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# The changing role of dad

I've been observing fathers a lot lately, and whether it's out on the streets, in a shopping situation, or looking out my windows early in the morning, I've discovered the continued evolution of the responsibilities and behavior of dads.



More and more fathers are giving primary care to their children and sharing in the day-to-day duties of parenting. They are shopping for the meals and cooking them. They are doing the laundry and dropping the kids off at school or picking them up. They are present at after school activities and in the pediatrician's office. All of them? No, but more than before.

This is an enormous change from years ago when many children hardly ever saw their working dads. I've spoken to numerous people over the years who were already asleep when Dad got home at the end of the day, and often many of those dads worked six days a week. Dad was

often the disciplinarian, not the loving caregiver. Lots of older adults heard the phrase "wait until your father gets home" as a threat to punishment for something done wrong.

An enormous change has taken place with the opening up of education and job opportunities for women. More fathers are sharing and/or even taking centerstage in being stay-at-home dads and caring for their children full time, for at least a period of time. That doesn't always translate into also caring for the home as well, as studies have shown that they're still leaving many of the household chores to Mom.

All of that will change as children are equally trained in and expected to do household work like laundry, ironing, cleaning, shopping and cooking. Traditional roles are breaking down and even my Dad, who got home from work many days before my Mom, would be running

the vacuum cleaner as we came home after school and popping a roast into the oven that my Mom had left for him to do. Yes, and he even wore an apron!

In many of our urban households there are double dads and that's really a new model! I'm very curious as to how the responsibilities are divided in many of those families. I wonder if it's based on who has the better or more responsible job? Changing times for many of us especially here in NYC where we have a lot of progressive realities. Exciting stuff!

June is my very favorite month of the year. I know many people feel the same. Enjoy it!

Thanks for reading.

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# Dad's influence

## Fathers are role models for both sons and daughters

BY MYRNA BETH HASKELL

**W**hen I was a child, my dad seemed omnipotent. When he walked into a room, he was larger than life. He was someone who always knew how to fix a problem or find the right person to help if he couldn't do it himself — which was rare. Over the years, I developed a lot of the same skills that I had always admired in my dad: an ease with public speaking, a practical approach to finances, self-confidence, and a keen sense of time management. Would I be the same woman today if I had not had my dad as a role model? Probably not.

A father's influence lasts a lifetime. Children look to their fathers for strength, encouragement, and support. Both sons and daughters mimic their dads from a very young age. Picture a small boy pretending to dress up for work like his dad (crooked, oversized tie and all) or a little girl struggling to reach a booming baritone while pretending to give a speech to a captivated audience. It's true that someone might find it's more natural to tell a young boy, "You remind me of your dad when he was little," than a young girl. However, dads have just as much influence on their daughters — despite the gender difference — and daughters

often grow up to be reflective images of their dads. Fathers are role models for both genders in many profound ways. Children learn about honesty, relationships, compassion, and self-love from their dads.

### A father's perspective

"Men, in general, tend to construct, maintain, and build intimacy through activity, whereas women tend to develop bonds through talking," says Dr. Mark Morman, professor of communication studies and director of graduate studies at Baylor University in Waco, Texas. Morman has conducted years of research in social learning and communication.

"A father is the single most important model for how a child will father in the future. Those children who grow up with [dysfunctional or neglectful fathers] have a hard time breaking the cycle and need to make a strong effort to father differently."

Morman explains that fathers use a masculine approach to developing relationships. This means "doing" things with their kids to form bonds. A father might coach his daughter's softball team, take his son fishing, or sing in the church choir with his kids. This is a dad's comfort zone — being immersed in activities with his children.

"One of the most important things I

have learned as a dad is to be emotionally available to my kids. They have seen me emotionally vulnerable, and I believe this has been important to both my son and my daughters," Dr. LeRoy E. Reese, a psychologist at Akoma Counseling and Consulting, Inc. in Decatur, Ga., stresses. Reese adds that he is not afraid to express physical affection to all of his kids, including his son. "Sons should understand the normalcy of males expressing affection for each other."

Reese also likes to spend quality time "doing" things with his children.

"I recommend to parents, and especially fathers, to date their kids on a regular basis and to spend individual time with each child doing something that reflects his or her interests. I hike and do 5Ks with my oldest daughter, go to the symphony with my son, and draw with my youngest. It is around these events that I learn the most about my kids."

Fathers often consider part of their role to be "family protector." This does not entail using aggressive behavior to solve problems. Instead, fathers should remember that their duty is to demonstrate strength of character and convictions to solve problems.

Stevan Lynn (a.k.a. Coach Lynn), producer and host of the award-winning television program "Dare 2 Dream: A Father's Guide to Success," guest talk show host (WHCR 90.3 FM in New York), and founder of the Fatherhood Training Center in Bronx, has helped countless fathers succeed as caregivers.

"In teaching our children the formula to having 'real strength,' fathers must embrace the concept of leading by example. The strength he exhibits while overcoming challenges provides a visual guide for his children to draw upon when their own strength is tested."

When a father solves a problem while holding it together both emotionally and physically, he teaches his children such values as civility, compromise, and ingenuity.

Reese asserts, "On the issue of defending oneself, I think being positively assertive is key, as is knowing when and how to ask for help and that asking for help is a sign of strength, not weakness."

### Dads as role models for sons and daughters

Fathers need to be cognizant of their

### Father's day reflections

Thoughts, memories, and inspiration about fatherhood and how fathers have touched our lives:

"My dad stressed to both me and my brother to always respect and treat women well. Life is much easier if you follow this advice."

— Dave Blackwell

"I was considering working my senior year in high school instead of rowing on a crew team. My father told me, 'You'll be working the rest of your life. Shut up and row.'"

— Tom Gannon

"My papa has Alzheimer's, and he has become so Zen. He is sweet, emotional, patient, sentimental, and calm — traits I knew were in him but rarely saw. This disease has been a curse and yet a

blessing for our profound love."

— Maria Hoskins

"To know my dad was to love him. I never heard him say an unkind thing about anyone, which always amazed me. A favorite memory I have is that he chose to write on the blue page of my eighth-grade yearbook, 'Never be like this page.'"

— Myrna K. King

"My husband deals with my daughter better than I do sometimes. He knows how to really listen to her. If she's having a problem, he doesn't fly off the handle like I tend to do. Instead, he listens and waits until she's ready for his advice."

— Anita Mittelstaedt

"Wherever you are, *be there* for your kids! The older my kids got, the smarter I got."

— Jim Turnbull



words and their actions because their children will ultimately emulate them.

“Social learning is vital when it comes to parenting. We learn by watching others,” Morman stresses.

It depends on the father and individual situations, but Morman feels fathers should nurture and advise their sons and daughters the same.

“Fathers who instill confidence and competence in both sons and daughters end up with confident and self-motivated children.”

Lynn has a similar view.

“While there are no gender specific rules in a father becoming his kids’ role model, fathers must take into account that, as the kids grow, his understanding of their psyche must evolve. Fathers can serve as strong role models by exhibiting sacrifice on a consistent basis in regards to providing for their needs (not their wants) and encouraging their dreams. These simple acts resonate with kids.”

“It is ineffective and hypocritical to assume a ‘do as I say, not as I do’ attitude. Kids are sponges and they absorb every-

thing they see and hear, so fathers have to be very intentional about their words and actions,” Reese instructs. “Dads serve as role models by working to be their best selves and allowing their children to see their imperfections. Dads should also demonstrate loving predictability, consistency, discipline, and unconditional acceptance.”

On a personal level, Coach Lynn feels his guidance has helped to develop a strong character in his children.

“Being a role model to my children has been paramount in raising them to be confident and compassionate adults.” He believes his guiding principle was to lead by example. “Seasoned parents understand that while our children may listen to 10 percent of what we preach, they most certainly watch 100 percent of what we do. Therefore, it is imperative to give them a positive, consistent, and inspirational visual, coupled with lots of hugs and ‘I love yous,’ to shore up their belief in your words of wisdom.”

### **A dad’s influence on future relationships**

Both sons and daughters look to their

father’s relationship with their mother as a guideline for what to expect in future relationships. It’s imperative that fathers model respect and understanding in all family relationships, such as with in-laws and grandparents.

Lynn states, “Developing healthy relationships is a lifelong process. Dads can help build a sense of what it takes by exhibiting a positive attitude and promoting the concepts of faith, sacrifice, patience, commitment, and unconditional love.” Lynn says that these characteristics are the cornerstones of healthy relationships.

Reese believes dads can help kids develop a healthy outlook on relationships by demonstrating one.

“All healthy relationships start with respect. One of the best ways dads can demonstrate this is by having a healthy relationship with their wife, partner, or mother of their child.”

Morman reports, “Some research suggests that, in general, women fall in love with a man similar to their dad, because he is the first man she has loved and has had as a role model.” This poses a problem if a daughter has grown up with someone who has not taught her that she is worthy of respect — the result can be a string of bad relationships. “Daughters who don’t get approval from their dads growing up might seek approval from another man,” Morman warns.

### **When dads make the best of difficult circumstances**

Sometimes dads cannot always be physically available, because they are not living with their children full-time due to divorce, military service, or other types of job relocations and family situations. Dads can still have a strong relationship with their children, even if circumstances sometimes keep them physically separated.

“Fathers must make a strong effort to maintain an ongoing presence with their kids, even when they can’t be physically present,” Morman explains. “I travel a lot, but I always text my son. I send him lots of pictures, too.” If there is ongoing contact, your “presence” never goes away.

“Fathering from afar adds another dimension to the list of responsibilities and challenges. However, Dad can still have a profound influence through consistent and constant communication and by immersing himself in his kids’ lives,” Lynn points out.

“In summary, fatherhood is a gift, a privilege, and a responsibility. I am not perfect as a father, but without question, I am a better man because I take being a dad seriously,” Reese shares.

*Myrna Beth Haskell is an award-winning author, columnist, and feature writer (www.myrnahaskell.com).*

# Father is not the opposite of mother

BY CAROLYN WATERBURY-TIEMAN

The word “opposite” is a term of comparison that may be used in a variety of ways. It can refer to two things that are the reverse of each other, such as up-down, on-off, in-out. It can distinguish between the presence or absence of a particular condition or state of being, such as light-dark, wet-dry, hard-soft. It describes things that oppose each other, such as two walls, the banks of a river, two teams, or armies. And finally, opposite may be used to differentiate between two qualities or characteristics, such as active-passive, tall-short, easy-difficult. So basically, opposite means that the two things being compared are not alike. They have nothing in common. They are the opposite of each other.

While contemplating what to write for Father’s Day, an image popped into my head transporting me back to elementary school in the mid-1960s. There were these workbooks to supplement the concepts being taught with illustrations reminiscent of those found in Dick and Jane readers. When we were learning to distinguish between things that are opposite, exactly the same, or similar, there were two columns of images on the page. We were to use different colors of crayon to connect the images that were opposite, the same, or similar.

A blue line connecting the picture of fire with the caption underneath reading “hot” and an ice cube with the caption “cold:” opposites — correct. A red line connecting the two identical pictures of a ball: same — correct. A yellow line connecting the picture of a man in a suit and hat carrying a briefcase labeled “father” and a woman in high heels and an apron feeding a baby labeled “mother”: similar — wrong! The line was supposed to be blue for opposite. WHAT?

The teacher’s attempt to explain why father and mother are opposite created nothing but confusion. Fathers work, mothers do not. Fathers are tough, mothers are gentle. Fathers are strong, mothers are weak. Her struggle to justify marking “similar” as wrong led to increasingly absurd reasoning. There were exceptions for every example she provided, just from my own limited experience (not the least of



which was the fact that she was a mother working as a teacher).

First of all, my father didn’t wear a suit and hat to work, and neither did most of my friends’ fathers. And our mothers worked — some at home, some in offices, some in their own businesses, some on farms. They didn’t walk around the house in high heels, but they definitely worked.

If “tough” meant not putting up with misbehavior, then my parents were pretty well tied in that category. On the other hand, each of them could also be gentle and were capable of great tenderness.

As for “strength,” my mother may not have been as strong as my father, but she was certainly not weak. Nevertheless, disagreeing with a teacher would surely lead to trouble. If it wasn’t clear then, it surely is now, the reason the teacher could not provide a satisfactory explanation was because there wasn’t one.

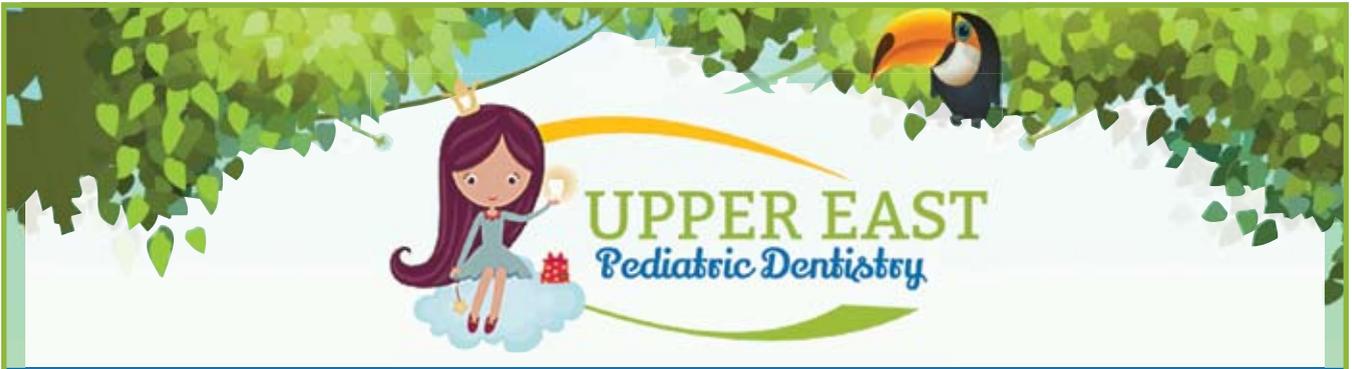
Father is not the opposite of mother.

