trust, her guardian or representative notifies Medicaid and the Social Security Administration by presenting the acceptance letter, a copy of the Master Trust Agreement, and Joinder Agreement, in order to ensure there is no disruption in the individual's government benefits.

The pooled trust option may not be viable if the beneficiary (your cousin) is already receiving government benefits, since it could create a transfer penalty.

### Option 2: ABLE account

In 2014 President Obama signed a law called the Achieving a Better Life Experience Act (ABLE), which created the ability for disabled persons to have a savings account, similar to the college education 529 Plans, but for a broader scope of services beyond higher education. In order to be eligible for an account, the disabled person must be someone who had a disability that occurred before she turned 26 years

old. Even then, the account may only be funded with amounts up to the annual exclusion, currently \$14,000.

Because the individual became disabled later in life, she is not eligible for this type of account. Also, although the law has been enacted, it is up to each state to implement the accounts, and in New York, this type of trust is not yet available.

### Option 3: Will reformation

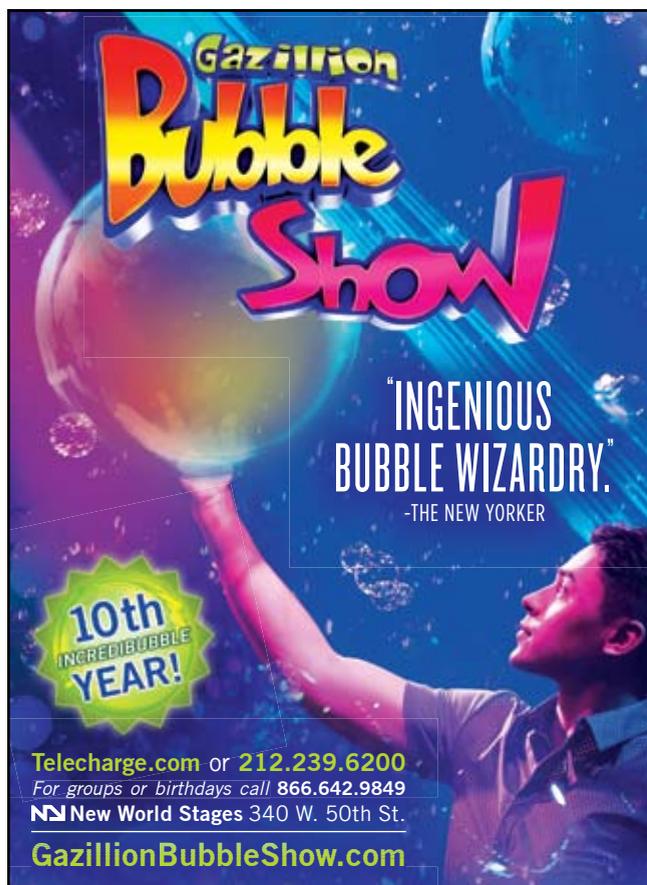
The final and usually preferable option is to seek reformation of the Will. A reformation seeks to "rewrite" the will to include the trust provisions that were not included in the first place. If there is a contingent beneficiary in the Will, you can seek reformation in a way that would allow any remaining trust funds to pass to that beneficiary. There is no age limitation to a testamentary Supplemental Needs Trust.

In order to reform the Will, the executor or the representative of the disabled beneficiary petitions the court for a construction proceeding, and asks the court to establish the trust and authorize a trustee. You would present a proposed draft of the trust provisions. Ideally, you would obtain consent from all other interested parties (the other beneficiaries) who should not be adversely affected by the reformation and therefore are not likely to object.

Notice would also likely need to be given to the New York State Department of Health and the Department of Social Services, which might object because it might deprive it of reimbursement for the provision of benefits. However, case law does suggest that the court will be willing to reform a Will in order to effectuate the testator's intent, and if the reformation would not materially change the testator's dispositive plan.

If your aunt knew that your cousin was disabled, a valid argument could be made that she intended to protect her and would have done so had she known that the trust provision was an option. In that regard, if the reformation were to be disallowed, the testator's intent that the disabled beneficiary receives a benefit under the Will would be frustrated because it would require disclaiming her interest under the Will and sacrificing it in order to preserve her government benefits. However, the Department of Health and Social Services may object to the trust unless a payback provision is included.

*Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists with estate-planning. Her firm assists clients in Manhattan, Brooklyn, Queens, Nassau, and Suffolk Counties. Find her on Twitter @estatetrustplan and on her website at www.besunderlaw.com.*



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# Screen-free tips

Simple swaps for switching off for a week — and beyond

BY LARA KRUPICKA

“Screen-free week” can be a challenging exercise that provides a sense of accomplishment. A nationwide movement May 1–7, it’s a way to get people to unplug and rediscover the joys of life beyond the screen.

But to many families, it’s also a relief to return to a screen-filled lifestyle. In fact, it can be hard to imagine going without television or internet devices on a regular basis.

For some practical screen-time substitutions, take a glimpse at a day in the life of our (relatively) screen-free family:

## Morning

Morning in our household consists of getting three children out the door to junior high and elementary school. I’m up at 5:30 am to snatch time to myself. By 6:30 am, my girls are up and getting dressed for school. A quick check of the weather forecast in the paper or on an iPod and wardrobes are selected. Within a half-hour, everyone gathers for breakfast.

We eat together most days (minus Dad, who usually arrives at work before we’re up). Over breakfast we review any activities for the day. Then I read the newspaper, my eldest occasionally looking over my shoulder at the sports news. Occasionally, we all discuss an interesting news report I’ve chosen to share with them.

Dr. Amy Nathanson, associate professor of communication at Ohio State University, points out the crucial nature of parents filtering the news for their children.

“Depending on their age and development, children simply aren’t ready to hear the kind of information news stories typically contain. In many cases, exposing children to news stories only results in them becoming frightened and without the abilities to effectively manage their fears.”

Developmental pediatrician Dr. Mark

## Tips for limiting your family’s screen time

- Model intentional viewing habits by turning the television on only for specific programs.
- Set and keep rules on how and what children will watch.
- Provide reasons for those rules and involve older children in deciding

the rules.

• Don’t place televisions and computers in children’s rooms or other places where they can’t be easily monitored. Also consider limiting where tablets and laptops can be used.

For more information and ideas about screen-free week, see [www.screenfree.org](http://www.screenfree.org).

Bertin agrees.

“The news has become really disturbing. The images being shown and the information shared aren’t things many kids are ready to hear in that format.”

By 8 am, everyone is gone. I head to my office where I will work at my computer. The morning is otherwise screen-free.

## Afternoon

Elementary school dismisses at 2:30 pm and my younger two arrive home shortly after. They empty their backpacks and scoot up to the kitchen counter for a snack. I stand and chat with them for a bit.

Soon my eldest returns from junior high and by then homework time is well under way. The television in our family room sits dark. Except for my teen listening to her iPod in her room and instruments being practiced, the house is still.