Upon closer inspection of those two images supposedly depicting the iconic father and mother, another troubling observation became apparent — the conspicuous absence of children in the picture of the father. Based on those pictures, one could mistakenly conclude that the presence of a child makes a woman a mother, but the presence of a briefcase makes a man a father. The not-so-subtle message being that the role of mother requires the presence of children, but the role of father can be satisfactorily dispatched devoid of any involvement with children. However convenient such a fallacy might appear to be for fathers, the consequences for children can be devastating. If there is such a thing as the opposite of father, perhaps the closest thing to it, as far as children are concerned, is the absence of father.

Protect your children from experiencing this absence by becoming fully present in their lives:

- Share your recollections of becoming a father with them.
- Find models or mentors who will support you in becoming the father you want to be.
- Learn about child development. But remember to parent by the child, not by the book, because no matter how much we know or how much experience we have, every child is unique. Our parenting must be adjusted accordingly.
- Stay informed and involved in all aspects of their lives.
- Be both physically and emotionally available to them. When you cannot be with them, find ways to stay connected.
- Tell them you love them. And show them by what you are willing to do with them, not what you can give them. There are no pause buttons, instant replays, rewinds, or do-overs for childhood. Childhood cannot be delayed until a more opportune time.

There are as many ways to be an excellent father as there are fathers. Your children are learning just as much about how to become a person from you as they are from their mother. What they learn may be different, but not opposite, especially if the common source is love. Happy Father’s Day!



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# Making a plan for special education

## New book seeks to help families understand Individualized Education Plans and how they can help

BY ALLISON PLITT

Growing up in New Jersey in the 1980s, I really liked going to school and was a very conscientious student. Yet, no matter how much extra effort I put into doing my math homework, I couldn't correctly apply the concepts by myself in class.

My problems with math started in fifth grade, and as the years progressed, the subject became more difficult for me to understand. My younger brother, on the other hand, was a mathematical genius. He wasn't a diligent student like myself, but he always aced math tests.

My brother's often-discussed "brilliance" in this subject made me all the more ashamed of my own incompetence. By the eighth grade, I broke down in tears to my mother and confided to her that I couldn't handle another math class. She spoke to some of her friends in our community and found a math tutor for me. I went to that tutor every Saturday for about four years until I felt comfortable enough to do my math homework and tests in school without outside assistance.

With hindsight, I wish I could have read "The Survival Guide for Kids in Special Education (And Their Parents): Understanding What Special Ed Is & How It Can Help You." Published just this year, the book has two authors, Wendy Moss and Denise Campbell, who both have extensive experience in the field of special education. Dr. Moss earned her doctorate in clinical psychology, and as a psychologist she has worked

with families for more than 30 years in schools, hospitals, and private practice. Campbell is a speech pathologist who has worked with children affected by diverse disabilities.

This book isn't just for students enrolled in special education programs at their schools. It is for any student who needs help and receives it in the form of a study group with peers, a tutor outside of the school, or a specialist seen once a week to work on a specific area of struggle.

The authors emphasize that no one is perfect and that those students who receive high grades usually study very hard to get them. They advise students not to compare themselves to others, because each individual has his own strengths and weaknesses.

In my case, despite my problems with math, I excelled in other subjects such as English and foreign languages. Looking back, I could have benefitted from the book's advice to counterbalance my weakness in math by gaining confidence from my strengths in subjects oriented toward communication.

The book is easy to read for students starting at the third-grade level. It also includes many illustrations and real-life stories about students who were able to overcome their learning challenges. At the end of every chapter, there are questions for children to answer about their feelings towards receiving special education and how they can be proactive in receiving the help they need.

A recurring theme throughout the "Survival Guide" is that children should

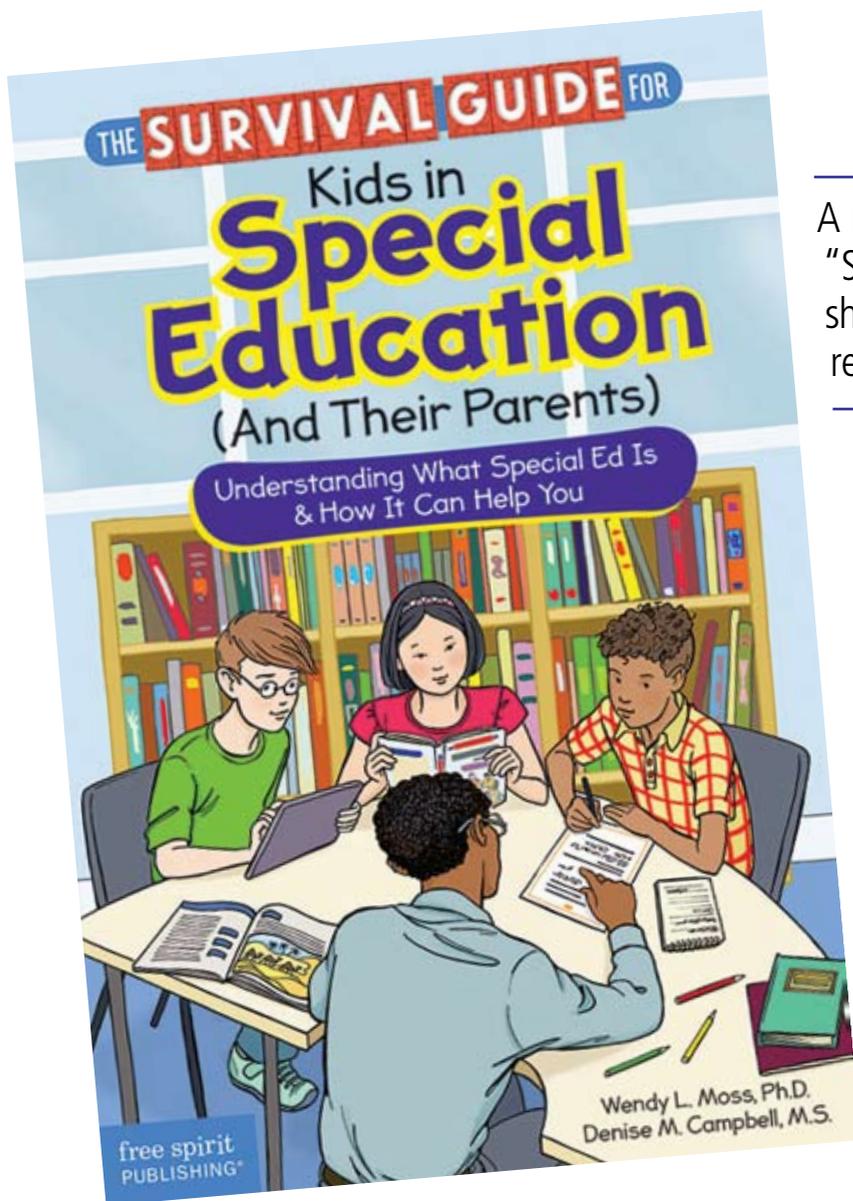
not be embarrassed to receive extra help for their studies. If they are being teased at school or afraid they will be teased, the authors suggest that the children do not act like receiving extra help is a big deal. If they need to leave the classroom to see a specialist, they should do so in a confident manner. If their friends ask them about their special education, they should respond by making direct eye contact with the person and answer the question calmly to the best of their ability.

Another concept the authors impress upon readers is that it is especially important for kids to communicate with their special education teachers to discuss their goals, what they need to do to achieve those goals, and if something is not working, to try another approach. Parents should also be aware of what is going on at school with their child's special education and the progress they are making.

The book offers many definitions to young readers about special education terms. According to the authors, "a consultant teacher is someone who goes to various classrooms and gives extra help to different kids all day long," while "a resource room is a room at school where students go to get help in small groups."

The authors also explain that students retain information in different "learning styles." They write, "A visual learner likes to see what he is learning. An auditory learner likes to hear what he is learning." Kinesthetic learning is a more experiential learning style in which students get involved in hands-on projects and create videos showing what they have studied.

When students are evaluated to determine what kind of extra help would be beneficial, they are often asked questions about the best ways in which they learn. This allows the special education teacher to determine their learning



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A recurring theme throughout the “Survival Guide” is that children should not be embarrassed to receive extra help for their studies.

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family are usually invited to attend these meetings. The authors suggest that before students attend such meetings, they write down what is helping and what is hindering them. They can ask the committee about their improvement and if they are reaching their goals in a timely manner.

The book appears to be oriented towards students in third through eighth grade. The authors explain that students can receive special education all throughout high school, but they should not scare themselves over what they will need to learn in the higher grades. Students should concentrate on their current Individualized Education Program and achieving the goals they have discussed with their teachers until the end of the school year.

The authors talk about students having a positive attitude towards their special education plan and avoiding negative self-talk when they make mistakes. If things become challenging for students, they should create a list of all the things they can do well. The authors also advise against procrastination and advocate that students organize their schedules and studies so that they can meet deadlines on time.

Most importantly, the book says that an Individualized Education Program teaches students about making a plan and following through on it to achieve a goal. They offer their readers possibilities for their future by using the same technique in all the challenges they will soon face in life — be it college, vocational school, or an apprenticeship in a specific field of work. Wherever students venture on their journey, the authors emphasize, they should never be afraid to ask for help. As for my own academic journey, when I finally asked for the help I needed, I was able to achieve the goals that I had originally worked so hard for but could not obtain.

*Allison Plitt lives in Queens with her daughter and is a frequent contributor to this publication.*

style. Different schools administer various tests. The authors advise students that they have the right to ask what their test is about and how long it takes to complete it.

Students will meet specialists with various expertise depending upon what skills need to be tested. As the authors clarify, “school psychologists are trained to understand students’ learning style, their feelings, and how they handle challenges ... Learning specialists might also be called educational evaluators. These people can recognize the skills students need to do well in various subjects such as reading, writing, and math.”

Other people who test students are speech or language therapists, also called pathologists.

“They test students’ skills related to listening and speaking. Other specialists are experts in vision, coordination,

and handwriting,” the authors write. Students should not be afraid of being tested. Test results, the authors say, “enable specialists to know students’ areas of talent, their areas of difficulty, and their learning styles.”

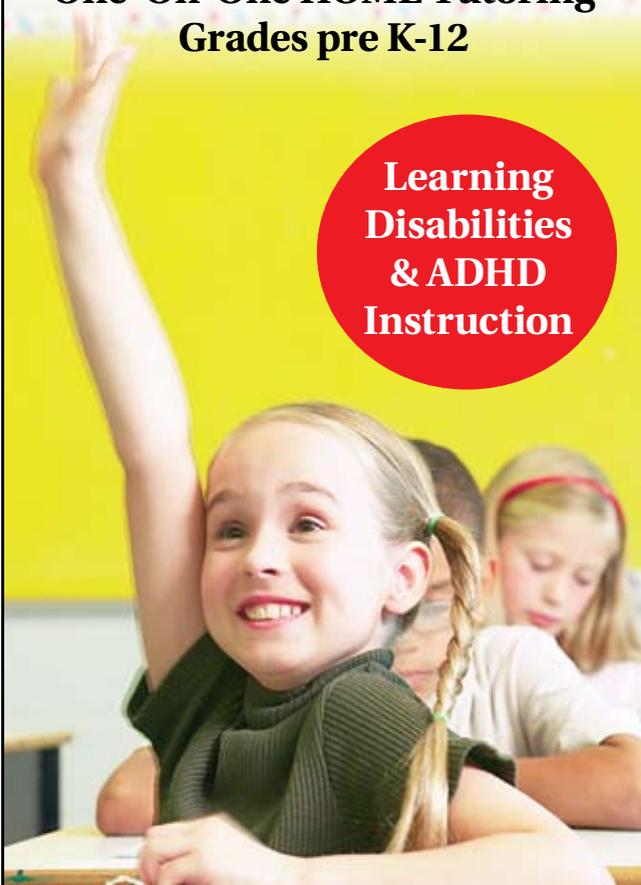
If the test results determine that a student will need a team of teachers with a plan created for his own special learning challenges, that is called an Individualized Education Program in some public schools. The team is made up of specialists and the student’s regular classroom teacher. They comprise what is called a Committee on Special Education. In other public schools, the teaching group is a 504 team which develops a 504 plan to assist students with special education.

The Committee on Special Education meets several times a year to discuss a student’s progress. The student and his

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*Continued on page 14*



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# Special Needs Providers

## DIRECTORY

*Continued from page 12*

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EBS Therapy of New York is an approved provider for the New York City Department of Education for CPSE and CSE services.