It’s 4 pm. One child reads on a couch while another plays with Lego bricks nearby. Even though the television is right there, they don’t ask to turn it on.

No television during playtime, as it turns out, is a good thing.

“Children’s play sessions are shorter and less sophisticated when background television is present compared to when it is not,” says Nathanson. “Because children learn a tremendous amount from playing, the detrimental effect of back-

ground television on children’s play is significant.”

Before I start dinner preparations, I urge my middle child into the kitchen to work on her birthday wish list. She has no ideas. It’s not that she’s an odd child with no desires. Nor are we indulgent parents, buying her everything she requests. Essentially, without television marketing to influence her, she lives relatively satisfied with what she has. The wish list grows slowly.

I move on to cooking dinner. Sometimes my children ask to play a video game together during the dead time before dinner. And often I allow them. Because it’s a limited time and I know exactly what they’ll be seeing on the television, I’m comfortable with it. And I’m not alone.

Lesley Wagner, a mother of three young children, also keeps her days relatively television free. But when it comes time to get dinner together, she admits she sometimes puts the television on.

“When my 4-year-old wakes up from his nap, we may watch TV while I’m making dinner. Maybe for 20 or 30 minutes.”

As Bertin notes, “Some screen time is a part of life. If children are watching a small amount, and we’re closely watching the content, they’ll be fine.”

The problem arises when it becomes a habit that takes over. Nathanson ex-



plains, “Parents may want to rethink their use of TV when they find they are continually turning to it to satisfy their own or their child’s needs.”

### **Evening**

By 6 pm Dad comes home, and we sit down to dinner together. My husband takes this time to do his own catch-up with our girls. Soon our kitchen grows noisy with our girls’ rapid-fire interchange.

“When the TV is off during meal time, family members can tune into each other,” says Nathanson. “The reality is it’s difficult for anyone to ignore the images and sounds coming from a television. By turning the television off, parents and children

can talk and really listen to each other.”

After dinner, we all clear the table. Then Dad and I retire to the couch where we catch up some more. In the kitchen the three girls tease each other and carry on loudly as they wash the dishes.

Once the dishes are done, our eldest returns to her homework. Sometimes the rest of us play a board or card game.

At 7 pm, the bedtime routine starts. Our youngest showers, while the others read. The family room is empty, so Dad sneaks in a quick video game. (He can’t help it.)

By 8:30 pm, the house is quiet. The girls have gone to bed. I read. Dad settles in with a puzzle. The television is off.

After catching up on Facebook (yes,

we’re guilty of computer screen time more than anything), it is lights out for us. We both drift off easily, not wired by a fast-paced, late-night news program.

As you can see, we are not Luddites. Screen time does figure into our day in small amounts, and we’ve been intentional to constrain its limits.

Dr. Bertin sums it up well: “Recognize that media doesn’t have to happen to us. We can decide how to use media, even for our kids.”

It’s intentionality that makes the difference.

*Lara Krupicka is a freelance writer who admits to enjoying one television show and plenty of games each week with her husband and three girls.*



## New color palette

Packaged foods now replacing synthetic dyes with hues direct from nature

**W**hether you're dyeing Easter eggs or simply enjoying the emerging daffodils and hyacinths, your world is bursting with color this time of year. Yet, you may notice that some of your family's favorite packaged foods are becoming more muted.

Many well-known food companies are phasing out synthetic dyes from their products and replacing them with natural colors. Why? A growing body of research suggests synthetic food dyes trigger hyperactivity in susceptible children. There is growing pressure from consumers to ditch the dyes.

Mars Incorporated announced it would remove artificial colors from all the processed foods it makes for humans to be replaced with pigments found in natural substances. Other companies have also made the pledge — such as Campbell's, Frito Lay, General Mills, Kellogg's, Kraft Heinz, Mondelez International, Nestlé USA, and Panera. Some food chains, such as Whole Foods and Trader Joe's, have long refused to sell foods with artificial coloring.

The familiar macaroni and cheese found in the yellow-and-blue box? Tinted now by paprika, turmeric, and annatto (a color taken from achiote tree seeds). Sunkist orange-flavored jelly candies? Carrot juice now provides their bright shade. And Yo-plait's Blackberry Harvest yogurt gets its purple hue from beet juice.

A study released last year found that 43 percent of all food products marketed toward children contain artificial colors. Surprising foods with added pigments include marshmallows, French dressing, cherry pie filling, cookies, canned pasta, and hot chocolate mix.

In a 2014 study, some cereals, candies, and cakes were found to contain much more artificial coloring than we would expect. Food companies have to disclose the presence of artificial coloring on labels, but they don't disclose specific amounts.

Yet, while food scientists are having pretty good luck replacing orange and red with natural colors, they're having a devil of a time with the color blue. If you think about it, there isn't much blue that occurs in nature. And blue is generally associated with "fun" foods aimed at children, such as M&Ms, sugary drinks, cereal, ice pops, and candy.

Scientists are also finding the "natural" colors aren't predictable and can turn strange looking or tasting. Artificial colors are easier to work with and look and taste the same regardless of where they're placed.

An example of a natural food coloring is McCormick's Color from Nature Food Colors. More muted than the original food colors, they're an option for parents who wish to eliminate artificial dyes from their children's diets for recipes such as frost-



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

ing. The colors are made from ingredients such as plants, vegetables, and seeds.

All color additives used in food — synthetic colors and those derived from natural sources — must be approved by the Food and Drug Administration.

Synthetic colors that are on critics' radar include Red 40 (causes behavior issues in certain children), Blue 1 (worrisome since it passes through the protective blood-brain barrier), and Yellow 5 and Yellow 6 (may contain a cancer-causing contaminant).

You might be asking, "Why add artificial colors to begin with?" There are several reasons why: Humans seek color in what we eat. Bright, artificial colors simulate the presence of fruits or other natural ingredients. Interestingly, adding a red color can make a food taste 10 percent sweeter.

What you can do:

- Watch out for labels stating "artificial color added" or "color added." Or that list "FD&C red #3" or any color followed by a number.

- Prepare more foods at home from scratch.

- Limit the amount of foods marketed towards kids.

Finally, children who get on a so-called "sugar high" may actually be experiencing the effects of these artificial colors. There is no peer-reviewed research that sugar causes hyperactivity.

*Christine Palumbo is a Naperville, Ill.-registered dietitian nutritionist. After doing the research for this article, she plans to shun most artificially colored foods. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter or ChristinePalumbo.com.*

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# This is all of us

## The show we all need right now

It's been a long while since I have been moved by a television series as much as I have been with NBC's "This Is Us." It's the story of a family — which is everyone's story. I've been waiting for a few weeks now to see what will become of William, Randall's biological father, who has terminal cancer. Randall (Sterling K. Brown) tracked William (Ron Cephas Jones) down and brought him into his own home after being abandoned by William as an infant. Of course, if Randall hadn't been left at the hospital, he wouldn't have been adopted by his parents (Milo Ventimiglia and Mandy Moore) and become one of the "big three," along with his sister Kate and brother Kevin, played wonderfully by Chrissy Metz and Justin Hartley, respectively.