# Doc, can we talk?

## Ten tips for effective communication with your pediatrician

**BY DR. KAREN TROLLOPE-KUMAR**

**A**s a family doctor, sometimes, the days don't always go as expected. On a busy day, I feel like I'll never catch up, and it's frustrating that I can't give adequate time to each individual patient. One afternoon not long ago, I was feeling unusually tired. I looked down at my schedule and saw that my last patient was Beth, a young mother with a 7-year-old son. I thought to myself, let's hope this one is just a simple sore throat!

"So what brings you in today?" I asked, after a brief greeting.

"Well, I'm worried about Jimmy," said Beth, anxiously. "He's getting into trouble at school a lot, and his teachers say he's not paying attention. Sometimes he

has stomachaches. I'm not sure what to do ... Also, I'm wondering if you could just check his foot, I think he's developed a plantar wart."

I couldn't help letting out a sigh. "Well, let's just focus on the main problem," I say. "What more information can you give me? Have you got his latest report card? Any specific comments from the teacher?"

Beth shook her head. She tried to explain more about her concerns about Jimmy, but she sensed that I was not listening closely, and she tripped over her words. Finally, I said in a voice edged with irritation, "There's not much I can do in this short appointment. This is a complicated issue. Can you re-book for another time?"

After Beth and Jimmy left the office, I felt very guilty for brushing her off that way. I knew that she was not happy with the appointment, and neither was I. We had a communication problem, aggravated by time constraints. Unfortunately, such problems are all too common between family doctors and their patients, and a little teamwork can get the critical doctor-patient relationship back on track.

Like any healthy relationship, good communication is fundamental, and that applies to the doctor-patient relationship as well. When that vital link of understanding between doctor and patient is broken, a cascade of negative consequences can result. If the patient hasn't been able to fully explain his or her symptoms, an in-

correct diagnosis might be made. If the doctor hasn't clearly communicated his or her assessment of the problem, the treatment plan might fail. Poor communication inevitably leads to dissatisfaction for both doctor and patient.

Here are 10 quick tips to communicate better with your family doctor, and to make your office visit more effective:

- If you are seeing the doctor for a complicated issue (like Jimmy's problem) ask the receptionist to book you a longer appointment.

- Prepare what you're going to say ahead of time, and keep it concise and focused.

- If you've done some research on the internet about your problem and want to share it with your doctor, make sure you use reputable sites to get that information. Doctors get frustrated when patients bring in reams of information of dubious value.

- Avoid coming into the doctor's office with a list of unrelated problems — focus on your main concern for that visit.

- If you are coming in to get results of an important test, bring a friend or relative with you. Sometimes it can be hard to remember what the doctor has said, especially when the topic is emotionally laden.

Like any healthy relationship, good communication is fundamental, and that applies to the doctor-patient relationship as well. When that vital link of understanding between doctor and patient is broken, a cascade of negative consequences can result.

- If you have a particular worry about a symptom (for example, could this be cancer?), express that concern to the doctor.

- If the doctor advises a treatment you don't feel comfortable with, explain your reasons, and see if an alternative approach would be possible.

- Keep your follow-up appointment, and at that time, let the doctor know how well (or not) the treatment has worked.

- If you're not happy with the service you're getting, communicate this clearly but politely, using "I" statements. (For example, "I feel concerned about how long it took to receive these test results.")

- If you're happy with the service you're getting from your doctor, a word of thanks or a card is always appreciated. Doctors are human, too!

Improving communication requires

work on the part of both the doctor and the patient. Thinking back on this appointment with Beth and Jimmy, I realized my faults: I was tired and also frustrated because the issue was complex and difficult to address during a short appointment. Yet still, I could have done a better job at communicating with compassion. On Beth's part, she could have prepared for this appointment by thinking ahead about what information might be useful for the doctor. Working together, patients and family doctors can form great partnerships if they keep communication at the forefront of their relationship.

*Dr. Karen Trollope-Kumar is a family physician and author of "Cloud Messenger: Love and Loss in the Indian Himalayas." For more information, please visit [www.karentrollope-kumar.com](http://www.karentrollope-kumar.com).*

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# Multilingual kids

## The multiple benefits of teaching children multiple languages

BY AMELA DZURLIC

**T**here were many instances when a parent or an adult who works with children would ask me: “How does your child speak four languages? Does he get confused? Is it difficult to teach another language? How do you do it?”

It takes dedication and some research to help your child learn another language, especially if you come from a mono-linguistic background. When you develop a sense of comfort with the second language or if you’re hiring someone to teach your child the language, it is also important for you to at very least know the basic vocabulary of the language you’d like your child to learn.

Teaching your child a second language may seem difficult at first, but remember this: the sooner you begin teaching him, the easier it is for him to obtain a stronger vocabulary, as well as proper grammar.

Teaching a child during the infant and toddler years makes it easier for him to obtain all of those new words and information. As you must have heard from caregivers, your mom-friends, pediatricians, and educators: Their brain is like a sponge. It just absorbs everything.

There are many benefits to teaching a child a second language — or even a third, fourth, or fifth language. The benefits of teaching your child to become bilingual can help him with his still-developing frontal cortex, which is responsible for decision making and, most importantly, executive functioning. Learning languages is also in the same area of the brain as learning math. There is no evidence that learning two or more languages can help your child become better in math, but it helps to know that the neurons of both areas are connected.

According to Medical Daily, children who learn more than one language de-

velop a vocabulary that can enhance their perspective of the world. When looking at the vocabulary of languages, you can find words in each that do not exist in other languages. For example, the Portuguese word “saudade,” which would be poorly translated into English as “nostalgia.” However, the word does not simply mean nostalgia, it means the feeling of longing. It means having this intense feeling of happiness for a memory, yet you are sad and begin to tear up just a little bit, because that moment has come and passed — that moment has now become a memory. It makes you feel happy to have lived in that moment, but it also makes you feel a bit sad that it is over. It’s in the past now. This is just one example of how expanding your child’s vocabulary with additional languages can help him navigate his emotions and hopefully help him express himself and describe his feelings better.

There are many ways in which you can

teach your child another language, and here are some great tips:

**Read books together.** You can visit your local library or bookstore for books that are in two languages.

**Watch educational videos on the internet that are musicals.** Sometimes, when we sing songs with our children, it helps all of us remember words better. They can visually see the object, say the word, and sing it out.

**Attend cultural events.** Oftentimes in New York City there are free cultural events by county and region.

**Language programs for families.** There are some public programs as well as private programs to enroll your child for further learning.

**Attend museums or tours that are both in English and another language.** Doing so helps you listen to another person speak the language, especially if that language is their native language. When visiting a museum, you can read a map in the language you are learning as well as your native language.

**Enlist outside help.** Ask your child's teacher or day care if any of the staff or teachers speak the language you're trying to teach your child, and if they'd be willing to communicate with your child in that language.

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## Children who learn more than one language develop a vocabulary that can enhance their perspective of the world.

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Consistency in teaching your child another language is essential, but that does not mean you must strictly speak one language at a time. You can also mix words from one language and use the words from each language to develop a single sentence. This helps your child differentiate the two languages, and it's a great way to exercise his brain. Another exercise you can try is by asking your child a question in one language and then having him answer in the other language.

Simultaneous learning is when you're teaching a child two languages, which many parents who are bilingual tend to do as they teach their children both English and their native language. Other parents are teaching their child one language by two different people.

Your child is a sequential learner if you're teaching him how to communicate well in

one language before you move on to the other language. This can sometimes cause pressure on your child, causing him to feel frustrated, especially if the second language is the one usually spoken in his community. At only the age of 3, my son enjoys mixing Spanish, English, and Portuguese with his predominantly Latina peers.

The benefits of learning more than one language according to neuro-linguists are:

- Better memory.
- Better problem solvers, in general.
- Better sense of self-expression.
- Better readers and writers.
- Creative artists and problem solvers.
- Ability to multitask successfully.
- Better executive functioning skills,

which are controlled by the frontal-cortex, later in life.

Teaching your child another language shouldn't feel like a burden; it should be exciting. Have fun with it, and engage in some of the suggested activities. Be creative and make the most out of this exciting, new learning experience.

*Amela Dzurlic is a single mother of a multilingual toddler who has an obsession with trains and learning how things work. She is currently a freelance writer, women's mental health advocate, and studies developmental psychology with a focus on child development and education.*

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# Double duty

## Bilingual children's books entertain and teach kids some valuable skills

BY SHNIEKA L. JOHNSON

**M**ore than 41 percent of the students enrolled in New York City public schools speak a language other than English at home, reported the city's Department of Education in its 2013 report on English language learners. Children's brains are primed for language-skill development, so it is encouraged to start introducing bilingualism at an early age. Your child's school, like many in major urban centers, is home to large numbers of children for whom English is a second language. These children represent a variety of languages and often are the majority in a single classroom.

There are many theories and arguments about bilingualism. However, it is known that knowledge of multiple languages aids cognitive development in a positive way. According to the United States Department of Health and Human Services, there are many advantages that benefit children who are raised bilingual from an early age into adulthood. For bilingual children, language skills are stronger in both their primary and secondary languages, and early reading skills tend to come more easily. Also, bilingual children have a greater ability to focus on mental tasks, like abstract reasoning — which comes in handy for test taking.

One way that parents can support bilingualism is by adding bilingual books to their home library, bookshelf, or book corner. The ability for your child to read in both English and another language will strengthen his or her literacy in an organic way. Reading bilingual books also helps children increase their cultural appreciation for others — not only for those that share a language, but for those different from them.

There are a variety of bilingual books available for children — from board books with simple vocabulary to story books with text for English and another language. Starting with these books at an early age will aid children on their path to fluency. Colorful picture books will make



"Little María" author Luz M. Mack.

learning a new language (or maintaining a home language) fun and enjoyable for the whole family.

Many children's book authors have a passion for providing language skills through fun stories in an educational way, and using a bilingual approach will immerse kids in other cultures. I spoke to author Luz M. Mack about her first bilingual children's book, "Little María." It's part of a series that is full of beautiful images, with a story centered on a character that will help all curious kids better understand cultures around the world. Here's what she had to say about her approach:

**Shnieka Johnson:** What was your inspiration?

**Luz M. Mack:** My inspiration was trying to show my children about my childhood experience. I also wanted to share with them things that other children experienced while growing up in another country, such as the Dominican Republic, as it is very different from what children experience growing up in the United States. That is how the character María originated. Her experiences are very similar to mine as a child growing up, and she enjoys time with her family, friends, and community, which is something I believe that U.S. children will be able to relate to.

**SJ:** Why was it important for you to pro-

duce bilingual books?

**LM:** It is important for me to produce bilingual books to enhance my children's understanding of my own childhood experiences, and to be able to share these experiences with children from other cultures. María is a child of the world that all children will be able to see in themselves.

**SJ:** How many languages? Will there be more?

**LM:** The book is available in an English and Spanish edition, English and Italian, and English and French edition. I am working on offering the book as an online application. Children and their families will be able to, through this application, see and hear María and her family's experiences in all the languages offered.

**SJ:** Any other books in the works?

**LM:** Definitely! The next installment of the Little María books is "María the Super Helper." This book will show how exciting, fun, and rewarding it can be to be helpful around the home. I am also working on another book that will be called "Incredible You." This book will be aimed at building children's confidence and self-love.

Born and raised in the Dominican Republic, Mack now lives in New York with her husband, Tony, and their three children: Andrea, Chloe, and Tony. Her books (illustrated by Arjeanette Vivero) promote an understanding of cultures, and they detail how childhood looks outside of the United States. The series is available in multiple languages and can be purchased via Amazon.com.

*Shnieka L. Johnson is an education consultant and freelance writer. She is based in Manhattan, where she resides with her husband and son. Contact her via her website: [www.shniekajohnson.com](http://www.shniekajohnson.com).*

# Kids Language Programs

## DIRECTORY

### Collina Italiana

1556 Third Avenue  
165 William St., 212-427-7770  
www.collinaitaliana.com

Children benefit from a comprehensive approach to learning Italian in an age-appropriate and inviting atmosphere. Our year-round program offers creative language learning and hand-on instruction in the arts for children ages 2 – 9+. Children gather around to share learned words and expressions through playful, skill-building activities. Our summer program enables children to absorb the warm and lively culture of Italy as they learn Italian through play, music, games, theater, movies and cartoons. We encourage campers to be creative, make art and speak Italian. We even take campers to museums to discover Italian art!

### German American Language School

212-787-7543  
germanamericanschool@verizon.net  
www.German-American-School.org

An old institution with an upbeat curriculum, the German American Language School has been teaching language since 1892. We are a NYS Regents accredited program. Children from various ethnic backgrounds can learn German in a once a week after school program in a warm, diverse, multicultural and nourishing atmosphere. We create a definite curriculum for each class — including quizzes, tests, end-of-

trimester and final exams - which helps us maintain academic credibility. We work with a native German speaking staff of experienced full- and part-time faculty. Our teachers have been with us for many years and are fully vetted. The younger children learn by singing, coloring and total physical response approaches to learning. Older children learn writing, German Culture, geography of Europe, memorization and oral reports. Three convenient locations in the Manhattan (Upper East Side) and in Franklin Square and Garden City. Classes start the third week in September.

### Les Petits Sourires

120 W. 97 St., 212-328-1805  
www.lespetitssourires.org

We are open 12 months a year to provide an innovative bilingual education in French and English to children 2-5 years old. With the support of our professional bilingual teachers, students strive to surpass all social, emotional, cognitive and physical milestones through a wide array of innovative teaching techniques as well as being introduced to the French language. Through words, songs and stories, we provide cross-cultural enrichment to gain a better understanding of both cultures. Our program includes Kindergarten prep workshops, weekly teacher/parent get-togethers, daily schedule reports, nutritious catering and field trips. We also offer weekend drop-off programs with additional enrichment activities like music, theater and athletics.