Each week, this show has presented a glimpse into this beloved, imperfect, yet perfect family. The love they have for each other is real and uniquely, almost palpable. For instance, it shows Kevin, the actor about to take the stage at his new play, running off at the last minute to do what his dad would do, knowing that his brother Randall was having a breakdown.

And we see William utter his dying

words to his long-lost son:

"You deserve everything, Randall. My beautiful boy. My son. I haven't had a happy life. I had breaks. I had choices. A life of almosts and could-haves. Some would call it sad, but I don't. 'Cause the two best things in my life were the person in the very beginning, and the person at the very end."

Or the scenes of baby William dancing with his mother intermingled with scenes of him as an old man meeting his mom in heaven — I don't know what impacted me more. Watching William take his last breath just about broke me.

This isn't only writing at its best (and big huge kudos to these amazing writers, in particular creator and writer Dan Fogelman), it is humanity at its best. It is one of the very few displays of media that choose to show humans being kind and good rather than terrible, simply for ratings. I wonder if we were as deluged with simple acts of human kindness day in and day out, the same way we are inundated with horrific images, lies, corruption, and plain wickedness, would we be a different society?

With the current world, we may feel helpless and wonder what we can do to preserve the goodness that was innately



## JUST WRITE MOM

DANIELLE SULLIVAN

born in our children. While we may feel like giving up some days, we have to keep trying. One thing we can do is be the good we want to see, be the change that needs to occur, be the kindness we want to foster, as Gandhi said so many years ago.

I commend the writers, producers, and actors of "This Is Us" for taking the lead in a sea of sharks, and taking a chance that good would outweigh evil. (I often imagine some of our so-called leaders being forced to watch this series, "A Clockwork Orange"-style, and see if any sense of humanity might well up in them after a while.) Many viewers have commented that each week, after watching, they try to be a better person and do better in their individual life. One viewer tweeted that after every episode, they want to hug everyone they see, because they have more of an open heart to a person's struggles. And each of us has our own.

A teacher once asked my high school class if we thought that people were inherently evil with a propensity to do good or if people were fundamentally good with a tendency to do evil. As an optimistic teen, I told him, I thought people were inherently good, and I still do, despite what we see over and over again on TV.

Maybe if we saw more goodness on the screen, just maybe, we just might see more goodness in our real lives.

*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 Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.*



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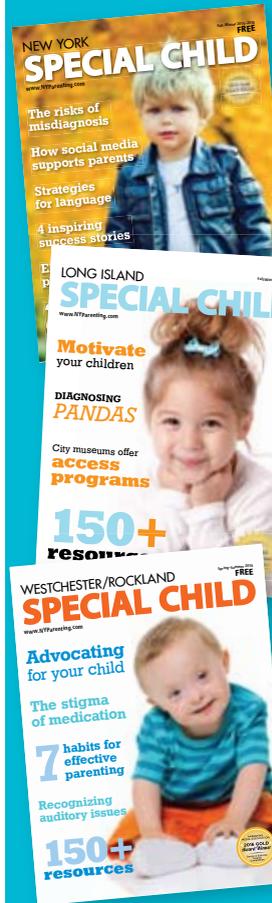
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# Calendar

APRIL



Paulo Lobo

## Leading ladies

Ballet Hispanico opens its 2017 season with a production of “Con Brazos Abiertos,” “Línea Recta,” and “3. Catorce Dieciséis” at the Joyce Theater from April 18 to 23.

The nation’s premier Latino dance organization brings its bold brand of contemporary dance to the Joyce Theater with a program of all-female choreographers.

Works include the world premiere of Michelle Manzanales’s “Con Brazos

Abiertos,” “Línea Recta” by Belgian-Colombian Annabelle Lopez Ochoa, and “3. Catorce Dieciséis” by Tania Pérez-Salas. For older teens and college students.

Ballet Hispanico from April 18 to 23, Thursdays and Fridays at 8 pm; Saturdays, 2 pm and 8 pm; and Sundays, 2 pm and 7:30 pm. Tickets start at \$10.

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

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# Calendar

### Submit a listing

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

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

### SAT, APRIL 1

#### IN MANHATTAN

**Discovery Walks:** Charles A. Dana Discovery Center, 110th Street between Lenox and Fifth avenues; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 11:30 am; Free.

Bring your family for a guided walk and discover why Central Park is a sanctuary for plants, animals, and humans alike. Learn about the architecture, landscapes, and ecosystems of the park through hands-on exploration using Discovery Kits — rugged backpacks filled with kid-friendly binoculars, field guides, and hand lenses.

**Thalia Kids book club:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am; \$16 (\$13 members).

New York Times bestselling author Adam Gidwitz ("The Inquisitor's Tale," "A Tale Dark and Grimm") and Grammy-nominated performer Benjamin Bagby will bring the Middle Ages to life through stories and song. Kids will be invited to stage a scene from "The Inquisitor's Tale" with Gidwitz and Bagby. Costumes are encouraged — it's April Fool's Day, after all. A book signing will follow. Ages 8 and up.

**The World of Classical Music:** Carnegie Hall's Resnick Education Wing, 154 W. 57th Street at Seventh Avenue; (212) 247-7800; [www.carnegiehall.org/Education](http://www.carnegiehall.org/Education); Noon; Free.

Families discover the beautiful and exciting world of classical music, with opportunities to conduct an ensemble, build, and play musical instruments created from everyday objects, and enjoy live performances.

**Discovery Walks – Towering Trees:** Charles A. Dana Discovery Center, 110th Street between Lenox and Fifth avenues; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 2:30 pm; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using Discovery Kits.

**Le Carrousel Kids Carnival:** Bryant Park - Le Carrousel, Sixth Avenue and West 40th Street; (212) 768-4242; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 3 pm; Free.

Shake off winter and jump into spring at



## Art and technology

Children get their imagination going at ARTech: Adventures in Art & Technology now through April 29.

Children's Museum of the Arts has joined with the Meatpacking Business Improvement District and the New York Hall of Science to create ARTech, an activity center with STEAM-based workshops, installations, and interactions for kids. The center features a Gif-Making Station, Ball Pool, Star Lab, Build It with Rigamajig, Velocity Ramp, and more! Pre-registration is required with

a \$10 deposit fee that will be refunded upon check in.

The Meatpacking BID will use an 8,000-square foot renovated, vacant retail storefront as the location.

ARTech: Adventures in Art & Technology, now through April 29; Wednesdays and Thursdays, 3 pm to 7 pm, and Saturdays and Sundays, 10 am to 5 pm. Free.

*Temporary activity center [459 W. 14th St. in the Meatpacking District, (212) 274-0986; [www.cmany.org](http://www.cmany.org)].*

a special Caribbean/Mardi Gras-style carnival for kids of all ages! Play mas, do crafts, get your face painted, hear a story or two, or just jump around to the percussive island beats spun by D.J. Flip Bundlez.

**"Who Would be King":** Theater 511, 511 W. 54th St.; <https://web.ovationtix.com/trs/pr967389>; Saturday, April 1, 8 pm; \$20-\$25.

Violence and betrayal, angels and prophets, villains and kings ... and chickens. This epic production by Liars & Believers swings from absurd buffoonery to high tragedy, with kinetic physicality, silliness, swords, and a live synthwave score. The show runs 90 minutes (no intermission) with live music, clowning, physical theatre, and swordplay. Recommended for older teens.

### SUN, APRIL 2

#### IN MANHATTAN

**Matzapalooza:** Museum of Jewish

Heritage, 36 Battery Pl. at First Place; (646) 437-4202; [www.mjhnyc.org](http://www.mjhnyc.org); 10 am to 1 pm; \$10 (free for children and grandchildren of members).

Get ready for Passover with interactive workshops and performances. Enjoy arts-and-crafts activities, including a make-your-own Haggadah and Elijah and Miriam cups; an afikomen (hidden matza) search party; and, a photo booth in which participants can dress up and pose as Passover plagues. Join in a sing-along concert of Passover songs in Yiddish, Hebrew, and English. Plus, visit a marketplace of artisan purveyors of Passover foods. For children 12 years and younger.

**Family Nature Hike:** Dana Discovery Center – Central Park, 110th Street between Lenox and Fifth avenues; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am to 12:30 pm.

A free Urban Park Ranger program is the perfect addition to your family's weekend. Join our Urban Park Rangers on a family hike through Central Park.

# Calendar

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

## "The Quest for the Seven Teeth":

Near Belvedere Castle, 79th Street and the Transverse; (347) 559-6223; [www.AccompliceTheShow.com](http://www.AccompliceTheShow.com); Noon; \$65 (one child, one adult).

Join in a grand adventure to help Franklin find the Tooth Fairy's missing teeth. Children will experience a world of fanciful characters who use puzzles, games, and crafts to move the story along in this one-of-a-kind immersive fairy tale. Advanced registration required.

**The World of Classical Music:** Noon. Carnegie Hall's Resnick Education Wing. See Saturday, April 1.

**"Something" autism-friendly performance:** New Victory Theater, 209 W. 42nd St.; (646) 223-3000; [www.newvictory.org>Show-Detail?ProductionId=7687](http://www.newvictory.org>Show-Detail?ProductionId=7687); 5 pm; \$25 all tickets.

A troupe of seven skilled acrobats fuses circus, dance, physical theater, and clowning into a singular, captivating performance that appears comically effortless. In collaboration with The New Victory Theater, Autism Friendly Spaces, Inc. provided consultative services for this performance. For more information, visit the website. The performance is 60 minutes long and no intermission.

## WED, APRIL 5

### IN MANHATTAN

**Little Guggs:** Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; [strollertours@guggenheim.org](mailto:strollertours@guggenheim.org); [www.guggenheim.org](http://www.guggenheim.org); 11 am to noon; \$30 includes museum admission and snacks (\$15 members).

This program is designed for little art lovers and their parents and guardians who will explore one or two works of art in the galleries and then make a work of art in our studio. The hour includes a short story, trips to the galleries, and art-making activities. Designed for children ages 2-4 years old. Registration required.

**Story Time:** Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; [www.mjhnyc.org](http://www.mjhnyc.org); 3:30 pm; \$10 (free for children and grandchildren of members).

Come hear warm, whimsical tales about traditions, holidays, and families from some of today's best storybooks for children ages newborn to 4.

## FRI, APRIL 7

### IN MANHATTAN

**Grownups Cracking Up:** 14 Street Y, 344 E. 14th St. between First and Second avenues; (212) 780-0800; [info@14streety.org](mailto:info@14streety.org); 4 pm to 6 pm; Free for members.

Laugh, sing, drink, and eat as we wrap a week and usher in the weekend. Join us for a monthly Shabbat experience in conjunction with PJ Library where plentiful stories are



## Old-fashioned games

Go back in time at the Mount Vernon Hotel Museum and Garden's Spring Break Crafts and Games.

Drop-in during regular museum hours from April 11 to April 21 and make a 19th-century craft and play historic games. If the weather is nice, enjoy the museum's collection of wooden toys outside in the garden. A tour and children's corner is included.

Spring Break Crafts and Games, April 11-21, Tuesdays to Sundays, 11 am to 4 pm (closed Mondays). Free with museum admission: \$8 for adults, \$7 seniors and students, free for children under 12. Reservations required.

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

told, grown-up bellies are full of laughter and drink, kids sing and play, and together we all break bread and eat pizza.

## SAT, APRIL 8

### IN MANHATTAN

**Beginning Birders:** Belvedere Castle Central Park, mid-park about 79th Street; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 11:30 am; Free.

Learn about the architecture, landscapes, and ecosystems of the Central Park through hands-on exploration using Discovery Kits.

**Annual Shearing of the Heather:** Heather Garden at Ft. Tryon Park, Cabrini Boulevard and Fort Washington Avenue; (212) 795-1388; [www.nycgovparks.org](http://www.nycgovparks.org); 10:30 am to noon; Free.

The three-acre Heather Garden is the site of our annual rite of spring — the Shearing of the Heather by members of the Northeast Heather Society and Heather Garden staff. Bring your musical instruments and join in our community parade through the Heather Garden. Participate in a scavenger hunt, make flower-themed crafts, and get

your face painted while enjoying the garden's spring beauty and panoramic views of the Hudson River and Palisades!

**High-Flying Design:** Intrepid Sea, Air, and Space Museum, Pier 86; W. 46th Street at 12th Avenue (Hudson River Park); (646) 381-5162; [www.intrepidmuseum.org](http://www.intrepidmuseum.org); 11 am; Free with museum admission.

Make the best and most unique paper airplanes around while learning about the four forces of flight. Advanced registration required. While there, visit the museum's newest exhibit, Ports of Call, featuring the memories of the sailors who manned the Intrepid.

**On-Camera Performance Workshop audition:** Pelham Fritz Recreation Center, Malcolm X. Boulevard and W. 124th Street; (212) 860-1380; [info@harlemdanceclub.org](mailto:info@harlemdanceclub.org); Noon to 3 pm; Free.

Join NYC Parks as we host the Harlem Dance Club audition for a unique six-week On-Camera Performance Workshop! The workshop will simulate an audition, rehearsal, and shoot experience in a safe and nurturing environment. This workshop is open to all ages and experience levels. Space is limited. Registration suggested. Rehearsals are from

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

April 8 to May 13 — you must be able to attend all sessions; fully committed participants only. Shoot date is May 13.

**Woodland Wonderland:** Belvedere Castle Central Park, mid-park about 79th Street; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 2:30 pm; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using Discovery Kits.