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# Estate planning for non-U.S. citizens

*My wife and I are not U.S. citizens, but I have been living in the U.S. for 15 years. One of our three children was born in Italy, but the other two were born here and have citizenship from both countries. Our third child also has a U.S. passport. Do we have any unique issues that we should be considering?*

**Y**es! Many parents are so busy taking care of their children that they delay their own estate planning. Some spouses avoid the discussion because they cannot agree on a guardian. Some believe that they do not need a will since they do not have substantial assets.

Raising children is chaotic, but one thing is for sure: every parent should have essential documents in place to legally protect their family. In a situation where one or both parents are non-U.S. citizens or the chosen guardian or trustee of money for U.S.-based children is a non-U.S. citizen living abroad, there are unanticipated events that can disrupt an otherwise documented estate plan. Here are five things all non-U.S. citizen parents living in the U.S. should consider:

## Choosing a guardian

The most common reason parents start thinking about estate planning is their concern about who will care for their children if both spouses die. You can nominate a guardian and alternate guardians for your minor children in your Last Will and Testament. The court can approve the appointment and will usually do so unless it finds that the guardian is not fit to serve. In the absence of a will or a designation of a guardian in a will, the court will appoint a guardian for your children.

Many spouses disagree on who should serve as a guardian. In deciding on a one, parents should consider many factors, including:

- The relationship with your children.
- The Willingness to accept responsibility.
- Whether he or she has children and their ages.

- Whether he or she lives in the same or a different state.

- Whether you anticipate maintaining relationships with both sides of the family.

- Whether he or she can meet the physical and emotional demands of being a guardian.

Keep in mind that you may always change your will at any time, and the person you nominate as guardian of your toddlers may not be the same person you want as their guardian when they are teenagers.

You should look at your will every two to three years or more frequently when you or your appointed fiduciary experience major life changes such as a birth, death, disability, or divorce. You should also choose at least one alternate guardian if the person you selected is unable or unavailable to act as guardian when needed.

Foreign nationals frequently desire to appoint non-U.S. domiciled guardians of their minor children in case of a common accident. For non-U.S. citizens, or even U.S. citizens whose chosen guardian is a non-U.S. citizen living outside the United States, you need to consider the practicalities of having your children relocated outside of their home in the country.

All nominations of a guardian in a will remain subject to confirmation by the Surrogate's Court, irrespective of citizenship. The court determines whether the nomination is in the best interests of the child, and whether the person is eligible to serve as a fiduciary. Usually it will defer to the parents' nomination in the will, but could be persuaded otherwise if someone challenges the nomination.

In cases involving foreign nationals, a non-U.S. resident may not be eligible to serve as a guardian, and therefore may not meet the statutory requirements to serve as a fiduciary. Under New York law, people ineligible to serve as fiduciaries include minors, felons, and non-resident aliens, among others. Thus, a non-domiciliary with children in the U.S. who dies without



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

a surviving spouse runs the risk that her designation of an alien sibling or parent may not necessarily be confirmed as a guardian, whether or not the nomination is challenged.

One of the factors the court could consider is the location of the nominated guardian, and if it is in the children's best interests to return abroad, or to remain in the United States. Another factor might be evidence of the parents' prior intent to return to their home country or to remain in the United States, and whether the children are citizens of the United States or temporary residents.

You should also consider that your children may not want to leave their home in the U.S. to go to another country. Children who are 14 years old or older can have a say in the appointment of a guardian, and that child may not want to leave his life behind, be it for Idaho or Italy.

For foreign nationals residing in the U.S., the best course of action may be to designate your first choice as guardian, even if that person is a non-U.S. resident. There should also be one or two alternate nominations as guardian in the event that the court declines to appoint the primary choice. As always, individual consultation with an attorney is critical.

## Wills & testamentary trusts

A will is a legal document that dictates how you want your assets distributed after your death, and, as noted above, who you want to serve as the guardian of your chil-

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dren and trustee of any money for their benefit. Minor children cannot directly own assets. Your will should specify that any property passing to a minor be held in a trust, the terms of which are set forth in the will.

Parents of special-needs children should incorporate trusts that permit the child to maintain any government benefits while still reaping some benefits from the trust income. The trust becomes effective at your death. It is a separate legal entity that holds the assets for the benefit of the beneficiaries. The terms can set forth how income is distributed and when principal is accessed (usually for the health, education, maintenance, and support of the beneficiaries at the discretion of the trustee), and at what ages the children are entitled to distributions of the remaining principal. A designated trustee administers the trust and makes those distributions.

You can specify in your will what the trust can and cannot be used to finance, how much can be used for college, and under what conditions. You can nominate one or more co-trustees and alternates, and can nominate a friend, family member, lawyer, or bank or corporate trustee.

### Other key documents

These additional documents are essen-

tial to protecting yourself and your family:

**Health care proxy.** Appoints the individual you would want to make health decisions on your behalf if you can't, as well as any successor agent to fulfill that role if the primary agent isn't available.

**Living will.** Provides direction to your agent under your health care proxy regarding end-of-life choices such as feeding, hydration, resuscitation, and life support if you are unable to communicate.

**Durable Power of Attorney.** Differs from the health care proxy in that it is for financial matters (not health related), and it is effective upon execution (not upon incapacitation). This is a very powerful document and misuse by an agent could cause great financial harm, but it is a very important document to have in place. Failure to do so could lead to a potential guardianship proceeding in a crisis situation, which can be time consuming and costly.

**Appointment of Agent for Disposition of Remains.** Appoints an agent to make burial and funeral arrangements. Some expats prefer to be buried in a family plot or returned to the home country.

**Appointment of Standby Guardian, Authorization to Leave Country, and Medical Authorization.** Streamline the ability of a guardian to return to the home country with minor children.

### Beneficiary designations

Assets such as retirement accounts and life insurance are non-probate assets and are transferred outside of the will. Those assets require a designation of the beneficiary — the person or persons whom you want to inherit those assets at your death. Parents often have retirement accounts left with previous employers, often before they married and had children. It is critical to review all of your accounts and ensure all beneficiary designations are up to date.

You should consult an attorney to make sure that your documents meet your objectives. Although many forms of these documents are online, only an attorney can help you understand what they mean and how they work. Being an ex-pat requires an additional level of attention to your legal needs. Without the benefit of legal insight, you may make mistakes that undermine your intentions.

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

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# Summertime fun!

Summer means school is out! The kids are ready to hit the beach and some are off to camp. (Don't forget the sunscreen!) Summer is a time for kids to play and get lots of vitamin D. I look forward to making many memories with my kids — especially at the beach! Read on, because I have lots of FabULyss summer finds just for you.

For little girls, one of my favorite summer FabULyss Finds are the Fasten bathing suits. I am especially loving the summer emoji one-shoulder swimsuit. The two divamoms who started this amazing business, Jill Slater and Alexis Castellano, set out to evolve the one-piece bathing suit into a suit that could open and close with ease. The swimwear makes diaper changes and going to the bathroom a breeze for parents and kids, while remaining fun and fashionable!

They worked with Alexis's mom (a retired fashion designer), cutting up old bathing suits, sewing them back together, creating their own patterns, and ultimately perfecting the products. You will love these amazing, fashion-forward bathing suits. It's revolutionary swimwear that makes parenting easier and diaper changes faster. Parents and kids can easily unfasten these swimsuits when it's time to go.

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



One of my FabULyssfinds for divamoms is Club Prive. Divamom Katerina is the beautiful and most stylish founder. She helps divamoms and glammas look fabulous. Her cozy private showroom features top designer labels from all over the world, including Blumarine, Plein Sud, Temperley London, Alexis, Sunday Saint-Tropez, and Poupette St Barth's (one of my personal



Fasten suits are easier to get on and off.

favorites). She will spend time with you going through the showroom and helping you select your clothing, dresses, and accessories. A fabULyss one-stop shop. I especially love her summer collection.

*Club Prive [141 E. 56th St. between Lexington and Third avenues in Sutton Place, (212) 832-8277, [www.clubprivenyc.com](http://www.clubprivenyc.com), [katerina@clubprivenyc.com](mailto:katerina@clubprivenyc.com)]. By appointment only.*



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## FABULYSS FINDS

LYSS STERN

introduced her to me as the “nanny whisperer.”

She is a licensed therapist, certified parent coach, and the founder of the Tammy Gold Nanny Agency. She has had the pleasure of working with families of all kinds for more than a decade. She helps parents manage everything from finding the perfect nanny, to handling the terrible twos or tumultuous teens, to couples navigating their relationships. She realizes that being a parent is tough and even the best of us need a little support along the way.

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



I am so excited to introduce you to sisters Ellen Brown and Melanie DiCristino. They spent decades working in the financial industry while simultaneously searching for the right opportunity to combine their deep-seated love of textiles with their desire to work with non-profit human rights organizations.

On a trip to Istanbul, a chance meeting with famous Turkish artist Ebru Uygun enabled the pair to realize their dream. Brown and DiCristino were instantly taken with both Uygun's story as well as her art, and knew that her creations would be the perfect first chapter of the Ellebelle story. Ellebelle is dedicated to producing beautiful pieces that capture the essence of artists' one-of-a-kind visions, while giving back to those less fortunate; a mission of providing bold luxury with beautiful meaning. I especially love my Capri Sea extra-large microfiber tote bag for the beach.

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

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

### Homemade fresh fruit deLysscious ice pop recipe

Need to chill? Popsicles in flavors like watermelon- raspberry-lime will cool you off — and satisfy the kids and the kid in you.

#### INGREDIENTS

- 3 cups watermelon cubes
- 2 cups fresh or frozen raspberries
- ¼ cup sugar
- 2 Tbsp. lime juice

**DIRECTIONS:** In a blender, puree all of the ingredients. With a flexible spatula, push the mixture through a fine strainer into a bowl; discard solids.

To finish, pour the mixture into molds and insert sticks. If using cups, freeze until partially frozen and slushy, about 30 minutes, then insert sticks. Freeze until firm, at least six hours.

From Oprah.com [www.oprah.com/food/how-to-make-fresh-fruit-ice-pops-healthy-summer-snacks](http://www.oprah.com/food/how-to-make-fresh-fruit-ice-pops-healthy-summer-snacks)



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# Protection starts early

## Giving newborns a crucial vaccine

BY DR. NONYELUM EBIGBO

**I**t's hard to imagine putting your newborn through the pain of a shot. But a little stick early in life is an important first step to protecting your baby against a deadly disease.

Hepatitis B is a contagious liver disease caused by the hepatitis B virus. This infection can range from a very mild illness with few or no symptoms to a serious condition requiring hospitalization. Some people are able to fight the infection and clear the virus. But for others, the infection lingers throughout their life.

The virus spreads through blood or other body fluids that contain small amounts of blood from an infected person. People can spread it even when they have no symptoms. Babies and children can contact the hepatitis B virus in the following ways:

- At birth from their infected mother.
- Being bitten by an infected person.
- By touching open cuts or sores of an infected person.
- Through sharing toothbrushes, wash cloths, or other personal items used by an infected person.
- From food that was chewed (for the baby) by an infected person.

The virus can live on objects for seven days or more. Even when blood is not visible, there could be virus on an object.

Why do we immunize children against hepatitis B? It is important to know that children are at much greater risk of serious complications of this disease than adults are. While 10 percent of adults become chronic carriers of hepatitis B virus after acute infection, 90 percent of infants run this risk, half of whom will develop liver failure. In the perinatal period, 70 to 90 percent of babies whose mothers are positive for hepatitis B surface antigen will acquire the infection from their mothers

without intervention.

The hepatitis B vaccine is not a blood product. It is produced by recombinant DNA technology and has 90 to 95 percent efficacy in preventing acquisition of this disease for at least 15 years from immunization. It is the only vaccine that is reliably immunogenic (protective) in the newborn period. A major determinant of its effectiveness is early initial dose.

For those parents who are convinced that their child will not engage in high-risk behaviors, it is worth noting that in 2008, activities such as attending school and playing sports might be considered "high-risk behaviors." The assumption today is that universal precautions are taken and that all children are vaccinated when they attend school; therefore, another child with hepatitis B who accidentally sustains an injury on the basketball court that results in a cut or bleeding should not be a threat to another child.

The Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention recommends that all delivery hospitals establish orders for routine administration of hepatitis B vaccine to newborns. This vaccine strategy mandates universal, immediate initiation of the vaccination to all medically stable newborns, as strategies based on identify-

ing high-risk mothers have not been effective due to late transmission in pregnancy and frequent suboptimal prenatal care. This recommendation is supported by the New York State Department of Health.

Why should your baby get the hepatitis B shot at birth? The birth dose:

- Protects your baby against a potentially serious disease.
- Prevents unrecognized perinatal transmission and prevents transmission from family members due to unrecognized chronic hepatitis B virus infection in the household.
- Prevents your child from developing liver disease and cancer from hepatitis B.

All babies should get the first shot of hepatitis B vaccine before they leave the hospital. This shot acts as a safety net, reducing the risk of getting the disease from moms or family members who may not know they are infected. At Richmond University Medical Center, we practice the universal birth dose vaccine strategy to protect and provide a safety net for all our newborns.