## SUN, APRIL 9

### IN MANHATTAN

**New Families—New Traditions:** Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; [www.mjhnyc.org](http://www.mjhnyc.org); 10:30 am; \$10 (free for children and grandchildren of members).

Join the musical group Yellow Sneaker and puppet pals for programs that nurture family bonds and bridge connections to Jewish life and traditions. Every concert will focus on a different Jewish holiday or value, including caring for the environment, friendship, and love and kindness. Families, musicians, and puppets will sing and learn together as a welcoming community. Everyone is welcome.

**High-Flying Design:** 11 am. Intrepid Sea, Air, and Space Museum. See Saturday, April 8.

## MON, APRIL 10

### IN MANHATTAN

**Discovery Walks:** Charles A. Dana Discovery Center, 110th Street between Lenox and Fifth avenues; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 11:30 am; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using Discovery Kits.

**Discovery Walks – Towering Trees:**

Charles A. Dana Discovery Center, 110th Street between Lenox and Fifth avenues; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 2:30 pm; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using Discovery Kits.

**Geology for Kids:** Belvedere Castle Central Park, mid-park about 79th Street; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 2 pm to 3:30 pm; Free.

Get up, get out, and do something! Just about any day of the year, you can find something fun, informative, and healthy to enjoy at a nearby park. Join the Urban Park Rangers in Central Park to learn about rocks of the world and the geology of New York City.

## TUES, APRIL 11

### IN MANHATTAN

**Beginning Birders:** Belvedere Castle Cen-

## ‘Something’ to talk about

It sure is something else!

“Something,” at the New Victory Theater now through April 16, is a beautiful performance featuring a troupe of seven skilled acrobats who fuse circus, dance, physical theater, and clowning into a singular, captivating performance that appears comically effortless. From reading a book to playing a game of poker, these inventive performers create silly, surreal scenes out of everyday ordinary acts.

A special performance on April 2 is specifically geared to families with special-needs children and was designed in collaboration with Autism Friendly Spaces, Inc., which provided consultative services for this performance.

Performances run approximately 60 minutes and there are no intermissions.

“Something,” now to April 16, Wednesdays and Thursdays at 2 pm; Fridays and Saturdays, 2 pm and 7 pm; and Sundays, noon and 5 pm. Tickets begin at \$16.

Autism-friendly performance April 2 at 5 pm. All tickets \$25.

*New Victory Theater [209 W. 42nd Street in Midtown, (646) 223-3000; [www.newvictory.org>Show-Detail?ProductionId=7687](http://www.newvictory.org>Show-Detail?ProductionId=7687)].*



Giovanni Chiodini

tral Park, mid-park about 79th Street; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 11:30 am; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using Discovery Kits.

**Woodland Wonderland:** Belvedere Castle Central Park, mid park about 79th St.; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 2:30 pm; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using Discovery Kits.

**Reptiles and Amphibians:** Payson Avenue Park, Payson Avenue and Dyckman Street; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); 2 pm to 3:30 pm; Free.

Do you think reptiles and amphibians are cool or creepy? Gain a new appreciation for these misunderstood creatures. Find out how reptiles and amphibians play an important role in our local ecosystem.

**Afterschool pop-up program:** Anne Loftus Playground, Dyckman Street and Riverside Drive; (212) 795-1388; [info@fort-tryonparktrust.org](mailto:info@fort-tryonparktrust.org); [www.nycgovparks.org](http://www.nycgovparks.org); 3 pm to 5 pm; Free.

Explore the natural world around you with Dr. A.! Learn how to identify different trees and insects. Test and play with various science tools through interactive games for children during this two-hour exploration session.

## WED, APRIL 12

### IN MANHATTAN

**Beginning Birders:** Chess & Checkers House (near zoo), Center Drive at West Drive; (212) 310-6600; [nycgovparks.org](http://nycgovparks.org); 10 am to 11:30 am; Free.

Learn about the architecture, landscapes, and ecosystems of Central park through hands-on exploration using Discovery Kits.

**Little Guggs:** 11 am to noon. Solomon

# Calendar

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

R. Guggenheim Museum. See Wednesday, April 5.

**PARKitecture:** Bethesda Terrace in Central Park, 72 Terrace Dr.; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 2:30 pm; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using Discovery Kits.

**Trees and who lives in them:** Belvedere Castle Central Park, mid-park about 79th Street; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 2 pm to 3:30 pm; Free.

Trees are budding and birds are singing. Take a walk with the Urban Park Rangers to explore the nature of Central Park in springtime.

**Afterschool pop-up program:** 3 pm to 5 pm. Anne Loftus Playground. See Tuesday, April 11.

## THURS, APRIL 13

### IN MANHATTAN

**Discovery Walks – Beginning Birders:**

Charles A. Dana Discovery Center, 110th Street between Lenox and Fifth avenues; (212) 310-6600; <https://www.nycgovparks.org>; 10 am to 11:30 am; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using Discovery Kits.

**Discovery Walks – Towering Trees:**

Charles A. Dana Discovery Center, 110th Street between Lenox and Fifth avenues; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 2:30 pm; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using Discovery Kits.

**Birding for Kids:** Payson Avenue Park, Payson Avenue and Dyckman Street; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); 2 pm to 3:30 pm; Free.

School is out! Get outside and get excited. Take the kids to the park to enjoy a guided bird walk, perfect for young bird-watchers! Bring your own binoculars, or ask a park ranger to borrow a pair. You never know what you may observe on these nature walks.

**Afterschool pop-up program:** 3 pm to 5 pm. Anne Loftus Playground. See Tuesday, April 11.

## FRI, APRIL 14

### IN MANHATTAN

**Beginning Birders:** Belvedere Castle Central Park, mid-park about 79th Street; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 11:30 am; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using Discovery Kits.

**Belvedere's Kingdom:** Belvedere Castle

## Fairies, teeth, and trolls

On April 2, take a magical adventure in Central Park and go on “The Quest for the Seven Teeth.”

Franklin was given the task of collecting seven teeth to help his cousin the Tooth Fairy and he accidentally lost them! He needs your children's help to get some more. Using their minds, voices, and bodies, kids will navigate their way through Central Park as they encounter puzzles, crafts, and games to move the story along.

Through castles, over streams, and under troll bridges, your kids will help a friend in need in this one-of-a-kind immersive fairy tale. Advanced registration required.

“The Quest for the Seven Teeth,”



April 2 at noon. Tickets are \$65 for one child and one adult.

Near Belvedere Castle [79th Street and the Transverse in Central Park, (347) 559-6223; [www.AccompliceTheShow.com](http://www.AccompliceTheShow.com)].

Central Park, mid-park about 79th Street; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 2:30 pm; Free.

It's a guided tour of the wonders of the castle and Central Park.

**Bug hunt:** Belvedere Castle Central Park, mid-park about 79th Street; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 2 pm to 3:30 pm; Free.

Don't be afraid of getting your hands dirty as we search high and low for amazing insects to discover their important connection to us, and the importance of parks to provide habitats for them.

## SAT, APRIL 15

### IN MANHATTAN

**Beginning Birders:** 10 am to 11:30 am. Chess & Checkers House (near zoo). See Wednesday, April 12.

**PARKitecture:** 1 pm to 2:30 pm. Bethesda Terrace in Central Park. See Wednesday, April 12.

**19th-Century New York:** Merchant's House Museum, 29 E. Fourth St.; (212) 777-1089; [www.nycgovparks.org](http://www.nycgovparks.org); 3:30 pm to 4:30 pm; \$20 for one adult, one child, \$25 for one adult and two children.

This was home not only to the eight Tredwell children, but also to two young granddaughters. Come tour the house and learn what life was like for children (and adults) in the 1850s, from schoolwork and chores to games and play. Could you carry a bucket of coal up steep stairs? Do you have a calling card? A top hat? What, no hoop skirt? How did you take a bath? And penmanship really, really mattered.

## SUN, APRIL 16

### IN MANHATTAN

**Easter Parade and Bonnet Festival:**

Kick off at E. 49th Street and Fifth Avenue; 10 am; Free.

Put on your bonnet and show off your Sunday best in the annual event that has marchers traveling up Fifth Avenue from E. 49th Street to E. 57th Street and passing St. Patrick's Cathedral.

## WED, APRIL 19

### IN MANHATTAN

**Story Time:** 3:30 pm to 5 pm. Museum of Jewish Heritage. See Wednesday, April 5.

## THURS, APRIL 20

### IN MANHATTAN

**“Trip to the Moon”:** The Kaye Playhouse, 68th St. between Park and Lexington avenues; [www.thepaperbagplayers.org](http://www.thepaperbagplayers.org); 10:30 am to 11:30 am; \$8.

Children ages 3 to 8 will delight in this classic blend of cardboard and paper sets, whimsical stories, lovable characters and live music that will have them singing and dancing in the aisles.

**Neighborhood Concert:** Harlem Stage Gatehouse, 150 Convent Ave. at 135th Street; (212) 281-9240; [boxoffice@harlemstage.org](mailto:boxoffice@harlemstage.org); [harlemstage.org/contacts-location](http://harlemstage.org/contacts-location); 7:30 pm; Free.

Vocalist Cécile McLorin Salvant and pianist Sullivan Fortner team up for an evening of swinging song. Salvant is the winner of the 2016 Grammy Award for Best Jazz Vocal Album, and has been called “the finest jazz singer to emerge in the last decade” (The

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

New York Times). New Orleans-born Fortner has made his mark studying and performing with The Marsalis Family, Donald Harrison, Roy Hargrove, and David Liebman, among other jazz luminaries.

**Ballet Hispanico:** Joyce Theater, 175 Eighth Ave. at 19th Street; (212) 242-0800; [www.joye.org](http://www.joye.org); 8 pm; Tickets start at \$10.

The engagement features the world premiere of Michelle Manzanales's "Con Brazos Abiertos," "Línea Recta" by Belgian-Colombian Annabelle Lopez Ochoa, and "3. Catorce Dieciséis" by Tania Pérez-Salas. For older teens and college students.

## FRI, APRIL 21

### IN MANHATTAN

**"Trip to the Moon":** 10:30 am to 11:30 am. The Kaye Playhouse. See Thursday, April 20.

**Afterschool pop-up program:** 3 pm to 5 pm. Anne Loftus Playground. See Tuesday, April 11.

**Ballet Hispanico:** 8 pm. Joyce Theater. See Thursday, April 20.

## SAT, APRIL 22

### IN MANHATTAN

**Discovery Walks – Beginning Birders:** Charles A. Dana Discovery Center, 110th Street between Lenox and Fifth avenues; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 11:30 am; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using Discovery Kits.

**Little Guggs:** 11 am to noon. Solomon R. Guggenheim Museum. See Wednesday, April 5.

**Time Travelers:** Charles A. Dana Discovery Center, 110th Street between Lenox and Fifth avenues; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm to 2:30 pm; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using rugged backpacks filled with kid-friendly binoculars, field guides, and hand lenses.

**Ballet Hispanico:** 2 pm and 8 pm. Joyce Theater. See Thursday, April 20.

## SUN, APRIL 23

### IN MANHATTAN

**Earth Day:** Margaret Corbin Circle, Margaret Corbin Circle and Cabrini Boulevard; (212) 795-1388; [info@forttryonparktrust.org](mailto:info@forttryonparktrust.org); [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 2pm; Free.

Celebrate Earth Day by being a great park steward — give back by volunteering with the Friends Committee of the Fort Tryon Park Trust and NYC Parks at a Beautification Day. Plants, tools, and gloves will be provided.



Richard Termine

## Musical visit to 'Toyland'

Victor Herbert's classic operetta "Babes in Toyland" comes to the Perelman Stage at Carnegie Hall on April 27.

The production is full of glorious melodies, and tells the story of mean Uncle Barnaby and his plot to get rid of his young niece and nephew, to get his hands on their inheritance.

With the help of several Mother Goose characters, the pair defeat his evil plans and bring happiness back to Toyland. MasterVoices presents the original score, including songs "Toy-

land," "March of the Toys," and "I Can't Do the Sum," and features Kelli O'Hara, Bill Irwin, Lauren Worsham, and Christopher Fitzgerald and the Orchestra of St. Luke's with Ted Sperling conducting.

Recommended for children 8 years and older.

Babes in Toyland, April 27, 7 pm. Tickets range from \$20 to \$150.

*Perelman Stage at Carnegie Hall [W. 57th Street and Seventh Avenue in Midtown West, (212) 247-7800; [www.carnegiehall.org](http://www.carnegiehall.org)].*

Wear long pants and sturdy shoes. Groups must RSVP by emailing [info@FortTryonParkTrust.org](mailto:info@FortTryonParkTrust.org) by April 9. Volunteers under 18 must be accompanied by an adult.

**Kids 'N Comedy:** Gotham Comedy Club, 208 W. 23rd St.; (212) 877-6115; [www.kidsncomedy.com](http://www.kidsncomedy.com); 1 pm; \$18 plus one item minimum (food or drink).

Springtime in New York is just the right time for teen comics to sprout and grow. Appropriate for children 9 to 18 years old.

**Ballet Hispanico:** 2 pm and 7:30 pm. Joyce Theater. See Thursday, April 20.

## THURS, APRIL 27

### IN MANHATTAN

**"Babes in Toyland":** Perelman Stage at Carnegie Hall, W. 57th Street and Seventh Avenue; (212) 247-7800; [www.carnegiehall.org](http://www.carnegiehall.org); 7 pm; \$20-\$150.

Victor Herbert's classic operetta is full of

glorious melodies, and tells the story of mean Uncle Barnaby and his plot to get rid of his young niece and nephew, to get his hands on their inheritance. With the help of several Mother Goose characters, the pair defeat his evil plans and bring happiness back to Toyland. Recommended for children 8 years and older.