For more information, visit [www.cdc.gov](http://www.cdc.gov) and [www.immunize.org](http://www.immunize.org).

Dr. Nonyelum Ebigbo is a Pediatric Resident at Richmond University Medical Center on Staten Island. For more, contact her at [nebigbo@rumcsi.org](mailto:nebigbo@rumcsi.org).



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# Enhance eligibility for financial aid

Last month's column focused on college savings plans — the 529, Uniform Transfer to Minor's Act and Uniform Gift to Minor's Act accounts (also called custodial accounts), and Coverdell Education Savings Accounts — that parents, grandparents, and others can use to save for a child's college education. The message was start saving when the child is young. That said, you still may be in a position where you and your child need additional financial aid when the time comes. Just know that even with savings, retirement accounts, and owning a home, you may still be eligible for financial aid.

Below are highlights of some of the factors that could enhance your financial aid eligibility.

Making sure your assets and those of your child are owned by the right person, at the right time, and withdrawn in the correct manner and the proper sequence can increase your financial aid grant. Strategies that can be implemented are too numerous to mention in this column. Planning ahead, consulting your tax advisor, and working with a financial advisor can decrease your chances of making a mistake and increase your financial aid potential.

When applying for aid, nearly all colleges require applicants to complete the Free Application for Federal Student Aid and provide federal tax returns. This information is used to calculate the Expected Family Contribution, an index number that colleges follow to determine how much financial aid you are eligible to receive. Depending on the asset values, and in whose name the assets are owned, can affect how much aid you receive. Although alternative application forms and requirements exist, this column will concentrate only on the Free Application for Federal Student Aid.

All non-retirement accounts, including bank accounts, CDs, stocks and bonds, 529 accounts, and even investment properties and certain small businesses, are included in Expected Family Contribution calculations. When making a calculation, assets owned by parents have a much lower impact on financial aid grants than assets owned by their children. In general, only 5.64 percent of the value of parent's accounts is expected to be used towards college expenses, as opposed to 20 percent of

a child's assets. Here are some of the most common types of accounts and how they affect the calculation:

## Custodial accounts

Custodial accounts are considered an asset of the child. Each year 20 percent of the values of these assets are counted towards the calculation. That is nearly four times more than if the money had been in other types of college savings accounts.

## 529 Plans and Education Savings Accounts

These accounts are considered assets of the parent, not the child. Each year only 5.64 percent of the value of these accounts is expected to be used for college expenses. Withdrawals made from 529 accounts to pay for college are not included in the calculation and affect following year's financial aid. That is why these plans have become so popular.

The 529 accounts owned by grandparents are not considered when determining the calculation. However, if a grandparent withdraws money from the account to pay for college, it is considered a gift to the child. In these cases the full amount can decrease the next year's financial aid grant by 50 percent of the amount withdrawn. For example, if grandma withdrew \$10,000 from her granddaughter's 529 account and used it to pay for college, the next year's financial aid grant could be reduced by \$5,000 (half of the amount withdrawn). Talking with an advisor about withdrawal strategies before making withdrawals from a grandparent's 529 accounts can lead to increased financial aid grants.

## Retirement assets

The value of 401k, 403b, IRA accounts (traditional and Roth), and most other retirement accounts are not included in the calculation. Sometimes people take loans from their retirement accounts to pay for college. Those loan withdrawals are not included in the calculation.

An important thing to remember is when withdrawals are taken from Roth IRA accounts when applying for financial aid: If certain conditions are met, you may be able to withdraw funds from a Roth IRA before retirement age without any tax or



## FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

penalty. If you do withdraw funds from a Roth IRA, it will be considered untaxed income when calculating, and can affect the next year's financial aid grant by 50 percent of the withdrawal amount.

## Small businesses and investment properties

In most cases, the value of a family-owned business is not counted towards the calculation. However, if you own more than 50 percent of the business and have more than 100 full-time employees, the value of the business will be included in the calculation. Investment and rental properties you own do not receive the same exclusion as small businesses. The full value of these properties will be included in the calculation.

## Life insurance and annuities

The cash value of your life insurance policy and annuities are not considered in this calculation. However, in certain circumstances not covered in this column, certain types of annuities may be considered when determining your financial aid eligibility.

This column is a brief overview of the complex financial aid system. Planning in advance and working with a knowledgeable financial advisor should help you achieve your goals.

*Anthony N. Corrao is an independent advisor with Corrao Wealth Management. For more than 25 years, he has helped families with their financial goals by developing financial, educational, and retirement planning strategies. He can be found at [www.corraowm.com](http://www.corraowm.com).*

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# De-stress yourself

I've recently rekindled my passion for crocheting, a creative endeavor that soothes me. I set aside time for it on most days. As a result, I have purchased a large assortment of yarn in shades of every color. Whenever I go to make something, I sift through various bags searching for what I'm looking for.

Likewise, when I was a young mom I was always frantically searching for a stray glue stick or my keys. Then I bought a rack over my desk to keep my keys securely fastened, and more recently, storage containers to hold various yarns, neatly marked by color and material. I also set up a school zone in my home where my kids could both do their homework and keep their school items.

These small changes made a huge difference in my life, because they brought more peace, simply by eliminating what wasn't working and fostering what brings me joy. If you would like to do the same, read on!

## Eliminate obligations

It is not necessary or healthy to take on extra work if you don't want to. We're obviously not talking about your job, because you won't always have a choice there, but so many people, and women in particular, will take on added commitments in their personal lives just so they do not upset anyone (other than yourself!).

So when you get pressure from the PTA or in-laws or neighbors to join yet another committee or work on a bake sale, flea market, or group project, you really can say "no" to anything you have no interest in. It is a sign of good health to set boundaries, so you have time for you and family.

## Add solutions

What are the things that drive you absolutely crazy on a regular basis? As a manager, I apply this principle at work, and I'm sure you can relate. When something isn't working, you will likely have a meeting about ways to fix or improve upon it. Yet at home, I would encounter recurring obstacles but not change them!

Whether it is a simple fix like an overcrowded coat rack, a dish tray that goes awry, or a junk drawer that takes up space and serves no purpose, if we take five minutes in the day to ask ourselves what is not working organizationally at home, we can immediately make a decision and plan to change it.



## Eliminate communication

This might sound harsh, but consider how many people call, text, and e-mail you daily. Have you ever just sat down to dinner or to help your child with homework and get an urgent text or call from a frantic friend or co-worker who needs their problem heard right now?

Just because we have the technological capability to always be in touch does not mean that we must be at everyone's beck and call. Of course, you will want to leave your phone on for your spouse and kids to be able to reach you, but you can also decide that at a certain time of day, you will not answer it for anyone else. It's not rude, it's self-sustaining.

## Add imposed relaxation

This means something different for everyone. Some people reach optimal relaxation when doing yoga. Others get it from running, painting, or doing crafts. Often, it can be something simple like taking a bath or catching up on the your favorite show. No matter what does it for you, it is key to introduce recreation and joy into your daily life on a regular basis. Otherwise, you will end up frazzled, and possibly resentful.

## Eliminate reading updates

Sure, Facebook is good for waiting



## JUST WRITE MOM

DANIELLE SULLIVAN

rooms and long bus rides to work, but there are two big reasons to stay away from making it a daily habit.

First off, so many of the perfect family holidays, vacations, and celebrations are falsely re-created snapshots that do not exist in real life. You might see your perfect friend with her perfect kids and perfect home, but not see that one minute after the photo was taken, the kids were arguing, the couple was fighting, and the Cinderella dream was dead. Comparing oneself to anyone (and especially on social media sites where nothing is reality) only sets you up to feel less than.

Secondly, we might absently scroll through our feed and then find ourselves 20 minutes later checking out what our long-lost friend's sister's favorite recipe is. It's a huge time waster, time that could have gone to mindful reading, taking a bath, or savoring that last sip of wine.

## Add music

There is something about music that is instantly soothing. When you turn on your favorite songs, your heart rate lowers, your mood changes, and you feel lighter, brighter, and happier. Just think of how much your home's tone changes when you listen to the hostile news channels on television compared to turning off the television and playing your favorite song.

One of my kids' happiest memories, they tell me, is when I would listen to Dave Matthews or System of A Down. Now when they hear those songs, they say they remember us cooking together or doing art projects, and it gives them a good feeling. Music is an instant stress buster, so the next time your home could use a pick-me-up (like during homework hour), turn up the volume, and sing your hearts out.



# Changing your family's bad habits

**W**hen I was a child, my mother would clean up after dinner, and then announce, “The kitchen is closed.” That was her way of saying we had better not go out there and make any kind of mess. No cooking, heating up, or anything else that required dishes to be used or messes to be made. I thought she was crazy. And now I find myself saying, “I’m done cleaning. Do not make a mess. If you use any dishes, you clean them up.” It’s my 2017 version of “kitchen’s closed.”

And yet, on a regular basis, I will find cups from late-night drinks in the living room, tea drips or sugar bits on the counter, or (gasp) a half a sink of dishes in the kitchen when I wake up, and it drives me mad.

On the other hand, what drives my husband mad is when I do the dishes when there aren’t really that many to be done. “You don’t have to run and do every dish the minute it’s dirty,” he says. Of course, that’s an exaggeration, and it’s also an expression of how he would prefer I relax a bit instead of getting annoyed over a trivial thing like dishes, and I would rather get the dishes done, so I can relax.

Of course, there are other bad habits that my family, and many others, are guilty of: constant arguing between siblings, not sitting together during dinner, and everyone being on their phone entirely too much. Today’s busy lifestyle may be in direct opposition to quality family time, but it doesn’t mean we can’t all work harder to not fall into bad family habits, and overcome them when we do.

## Make rules together

Create family rules with your partner early on. Decide together what is important for you as a family and why. Different families have different ideas of what constitutes acceptable bedtimes, dinner etiquette, and homework schedules as well as proper cleaning and organizational tasks.

## Talk it out

As the kids get older, integrate what makes good and bad habits into family discussions so you are all on the same page. This helps kids know exactly what is expected of them and every member of the family, and what consequences will ensue from bad habits.



## HEALTHY LIVING

DANIELLE SULLIVAN

### Nip it in the bud

Don’t let infractions slide. Maybe you’re tired and not in the mood to reprimand your child for the messy room or the texting at the table. Frankly, it’s often easier to disregard it, but ignoring it will create an unfair element between siblings, and teach your children that rules only apply sometimes.

### But don’t display anger

Raising your voice or losing your temper is no way to create peace in your home, and it just showcases your bad habit — losing your cool. Remember that children need gentle prodding and clear-cut guidelines to thrive. Even so, they will still fall into bad habits from time to time as we all do. We need to call attention to it and calmly redirect their actions.

### Include yourself

Parents need to keep up good family habits just as much (some might argue even more so) than the children. We also need to keep up our own standards. Sure, work might require us to answer co-workers during family time, but we cannot fall into bad habits and then expect our kids not to do the same. Remember, they are watching everything we do, and we are constantly modeling good (and bad) behavior for them.

*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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# Be a volunteer

## How kids benefit from serving their community

BY LARA KRUPICKA

**M**itchell teaches at-risk youths how to sail a tall ship. Carly interprets the life of a 19th-century child. And Haley walks dogs at an animal shelter. What do these three kids have in common? They're among the estimated 15.5 million young people who participate in volunteer activities. And like many others, these three kids are finding they get back more than they give through volunteering. Here are some of the benefits they've found (and your child could gain, too):

### Discovery of new interests

Mitchell Smith hadn't done any sailing before he joined the Topsail Program at the Los Angeles Maritime Institute at age 12. But now his mom says he loves being aloft aboard the 100-foot brigantines.

"He found a passion for sailing," says Mitchell's mom, Sandy. "It opened him up to a whole new world."

In fact, Mitchell often volunteers as an excuse to get in more sailing. In a word, he's hooked.

Volunteering gives kids a chance to

### Organizations accepting youth volunteers

If your child isn't sure where she would like to volunteer, here are a few good places to start:

- Hospitals (think candy strippers)
- Animal shelters
- Museums
- Food pantries
- Libraries

For other opportunities, check out [www.volunteermatch.org](http://www.volunteermatch.org), an online searchable database of organizations looking for volunteers. (It allows you to search for kid- and teen-friendly openings.)

try new things. In the process they can uncover talents and interests they hadn't been aware of. Some may even go on to pursue college studies and careers inspired by their volunteer experiences.

### Increased confidence

Youth volunteers gain valuable exposure to interacting with the public they couldn't get anywhere else. It requires

them to exercise their communication and public-speaking skills. In turn, this fosters confidence as students see the positive impact of their interactions.

Carly Mulder, a junior interpreter at the Naper Settlement living history museum in Naperville, Ill., learned early on that part of her role involved greeting museum visitors and fielding questions about the games and other activities she demonstrates. Karin, Carly's mom, notes she has seen Carly's confidence improve from her involvement at the museum.

"She's learning how to interact with the public and how to have confidence in dealing with other people."

Wearing a costume and imagining herself as a person from a different era helped. So did special training provided by the museum.

Even behind-the-scenes roles can instill confidence as kids find success in completing the tasks they're given. And connecting with fellow volunteers and coordinators can be enough to help reticent youngsters come out of their shells and develop valuable social skills. For some kids, simply the act of sharing their time and being valued for their service can build self-assurance.