## SAT, APRIL 29

### IN MANHATTAN

**Birds of Cabrini Woods:** Cabrini Woods, 190 Street and Cabrini Boulevard; (212) 795-1388; [RSVP@forttryonparktrust.org](mailto:RSVP@forttryonparktrust.org); 9 am to 10:30 am; Free.

We will enjoy a unique tree canopy-level view of the woods and learn fun facts about migrating birds through art, acting, and other hands-on activities. Workshop is for children 5 to 12 years old. Space limited, RSVP required.

**Beginning Birders:** Belvedere Castle Cen-

# Calendar

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tral Park, mid-park about 79th Street; (212) 310-6600; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 11:30 am; Free.

Learn about the architecture, landscapes, and ecosystems of Central Park through hands-on exploration using Discovery Kits.

**Belvedere's Kingdom:** 1 pm to 2:30 pm. Belvedere Castle Central Park. See Friday, April 14.

## FURTHER AFIELD

**Run for the Wild:** Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; [www.bronxzoo.com](http://www.bronxzoo.com); 7 am to 1 pm; \$50 (registration for adults); \$40 registration for children 3-15 and seniors 65 and older; Zoo Admission is included.

Join us for the annual event and run on behalf of your favorite animal and then spend the day with us for exciting new activities. Music and dancing, face painting, rock climbing wall, a visit at the zoo, and, of course, the 5K run to help your favorite animal. Become a sponsor or just come for the fun. The Family Fun run begins at 8:45 am (strollers permitted), then the run begins with costume characters, sea lion feedings, give-aways, and more.

**Sakura Matsuri 2017:** Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbq.org](http://www.bbq.org); 10 am to 6 pm; \$25 (\$20 seniors and students), free for children under 12 and members.

Sakura Matsuri, the annual cherry blossom festival at Brooklyn Botanic Garden, offers more than 60 events and performances that celebrate traditional and contemporary Japanese culture. The festival marks the end of hanami, the Japanese cultural tradition of enjoying each moment of the cherry blossom season.

## SUN, APRIL 30

### FURTHER AFIELD

**Sakura Matsuri 2017:** 10 am to 6 pm. Brooklyn Botanic Garden. See Saturday, April 29.

## WED, MAY 3

### IN MANHATTAN

**Little Guggs:** 11 am to noon. Solomon R. Guggenheim Museum. See Wednesday, April 5.

## LONG-RUNNING

### IN MANHATTAN

**"The Princess, The Emperor, and the Duck":** Swedish Cottage Marionette Theatre, W. 79th Street and West Drive; (212) 988-9093; Tuesdays - Sundays, 10:30 am and 2 pm.; \$12 (\$8 for children under 12).

The Swedish Cottage Marionette Theatre presents three classic tales from Hans Chris-

## Take a 'Trip to the Moon'

Get your ticket and blast off for a trip to the moon at Kaye Playhouse at Hunter College when the Paper Bag Players present "Trip to the Moon," on April 20 and 21.

Children ages 3 to 8 will delight in this classic blend of cardboard and paper sets, whimsical stories, lovable characters, and live music that will have them singing and dancing in the aisle. Show time is approximately one hour.

"Trip to the Moon," April 20 and 21, at 10:30 am. Tickets are \$8.



*The Kaye Playhouse at Hunter College box office (E. 68th Street between Park and Lexington avenues on the Upper East Side, [www.thepaperbagplayers.org](http://www.thepaperbagplayers.org)).*

tian Andersen — "The Princess and the Pea," "The Emperor's New Clothes," and "The Ugly Duckling." For children ages 3 to 9.

**Francois Hebel:** FIAF Gallery, 22 E. 60th St. between Park and Madison avenues; (212) 355-6100; Mondays, 11 am to 6 pm, Tuesdays - Fridays, 11 am to 6 pm, Saturdays, 11 am to 4 pm, Now - Wed, April 26; Free.

Tilt Kids Festival goes old school with a tribute to the photo booth. A hands-on workshop will teach kids how to compose a narrative in four frames. A special jury will select workshop images to be displayed in large scale during the exhibition from March 18 through April 26. The photography workshops for children 4 to 10 years old will be conducted in French and English.

**ARTech:** Adventures in Art & Technology: Children's Museum of the Arts in the Meatpacking District, 459 W. 14th St.; (212) 274-0986; [www.cmany.org](http://www.cmany.org); Wednesdays and Thursdays, 3 pm to 7 pm, Saturdays and Sundays, 10 am to 5 pm, Now - Sat, April 29; Free (\$10 deposit to be refunded on check in).

Children's Museum of the Arts is joining the Meatpacking District and the New York Hall of Science for ARTech, an activity center with STEAM-based workshops, installations, and interactions for kids. Pre-registration required.

**Cross-Stitch Circle:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); Thursdays, 3:30 pm, Now - Thurs, April 27; 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.

**Little New-Yorkers:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); Tuesdays and Fridays, 3:30 pm, Now - Fri, April 28; 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.

**Saturday Sketching:** Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; [www.guggenheim.org](http://www.guggenheim.org); Saturdays, 10 am, Now - Sat, May 27; Free with museum admission.

Prepared materials with drawing prompts allow visitors to explore Frank Lloyd Wright's architectural shapes and spaces, and record their perspectives through drawing. Art materials, including a drawing board, paper, a variety of pencils, and erasers, are available for loan at the Family Activity Kiosk. This program is geared towards teens, though families with children of all ages are welcome. No registration required.

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

All ages are welcome to join.

**Just Drop In:** Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; [www.guggenheim.org](http://www.guggenheim.org); Sundays, 1 pm, Now - Sun, May 28; Free with museum admission.

For families with children ages 3 and up. Drop in to participate in creative, interactive projects located in one of our family-friendly galleries.

# Calendar

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**Jazz for Kids:** Jazz Standard, 116 E. 27th St. between Park and Lexington avenues; (212) 576- 2232; [www.jazzstandard.com](http://www.jazzstandard.com); Sundays, 1 to 3 pm, Now – Sun, May 21; Free (\$5 donation requested).

Come and listen to a jazz concert and help benefit the Jazz Standard Discovery Program. Jazz Standard donates \$1 from each kid's menu sold to Spoons Across America, a non-profit organization dedicated to educating children, teachers, and families about healthy eating habits. Table reservations requested.

**"Something":** New Victory Theater, 209 W. 42nd St.; (646) 223-3000; [www.newvictory.org>Show-Detail?ProductionId=7687](http://www.newvictory.org>Show-Detail?ProductionId=7687); Wednesdays and Thursdays, 2 pm, Fridays and Saturdays, 2 pm and 7 pm, Sundays, Noon and 5 pm, Now – Sun, April 16; Tickets start at \$16.

A troupe of seven skilled acrobats fuses circus, dance, physical theater and clowning into a singular, captivating performance that appears comically effortless. The performance is 60 minutes long and no intermission.