## Broadened perspective on life

Volunteer experiences also give kids a chance to get outside of their neighborhood and have contact with people who are different from them. Whether at a museum or a food pantry, volunteering opens up children's horizons. It exposes them to more of the world — in a controlled environment where they can feel safe.

Haley McDonald's mom, Bobbie, has involved her in a variety of volunteering experiences since a young age, including one while on vacation in the Dominican Republic.

"We went to a farm and helped with a project," explains Bobbie. "It was a huge, broadening experience — seeing that everyone doesn't live the way you live."

## Responsibility

While many volunteer opportunities are one-time events, kids can also sign up for regular shifts. Being committed to an ongoing position requires taking responsibility. Mitchell's mom points out that it makes him prioritize his activities. He has to decide whether he'll sign up for a sailing shift or do something else. And Carly's mom sees how it has helped her daughter learn the importance of following through on obligations.

Kids also often get the opportunity to

## Tips on getting started

1. Look for a one-time opportunity to try out the concept of volunteering, such as at a food pantry.
2. Volunteer side by side with your child. It can be a good bonding experience and models the spirit of volunteerism.
3. Watch for chances to pair your child's interests with a service activity.
4. Try, try again. If the first experi-

ence doesn't work, look for another place for your child to serve.

5. Take a long-term view. If you value service to others, continue helping your child get involved in volunteering. As Dr. Bobbie McDonald (a doctor of psychology and mother of a youth volunteer) points out, "Anything you involve kids in on a regular basis, they're likely to continue into adulthood."

have increased responsibility in the role they play and the tasks they perform in their position as a volunteer. Mitchell has learned how to sail a tall ship, and also teaches others. And Carly hopes one day to move up to giving tours in one of the museum's buildings.

## Enjoyment

When kids find a volunteer position that fits them well, the common response is, "It doesn't feel like work." When the position and the child's interests match, to them it's more like a chance to get out and play. This in turn can be a good step in helping them discover their vocation.

Taking along a friend, as Haley frequently does, adds to the experience as

well. In fact, group settings can be a good introduction to a volunteer experience, such as through a Boy Scout or Girl Scout troop or church youth group. When kids have fun during an initial stint, they're more likely to sign up again in the future. And after a while, they're signing up because it's something they enjoy.

Don't underestimate what your child might have to offer an organization as a volunteer. And don't underestimate the positive impact that experience can have on him. As these three young people have found, there's a lot to be gained by giving your time to a local organization.

*Lara Krupicka is a freelance writer and mom to three girls. She enjoys watching her daughters grow through volunteer experiences.*

# Digital CAMP GUIDE 2017



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# Food allergies at summer camp

**C**hildren with food allergies heading to summer camp may be at greater risk for adverse reactions compared to when they're at school.

According to the American Academy of Allergy, Asthma, and Immunology, the reasons are numerous: People who don't know them well are supervising them, food sharing may be more common, epinephrine autoinjectors (EpiPens) may not be available, and emergency medical services may be a long distance away.

Can you send your child to summer camp and still relax while she's there? Whether your child attends a sleep-away camp or a day camp, food allergies can make you more nervous than usual.

Here are some tips as you plan your child's time away:

**Ensure there is a Food Allergy & Anaphylaxis Emergency Care Plan in place.** This is a written plan of instructions for the camp director based on recommendations from your child's health provider — an allergist or physician treating your child for food allergies — that clearly states what to do if an allergic reaction happens. Be sure to include a recent photo of your child with it.

**Talk with the food service director about your child's allergies and ask to review the menu and its ingredients.** In addition, "Bring outside foods to camp that are safe for your child to eat as close to the foods which will be served," says

## Resources for families with food allergies

- [www.foodallergy.org/resources/camps](http://www.foodallergy.org/resources/camps)
- [www.foodallergyawareness.org/programs/](http://www.foodallergyawareness.org/programs/)
- [www.aaaai.org/global/latest-research-summaries/New-Research-from-JACI-In-Practice/food-allergy-summer-camp](http://www.aaaai.org/global/latest-research-summaries/New-Research-from-JACI-In-Practice/food-allergy-summer-camp)

registered dietician Lisa Musician, president of Food Allergy Dietitian, Inc. and the author of "Parenting a Positive Reaction: A parent's guide to help promote safe care at school for your food allergy child."

"Offer additional suggestions on how to make the meals 'allergy-friendly,' or offer to go shopping with the person who is responsible for the food," she adds. If the camp is having the meals catered off-site, contact the owner and create a meal plan for your child.

**Ask about food allergy training and emergency protocol.** "Find out how far it is from camp to a source of medical attention with additional epinephrine if necessary," advises Musician, whose grown children have multiple food allergies with a history of anaphylaxis. "Also, it's important to know in advance what type of ambulance will respond to the 911 calling in the event your child needs medical assistance if epineph-



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

rine is used."

Because not all levels of ambulances are equipped with epinephrine, the camp should request a higher-level ambulance that carries epinephrine on board.

**Review your child's medications well before he departs for camp.** Ensure that the required medication forms are completed by your child's health provider and in place. And pack those meds! A recent study published in *The Journal of Allergy and Clinical Immunology: In Practice* found that only two out of five campers with food allergies were found to have brought an EpiPen to camp.

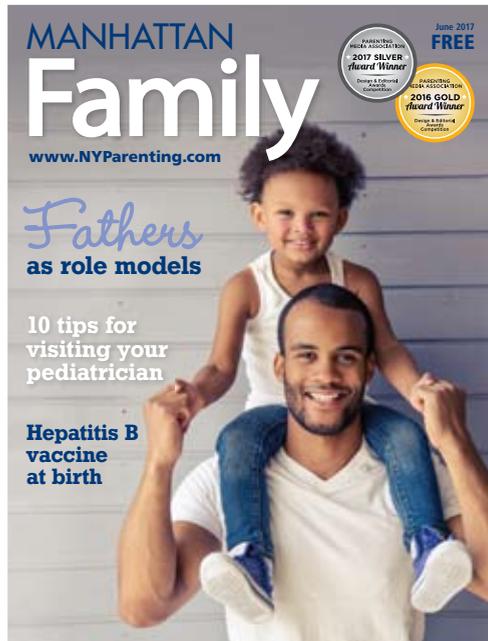
And verify that staff will carry your child's meds when on outings.

**Ask how your child will be identified with easy visibility as a reminder to the staff about food allergies.** Even seemingly innocuous activities such as hitting a piñata could spell danger if it's filled with candy.

**Calmly discuss with your child what to do about his food allergies.** Children old enough to be away at camp are old enough to advocate for themselves regarding their food allergies.

While it is nerve-racking to send your food-allergic child to camp, she CAN have a safe and enjoyable experience while she's there. "Remind your child to enjoy the experience of camp and to focus on the fun while being mindful of safe food choices," adds Musician.

*Christine M. Palumbo is a registered dietitian nutritionist and Fellow of the Academy of Nutrition and Dietetics in Naperville, Ill., who sorely wants a breakthrough in the prevention of food allergies. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter or ChristinePalumbo.com.*



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## Short tales for every kid

So, has your kid is all over social media. She knows what's going on; sometimes it feels like she's heard it all, and maybe she has. In "Flying Lessons and Other Stories," edited by Ellen Oh, she'll hear it from a different side.

When the family gets together, what kinds of stories do they tell? Doesn't everybody have stories like that?

Says Oh, "No matter what, our stories are unique, just like we are." And so she presents 10 of them.

In "How to Transform an Everyday, Ordinary Hoop Court," a future pro basketball player will do anything to make it big. It's his "way out," even if it means spending an entire summer being ignored by men he wants to emulate. What can a Mexican boy do to get in the game?

It's hard to ignore a story that starts like this: "When I was sold to the Li family, my mother let Mrs. Li take me only after she'd promised that I would be taught to read." And there, "The Difficult Path," begins a journey in which words save lives.

We all endure difficult times at some point. The difference between survival and failure is in the support you get, and in "The Beans and Rice Chronicles of Isaiah Dunn," there are many in one young family's existence, until help comes from beyond the grave.

Everyone, it seems, has that favorite uncle who's a total jokester. In "Choctaw Bigfoot, Midnight in the Mountains," Uncle Kenneth is doing what he does best: telling a tall tale for the nieces and nephews, with a twist that only Turtle Kid knows.

And what does it feel like when you're the only one of you around? In "Main Street," it's bitter-sweet, especially for those you leave behind in order to fit in.

Next time your extended family or neighborhood gathers, give a listen. No doubt, there are a lot of tales being told around the table; some are funny, some are sad, some were just made up, and some are about you. That's what you get in "Flying Lessons and Other Stories."

From 10 different points of view, here



## THE BOOK WORM

TERRI SCHLICHENMEYER

are fictional tales of kids growing up with all sorts of issues that reflect a variety of cultures and communities. It's been done intentionally: editor Ellen Oh is the co-founder of We Need Diverse Books, an organization that strives to offer books filled with characters that look like the kids who'll read them. These quick-to-consume short stories are ones you can browse, and while you don't have to read them in order, one thing's for sure: you'll want to read them all.

Now that you've heard about "Flying Lessons and Other Stories," you should grab it and share it.

"Flying Lessons and Other Stories," edited by Ellen Oh [227 pages, 2017, \$16.99].

## Sweet story for young kids and new moms

Your little one is your little ducky.

You tell her you love her, and she really knows it. She knows because you take care of her, make sure she's got snacks and toys, teach her, and keep her safe. And in the new book "Love Is" by Diane Adams, illustrated by Claire Keane, you'll see how love works.

Much as you love spending time with her, there's something you don't like to think about: one day, she'll be a big kid, and though she'll still need her Mama, she'll go off to college, get married, and maybe have a little ducky of her own. That means Mama will miss her and might be a bit sad.

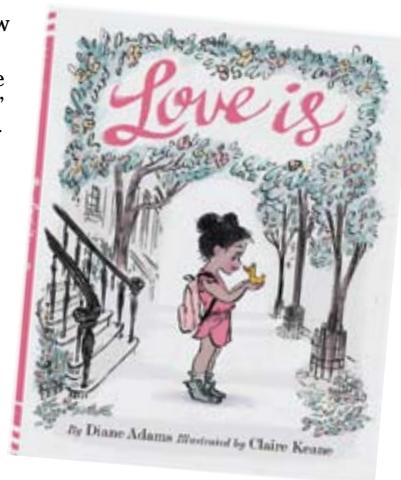
Ah, but she'll be back. She loves Mom just as much as you love her. It's just that "even ducklings, like the seasons, have to change."

But some things never change. Like love, they stay the same forever — and

sometimes, they "grow some, too."

Let me surprise you here: "Love Is" isn't merely a book for small children.

I absolutely saw this book as something a mom will hold dear because Adams and Keane have created a story that speaks to a mother's love. The little girl in this book is adorable, and her concern for the duckling she finds is so sweet; Keane and Adams tell a human tale in the form of a little rhyme to match the artwork. We see the wistfulness of the girl as she realizes that she must let her duckling go, the sadness of



knowing she did the only right thing, and the joyfulness when the baby returns to the apart-nest.

There's no doubt in my mind that 3- to 5-year-olds will love a read-aloud of this book, but the real audience is new mothers and moms-to-be. For them, "Love Is" is everything it's quacked up to be.

"Love Is," by Diane Adams [32 pages, 2017, \$15.99].

Terri Schlichenmeyer has been reading since she was 3 years old, and she never goes anywhere without a book. She lives on a hill with two dogs and 12,000 books.

# Between the lines

## The lost joy of phone heart-to-hearts

BY KARA MARTINEZ BACHMAN

When I was young, we spent the greater part of our afternoons and evenings in idle gossip. My friends and I would lie on our respective living room couches, or on the carpeted bedroom floors of our suburban ranch homes, and press telephone receivers up against our ears. We'd giggle into what was, back then, a rotary phone, or a fancy new push button model. Those telephones are not like what we have now. They were connected to the wall by a long cord that seemed, to us, like some kind of social lifeline.