**April School Vacation Week:** New-York

Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); Tuesdays – Sundays, 10 am – 3 pm, Sat, April 8 – Tues, April 18; Free with museum admission.

Let's celebrate our latest special exhibition, Thomas Jefferson: The Private Man, from the Collections of the Massachusetts Historical Society! Families will hunt high and low throughout the museum to find captivating objects that shed light on the life and times of Thomas Jefferson. Also, at drop-in crafts from 1 - 3 pm, to celebrate this cerebral gentleman who loved letters and books, families can emboss their very own "leather" bookmarks to take home.

**Crafts and games:** Mount Vernon Hotel Museum & Garden, 421 E. 61st St. between First and York avenues; (212) 838-6878; [www.mvhm.org](http://www.mvhm.org); Tuesdays – Sundays, 11 am to 4 pm, Tues, April 11 – Fri, April 21; \$8 adults (\$7 seniors & students; Free for children under 12).

Drop in and make a 19th-century craft and play historic games. If the weather is nice, enjoy the collection of wooden toys outside

in the garden. Museum tour and children's corner included. Reservations required.

**Little Heal Gate Salt Marsh:** Little Hell Gate Salt Marsh, Randall's Island Park; (212) 860-1899; [info@randallsisland.org](mailto:info@randallsisland.org); [www.nycgovparks.org](http://www.nycgovparks.org); Tuesdays, 6 pm to 7 pm, beginning Tues, April 11; Free.

Join us for a tour of our flagship salt marsh! Learn about the ecology of the space, view wildlife up close, and learn how the island's history has shaped our natural areas. (second Tuesday of every month).

## FURTHER AFIELD

**The Orchid Show – Thailand:** New York Botanical Garden, 2900 Southern Blvd. at Fordham Road, The Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); Tuesdays – Sundays, 10 am to 6pm, Now – Sun, April 9; \$20 (\$8 children).

The show features thousands of orchids in a classic Thai garden setting. The grand centerpiece of the design will be the façade of a sala, a traditional pavilion used for shade and relaxation, with a signature sweeping gabled roofline festooned with exquisite orchids.

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## PARTY PLANNERS

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# New & Noteworthy

BY LISA J. CURTIS



## Time to NOSH!

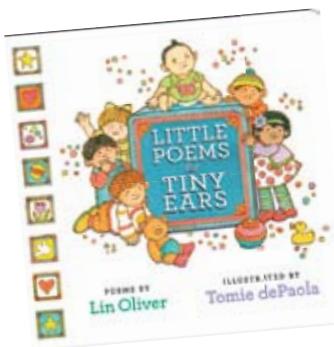
When he's ready for solid food, your baby just might enjoy sinking his gums into the new teething wafers from NOSH! Munchables as much as we did. Munchables are available in a fruity pomegranate and blueberry flavor combination, or in a savory broccoli, pear, and kale blend — as well as several additional varieties. They're notable for the ingredients they contain, such as organic Japonica rice, as well as for what they don't contain: they are free of eight common allergens as well as artificial colors and flavors. These baked treats are ideal for babies who are ready for solid food, because they dissolve quickly. These long oval, crispy wafers are wrapped in packages of two — ideal for toting in a pocket, purse, or diaper bag, so you are armed to curb fussiness on the run.

*NOSH! Munchables teething wafers, box of 13 packets, \$3.99, [www.luv2nosh.com](http://www.luv2nosh.com).*

## Celebrating baby's firsts

If the Easter Bunny is looking for a sweet addition to fill baby's basket, he should get his paws on the new board-book version of "Little Poems for Tiny Ears," written by Lin Oliver, a 7-inch-square book that is just the right size. Oliver and illustrator Tomie dePaola ("Strega Nona") have created a collection of playful poetry that celebrates baby's milestones, like discovering toes for the very first time. A multi-ethnic crowd of charming children are depicted in adorable, softly colored illustrations alongside Oliver's stanzas that are as fun to read aloud as works by Dr. Seuss. This sturdy book will be a cherished gift for baby's first Easter.

*Little Poems for Tiny Ears board book by Lin Oliver, \$7.99, [www.barnesandnoble.com](http://www.barnesandnoble.com).*



## Tulle time

She'll be the belle of the Easter egg hunt in this stunning satin and tulle dress by David Charles. Of course, she will garner just as much attention at any spring fête, because this tea length stunner is embroidered with pale pink wisteria blossoms and bronze leaves. The waist is accented with a delicate string of rhinestones and beadwork. The airy confection features a sheer chiffon cut-out in the back and a hidden zipper. This memorable dress is ideal for princesses, ballerinas, and darlings sized 6-12. Easter baskets are sold separately.

*Wisteria Dress by David Charles, \$349, [www.chasing-fireflies.com](http://www.chasing-fireflies.com).*

## Organics make a splash

In honor of Earth Day on April 22, raise a toast to the big blue marble with an organic juice from Planet Fuel. Our panel of taster-testers enjoys their line of organic juice and water blends, which include cherry lemonade, apple-grape, and mango-pear-lime. Their slim, 10-ounce aluminum cans fit easily into a lunch box or sports practice bag. (And cans are more completely recyclable than juice boxes or pouches.)

While our favorite flavor was the tart cherry lemonade, the apple-grape and mango-pear-lime were deliciously light and thirst-quenching. Both the lemonade and mango-pear-lime were elegant enough to serve to adults with more sophisticated palates.

The parents and tweens among us are gratified by the company's pledge to protect wildlife and wild places through their Planet Fuel Charitable Fund. Each can of Planet Fuel reminds us that we can care for the earth every time we shop for the people we love.

*Planet Fuel organic juices, four-packs of 10-ounce cans, \$5.99, [www.planetfuel.com](http://www.planetfuel.com).*



from pre-k to tween!  
ages 4-13



# STEM Camps



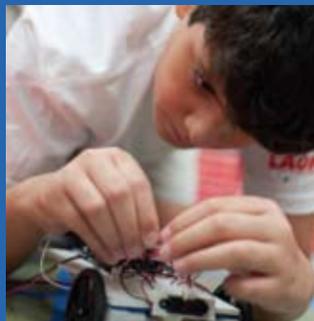
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- **UWS-68** 30 W. 68<sup>th</sup> Street
- **UWS-81** 173 W. 81<sup>st</sup> Street
- **UWS-100** 805 Columbus Ave.



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123 Baxter Street  
**212-625-1883**

### **MIDTOWN - EAST**

962 1st Avenue  
**212-702-8769**

### **UPPER WEST SIDE**

700 Columbus Avenue  
**212-866-1864**

### **BEDFORD PARK**

237 East 204th Street  
**917-751-1888**

### **CHELSEA**

320 West 23rd Street  
**212-242-6528**

### **GRAMERCY PARK**

381 2nd Avenue  
**212-683-1232**

### **MIDTOWN WEST**

747 10th Avenue  
**212-399-4124**

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