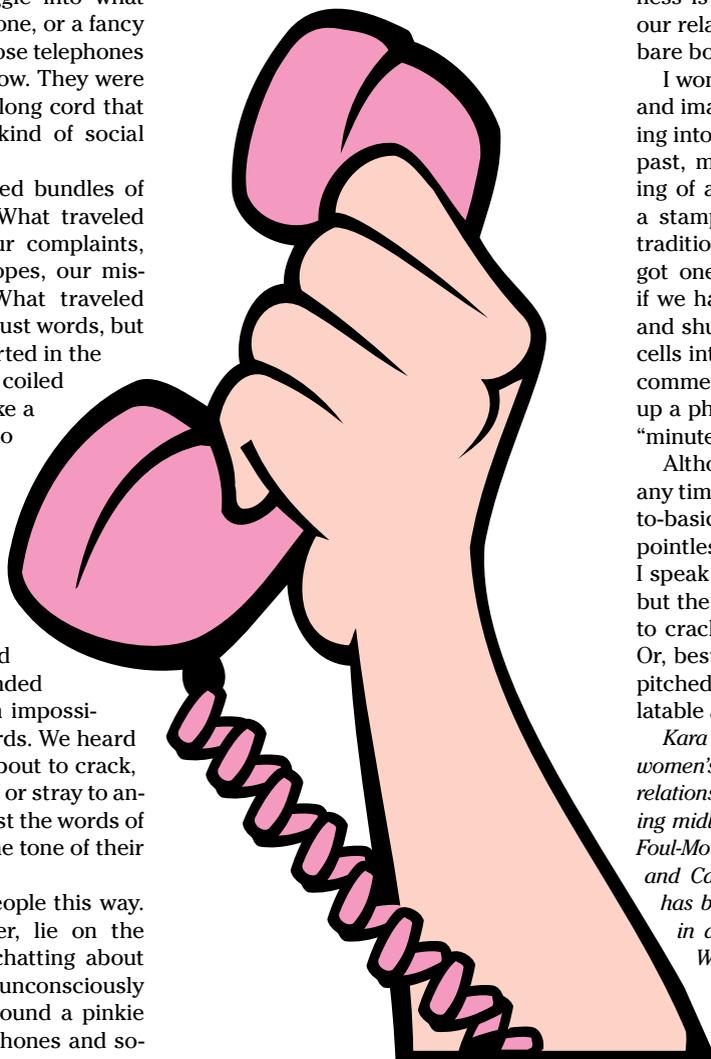
And those plastic-wrapped bundles of wire were social lifelines. What traveled along those wires were our complaints, our gossipy stories, our hopes, our mistakes, and our dreams. What traveled along those wires were not just words, but heartfelt vibrations that started in the receiver, traveled down the coiled handset cord that looked like a slinky, and went straight into the hearts of our girlfriends and, if we were lucky, into those of our boyfriends as well.

In this way, we really heard those we were communicating with. Literally. We heard the guffaws and the wisecracks, the long-winded sighs that would have been impossible to translate into any words. We heard when a friend's voice was about to crack, so we knew when to back off or stray to another topic. We heard not just the words of our friends, but we heard the tone of their souls. We were in no rush.

Now, we rarely talk to people this way. Most of us seldom, if ever, lie on the bedroom floor for hours, chatting about nothing in particular while unconsciously twisting the phone cord around a pinkie finger. In this age of smartphones and so-

cial networking, it seems that social sites such as Facebook, Instagram, and Twitter have completely replaced our time spent listening. More than anything, social networking is not so much about listening as it is about talking.

What fun is there in reading quirky comments on an electronic page, where the guffaws and voice inflections and all-



telling sighs are lost somewhere between the pixels? What fun can be found in the swiftness and concision of a text message? What things are we missing that are hidden between the lines?

The sad answer is that we will never know. Will kids raised on social media ever really know the subtleties of meaningful, yet idle, conversation? There are no texts or Facebook posts, however clever, that can compete with the creative conversational meandering that leads a friendship into new, and unexpected, territory. Not to mention the most important part: it is totally impossible to paint our toes while we tweet.

We use bits and bytes and blips and screens and fonts to isolate and compartmentalize our relationships into something that resembles business. Nowadays, we just want to cut to the chase. We don't want to waste our time. Or our words. As with the 140 character limit of Twitter, we are inadvertently encouraged by the technology to say as little as possible as quickly as possible. This is not how real relationships are built; this is how business is streamlined. We are mechanizing our relationships; we are bringing them to bare bones.

I wonder if some day we may look back and imagine laughing, sighing, and squealing into a receiver as a quaint mode of the past, much like we today view the sending of a telegram, or even the sending of a stamped personal correspondence via traditional mail. When is the last time you got one of those? In either case, maybe if we had the willpower, we would log off and shut down. Maybe we would toss our cells into the sea, like in that familiar beer commercial. Maybe we would instead pick up a phone that is not counting down our "minutes."

Although I won't eschew the "socials" any time soon, I personally vote for a back-to-basics embrace of time spent in idle, pointless chatter. And the kind of chatter I speak of is not the kind found in tweets, but the kind found in a voice that is about to crack. Or in a barely audible "hmmm." Or, best of all, in my very favorite: a high-pitched, girlish, totally pointless, un-translatable and highly inefficient "Squee!"

*Kara Martinez Bachman is author of the women's humor essay collection on parenting, relationships, and the pros and cons of reaching midlife, "Kissing the Crisis: Field Notes on Foul-Mouthed Babies, Disenchanted Women, and Careening into Middle Age." Her work has been heard on NPR and has appeared in dozens of publications, including The Writer, Funny Times, the New Orleans Times-Picayune, the Erma Bombeck Writers' Workshop, and many parenting magazines.*

# Calendar

JUNE



Aaron Purkey

## An operatic taste of basketball

How does one rise up after being knocked down? Find out in “Bounce – the Opera” on June 14, at Abraham Lincoln Playground.

Based on the Greek myth “The Flight of Icarus,” “Bounce” is the tale of a high school basketball star Isacc “Ike the Flight” Harris, who is bound for stardom, but is benched due to the actions of a

jealous teammate. Audiences will see if “Flight” can rebound from the emotional and physical pain of gun violence, as the story plays out on local basketball courts across the city and the country.

“Bounce,” June 14, 5:30 pm. Free

*Abraham Lincoln Playground [2201 Fifth Ave. at 134th Street in Harlem, (212) 491-1714; [www.rdearts.com/bounce](http://www.rdearts.com/bounce)].*

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# Calendar

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

## THURS, JUNE 1

### IN MANHATTAN

**On the Stoop with Yellow Barn Music Haul:** Sugar Hill Children's Museum of Art & Storytelling, 898 St. Nicholas Ave. at 155th Street; (212) 335-0004; [info@sugarhillmuseum.org](mailto:info@sugarhillmuseum.org); 10 am to 11:30 am; Free with museum admission.

The first traveling stage of its kind, the Yellow Barn Music Haul is the brainchild of Yellow Barn, an international center for chamber music based in Vermont that generates an international, multi-generational troupe of musicians.

**Locomotive Lawn Live:** Riverside Park South, W. 62nd Street and Riverside Drive; 311; [www.nycgovparks.org](http://www.nycgovparks.org); 10:30 am to 11:30 am; Free.

Moosiki Kids Musical Storytime fosters a love of reading at a young age with musical stories on our comfy turf lawn. Great for kids ages 5 and younger.

**Cross-Stitch Circle:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 3:30 pm; Free with museum admission of \$19 adults, \$6 children ages 5-12.

Beginning cross stitchers and younger children will learn the basic stitch and create a bookmark with their new skill. More seasoned stitchers and older children and adults can make a handcrafted gift for someone. Ages 7 and up.

**Backyard BBQ:** Hudson River Park Playground, Chelsea Lawn Bowl and Pier 62; [kholding@fohrp.org](mailto:kholding@fohrp.org); 5 pm to 8 pm; \$1,250 (Family package up to six guests; tickets are non-refundable).

The Friends of Hudson River Park Playground Committee is hosting its annual Backyard BBQ and offers the perfect opportunity to enjoy much-needed family time while giving back to the park that gives so much to families year-round! Enjoy live music and delicious eats with your family as the sun sets over the majestic Hudson River. There will be entertainment and festivities for park fans of all ages. Proceeds support the park's ongoing free recreational and educational programming for parents and



Ron Greenfield

## Amazing drumming!

It's the 15th annual Drums Along the Hudson day on June 4.

Join city Parks and Lotus Music and Dance for this annual multicultural celebration and Native American festival.

The event features Native American, Japanese, Brazilian, Flamenco, and Korean dancers and drummers from around the world! The festival combines a celebration of Native American heritage, culture, and art with the diversity of New York City. Spanish, Afri-

can, Brazilian, and Tibetan cultures will also be celebrated with food, music, and dancing. Activities include a Tree of Peace planting, international cuisine, Native American storytelling, a powwow, crafts, and visits from Captain Planet.

Drums Along the Hudson, June 4, 11 am to 6 pm, rain or shine. Free.

*Inwood Hill Park [218th Street and Inwood Road in Inwood Hill, (212) 795-1388; [www.nycgovparks.org](http://www.nycgovparks.org)].*

their children.

## FRI, JUNE 2

### IN MANHATTAN

**The Uni Project:** White Park, E. 106th Street and Third Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); 2:30 pm to 5:30 pm; Free.

Come read, draw, play, and explore at the Uni portable reading room at this historic park, named for civil rights activist and author Walter White (1893-1955). Presented in partnership with the Friends of White Park Alliance and NYC Parks, and made possible with funding from Manhattan Borough President Gale A. Brewer.

**Thalia Kid's Book Club:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 6 pm to 7:30 pm; \$16 (\$13 members).

Author Rachel Renee Russell discusses her

Dork Diaries series. The books follow Nikki Maxwell as she chronicles her life through stories and art in her illustrated diaries. For children 9 to 13 years of age.

## SAT, JUNE 3

### IN MANHATTAN

**Summer on the Hudson, Fish Count:** Fort Washington Park, 172nd Street Beach, Henry Hudson parkway; 311; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am to 1 pm; Free.

As part of the annual World Science Festival, we will wade into the Hudson River to collect and count what species of fish we find. How will our site differ from others? Join us for this fun waterside event!

**Dance Fest LES:** El Jardin Del Paraiso, E. Fourth Street and Avenue D; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am to 7 pm; Free.

Join the El Jardin del Paraiso for a dance

# Calendar

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

festival for Lower East Side groups, featuring East Village dance youth, professional companies, duos, and soloists. This two-day festival will host dance workshops from 11 am to 4 pm and performances from 5 pm to 7:30 pm.

**History Detective Briefcase for Families:** New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at W. 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 11 am to 5 pm; Free with museum admission.

Calling all history detectives! Check out a History Detective briefcase on our fourth floor to accompany you on your visit, and start exploring our expansive new Luce Center. Families will be on the case discovering the past through games, sketching, and activities in our new fourth-floor galleries. Each free briefcase provides a variety of fun, interactive, family-centered challenges. At the end of your visit, simply return it!

**"The Space Pirate Puppy Musical:"** The Kraine Theater, 85 E. Fourth St. and Second Avenue; (212) 460-0982; [www.horsetrade.info/the-kraine-theater](http://www.horsetrade.info/the-kraine-theater); Noon; \$15.

Earth has gone to the dogs, the humans have disappeared, and the Space Pirates are about to invade. Join the Dogstar Fleet on an intergalactic musical mission to seek the knowledge of the Oracle and save the planet Earth! Will the Puppies turn tail and run?

**All About Plants:** Anne Loftus Playground, Fort Tryon Park, Riverside Drive and Broadway; (212) 795-1388; [RSVP@Fort-TryonParkTrust.org](mailto:RSVP@Fort-TryonParkTrust.org); [www.nycgovparks.org](http://www.nycgovparks.org); 1:30 pm to 2:30 pm; Free.

Explore the natural world around you with Dr. A! Join Dr. A for a bunch of plant-based experiments — how they grow, what they look like inside — and take home your own potted herb! Space is limited to 15 children (ages 5 to 11). RSVP is required.

## SUN, JUNE 4

### IN MANHATTAN

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

Join NYC Parks and Lotus Music and Dance for this annual multicultural celebration and Native American festival. The event features Native American, Japanese, Brazilian, Flamenco, and Korean dancers and drummers from around the world!

**Dance Fest LES:** 11 am to 7 pm. El Jardín Del Paraíso. See Saturday, June 3.

**"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).

This is Accomplice's adventure, where you



Janine Lee Papio

## Big dreams do come true

"Sweetee" hits the stage at the Ford Studio at the Pershing Square Signature Theatre Center for a limited engagement from June 1 through June 18.

"Sweetee" is the musical story of an outcast minister, a young street singer, and a band of orphans in the 1930s Depression-era South. As they struggle to make music and find their place in a world amid bigotry and poverty, a tale emerges of spiritual triumph in the face of adversity and racism. Nothing comes easy ... but

dreams are big.

The production is suitable for families with children 10 years and older.

"Sweetee," June 1 through June 18, Tuesday, Thursday, and Friday at 8 pm; Wednesday at 2:30 pm and 8 pm; Saturday at 7:30 pm; and Sunday at 3 pm. Tickets are \$65.

*The Ford Studio at the Pershing Square Signature Theatre Center [480 W. 42nd St. between Ninth and 10th avenues in Hells Kitchen, (212) 279-4200; [www.ticketcentral.com](http://www.ticketcentral.com)].*

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. Through castles, over streams, and under troll bridges, your kids will encounter a mythical world. Advanced registration required.

## TUES, JUNE 6

### IN MANHATTAN

**Summer Garden Concert:** Mount Vernon Hotel Museum & Garden, 421 E. 61st St.; (212) 838-6878; 6 pm to 7:30 pm; \$15 (\$5 children under 12; free to children under 1).

Family-friendly live music in the garden. Toma Iliev, a graduate of the Juilliard School, will enchant with a historically in-

formed performance on baroque and classical violin. Historic wooden toys will be placed in the garden after the concert for children to play with. Museum tour and complimentary beverages included.

## THURS, JUNE 8

### IN MANHATTAN

**Tim Kubart and the Space Cadets:** Madison Square Park, E. 23rd Street and Madison Avenue; 10:30 am; Free.

The Sesame Street songwriter performs with his band the Space Cadets, sharing his numerous hits and kicking off summer fun.

**Locomotive Lawn Live:** 10:30 am to 11:30 am. Riverside Park South. See Thursday, June 1.

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

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, June 1.

## FRI, JUNE 9

### IN MANHATTAN

**Stroller Tour Through History:** DiMenna Children's History Museum, 170 Central Park West; (212) 873-3400; [www.nyhistory.org](http://www.nyhistory.org); 9 am to 10 am; \$25 per family (up to two adults and their children).

Take a stroll through history with your little ones. Grownups and kids explore America's past, present, and future in a lively and interactive tour. An early childhood educator leads families on an exploration of art, history, and creativity before the museum is open to the public. It's a memorable morning for all, featuring singing, movement, exploration, and art-making in the galleries.

**The Uni Project:** 2:30 pm to 5:30 pm. White Park. See Friday, June 2.

## SAT, JUNE 10

### IN MANHATTAN

**The Great Randall's Island Treasure Hunt:** Field 62-63, Randall's Island Park; (212) 860-1899; [info@randallisland.org](mailto:info@randallisland.org); [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 2 pm; Free.

Join us as we unlock island secrets at The Great Randall's Island Treasure Hunt! This event, offered in partnership with Hudson Valley Orienteering, includes two orienteering courses — one for adults and one for children. Learn how to use a map and compass (provided) while exploring the park, and enjoy arts and crafts. Light refreshments will be provided. Treasure for all who participate!

**History Detective Briefcase for Families:** 11 am to 5 pm. New-York Historical Society DiMenna Children's History Museum. See Saturday, June 3.

**"The Space Pirate Puppy Musical:"** Noon. The Kraine Theater. See Saturday, June 3.

**Discovery walk:** Belvedere Castle Central Park, Mid-park at 79th Street; [www.centralparknyc.org/events/parent-events](http://www.centralparknyc.org/events/parent-events); 1 pm; Free.

Get "lost" with us in the Ramble! Explore how this carefully planned woodland provides habitat for a variety of wildlife. 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. Pre-registration required, as space is limited. Families with children ages 5 and older only; no groups, please. Please arrive at walk location 15 minutes before the start of the Discovery Walk to allow time for check in and to pick up Discovery Kits. Terrain is uneven,

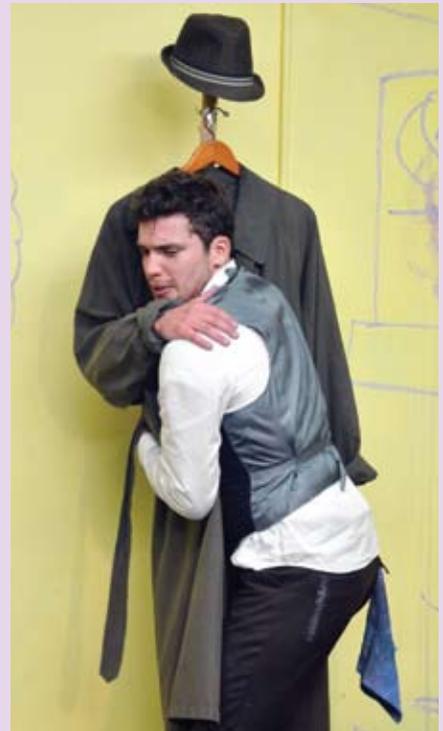
## Chalking it up

Get ready to draw a new adventure in "Chalk" on June 10 at the Kraine Theater.

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

"Chalk," June 10 at 2:30 pm. Tickets are \$15 and \$5 for children under 12.

*The Kraine Theater [85 E. Fourth St. and Second Avenue in the East Village, (212) 460-0982; [www.horstrade.info/the-kraine-theater](http://www.horstrade.info/the-kraine-theater)].*



with hills, stairs, and wood-chipped trails and may not be suitable for strollers.

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

Enjoy monthly outdoor parties featuring children's entertainers, arts and crafts, and neighborhood fun!

**"Chalk:"** The Kraine Theater, 85 E. Fourth St. and Second Avenue; (212) 460-0982; [www.horstrade.info/the-kraine-theater](http://www.horstrade.info/the-kraine-theater); 2:30 pm; \$15 (\$5 for children under 12).

A playful and poignant one-man show guaranteed to delight audiences of all ages. "Chalk" invites audiences into a hand-drawn world where imagination is made real and anything can happen.

**Camping:** Belvedere Castle Central Park, Mid-park at 79th Street; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); 6 pm to 7 am; Free.

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

## SUN, JUNE 11

### IN MANHATTAN

**"Aladdin:"** Field 81 at Randall's Island Park, East River Lane field; (212) 860-1899; [nycgovparks.org](http://nycgovparks.org); 8:30 pm to 10 pm; Free.

In celebration of our 25th anniversary, many of this summer's featured films will take us back to the year 1992! Whether a classic favorite or a recent blockbuster, Randall's Island Park is an amazing place to take in a flick.

## WED, JUNE 14

### IN MANHATTAN

**"Bounce:"** Abraham Lincoln Playground, 2201 Fifth Ave. at 134th Street; (212) 491-1714; [www.rdeaarts.com/bounce](http://www.rdeaarts.com/bounce); 5:30 pm; Free.

Ardea Arts announces pop-up performances of "Bounce — the Basketball Opera." The opera grounded in pressing issues facing today's audiences.

**"Life of Pi:"** Recreation Center 54, 348 E. 54th Street and York Avenue; (212) 754-5411; 8:30 pm to 11:30 pm; Free.

A young man who survives a disaster at sea is hurtled into an epic journey of adventure and discovery. While cast away, he forms an unexpected connection with another survivor: a fearsome Bengal tiger. You should arrive by 8 pm to get your spot. Feel free to bring a blanket to sit on, although

# Calendar

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

there will be a limited supply of chairs available. Bottled waters are OK, but no glass. Reservations are not taken, so space is available on a first come first served basis. All are welcome!

## THURS, JUNE 15

### IN MANHATTAN

**Locomotive Lawn Live:** 10:30 am to 11:30 am. Riverside Park South. See Thursday, June 1.

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, June 1.

**"Bee Movie:"** Sol Bloom Playground, W. 91st Street and Columbus Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); 8:30 pm to 11:30 pm; Free.

Barry B. Benson, a bee who has just graduated from college, is disillusioned at his lone career choice: making honey. On a special trip outside the hive, Barry's life is saved by Vanessa, a florist in New York City. As their relationship blossoms, he discovers humans actually eat honey, and subsequently decides to sue. You should arrive by 8 pm to get your spot. Feel free to bring a blanket to sit on; there will be a limited supply of chairs available. Bottled water is OK, but no glass.

## SAT, JUNE 17

### IN MANHATTAN

**History Detective Briefcase for Families:** 11 am to 5 pm. New-York Historical Society DiMenna Children's History Museum. See Saturday, June 3.

**"The Space Pirate Puppy Musical:"** Noon. The Kraine Theater. See Saturday, June 3.

**"Cloudy with a Chance of Meatballs:"** St. Catherine's Park, E. 68th Street and First Avenue; (212) 360-1430; [accessibility@parks.nyc.gov](mailto:accessibility@parks.nyc.gov); 8:30 pm to 11:30 pm; Free.

An inventor and a weather-reporter intern try to discover why the sky is raining food instead of water in this adaptation of the children's book by Ron and Judi Barrett. You should arrive before 8 pm to get your spot. Feel free to bring a blanket to sit on; there will be a limited supply of chairs available. Bottled water is OK, but no glass.

## SUN, JUNE 18

### IN MANHATTAN

**"Cinderella Samba":** Bennett Park, Fort Washington Avenue and W. 183rd Street; [www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2](http://www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2); 1 pm to 2 pm; Free.

This contemporary twist on the classic "Cinderella" fairy tale is presented by The CityParks PuppetMobile and sets the timeless tale in the lush landscape of Bra-



James Daniel

## Sing and dance with Tim

Blast off your summer with Tim Kubert and the Space Cadets at Madison Square Park on June 8.

The "Sesame Street" songwriter performs with his band the Space Cadets to kick off a summer of fun concerts and introduces his "Superhero"

remix single.

All ages will be up and dancing to the beat of his tunes.

Tim Kubart and the Space Cadets, June 8, at 10:30 am. Free.

*Madison Square Park (E. 23rd Street and Madison Avenue in the Flatiron District).*

zil, where, thanks to the help of her fairy godmother, Cinderella attends Rio de Janeiro's biggest Carnival gala and dances the samba with Prince Paulo himself.

**Freshwater Fishing:** Dana Discovery Center- Central Park, 110th Street between Fifth and Lenox avenues; (212) 628-2345; 2 pm to 4 pm; Free.

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

## TUES, JUNE 20

### IN MANHATTAN

**Summer Garden Concert:** 6 pm to 7:30 pm. Mount Vernon Hotel Museum & Garden. See Tuesday, June 6.

## WED, JUNE 21

### IN MANHATTAN

**Make Music New York:** Pier 1 at Riverside Park South, W. 70th Street and Riverside Drive; 311; 4:30 pm to 7 pm; Free.

American Music for Piano Duet highlights American four-hand music played by young students and professional adult headliners.

## THURS, JUNE 22

### IN MANHATTAN

**Locomotive Lawn Live:** 10:30 am to 11:30 am. Riverside Park South. See Thursday, June 1.

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, June 1.

## FRI, JUNE 23

### IN MANHATTAN

**Camping:** Inwood Hill Park, New York State Reference Route 907V; (212) 628-2345; [www.nycgovparks.org](http://www.nycgovparks.org); 6 pm to 7 am; Free.

We camp to create lasting memories, connect with the natural world, and bond

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

with our families. Camping affords us the opportunity to unplug from the diversions of everyday life and to laugh and play with our families. The Urban Park Rangers celebrate the tradition of camping and we look forward to welcoming your family. Space is limited and families are chosen by lottery.

## SAT, JUNE 24

### IN MANHATTAN

**Look Make Sign:** Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; [www.cmany.org](http://www.cmany.org); 9:30 am to 11 am; Free.

Partner with LC Interpreting Services, who will assist in making our events deaf friendly for this American Sign Language-only tour. Children ages 6 to 12 are invited to explore the museum exhibitions with their families. The program will take place in the gallery with a Teaching Artist and an American Sign Language interpreter. Registration is required.

**Sweet Spot Pop and Shop:** Sugar Hill Children's Museum of Art & Storytelling, 898 St. Nicholas Ave. at 155th Street; (212) 335-0004; [info@sugarhillmuseum.org](mailto:info@sugarhillmuseum.org); 10 am to 4 pm; Free with museum admission.

In partnership with the Sugar Hill Children's Museum of Art & Storytelling and Broadway Housing Communities, will once again bring back the Sweet Spot Festival to its "stoop." Celebrate the opening of our Grow NYC's green market every Saturday, with music, interactive art-making workshops, local vintage vendors, farmers with fresh produce, and more!

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

**Saltwater Fishing:** West Harlem Piers Park, 125th Street and Henry Hudson Parkway; (212) 628-2345; 11 am to 2 pm; Free.

Catch-and-release fishing is a great way to get outdoors and discover nature just a few blocks from home. Our experienced rangers teach the ethics of fishing and the ecology of our waterways on every fishing program. All equipment is provided; this program is recommended for ages 8 years and older. Participation is first-come, first-served.

**RiverFish Celebration:** West Harlem Pies, 125th Street and Marginal Street; 311; 11 am to 3 pm and 11 am to noon; 2 to 3 pm English; Free.

Summer on the Hudson and the Urban Park Rangers connect you to the life living within the Hudson River with catch-and-re-



Charles Paul Azzopardi

## A desert dance in NYC

Momix is celebrating the kick off its 2017 season with a production of "Opus Cactus," from June 27 through July 16 at the Joyce Theater.

For the first time in more than a decade, the magic and wonder of the American Southwest is brought back to the New York stage through magical lighting and imagery. Dancers morph into luminous, exotic, many-limbed creatures of the desert, including birds, insects, giant saguaros, tumbleweeds, fire dancers, cactus wrens, and Gila monsters — all to

the music of the Swingle Sisters to Brian Eno.

The production combines dance, music, and costumes to create a multimedia experience.

"Opus Cactus," June 27 through July 16, Tuesdays and Wednesdays, 7:30 pm; Thursdays and Fridays, 8 pm; Saturdays, 2 pm and 8 pm; and Sundays 2 pm and 7:30 pm. Tickets range from \$10 to \$66.

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

lease fishing, The Fuzzy Lemons, Music with Patrick, and river-related arts and crafts. Fishing equipment will be provided.

**History Detective Briefcase for Families:** 11 am to 5 pm. New-York Historical Society DiMenna Children's History Museum. See Saturday, June 3.

**Hydrangea Hurrah:** Madison Square Park, Park Avenue South and E. 23rd Street; [www.nycgovparks.org](http://www.nycgovparks.org); Noon to 3 pm; Free.

Madison Square Park Conservancy is excited to present the second annual Madison Square Hort Day: Hydrangea Hurrah celebrating our beautiful hydrangea collection. Hydrangea Hurrah is a family-friendly event for our favorite summer blooms with a host of free, fun activities including guest speak-

ers, park tours, floral demos, a kids zone with games, and musical entertainment.

**"The Space Pirate Puppy Musical:"** Noon. The Kraine Theater. See Saturday, June 3.

**Arts, Culture & Fun – Taikoza:** Asser Levy Recreation Center, 392 Asser Levy Place; [www.nycgovparks.org](http://www.nycgovparks.org); 4 pm to 5 pm; Free.

Join NYC Parks for a special concert featuring Taikoza. Taikoza has created a new sound using the thunderous rhythms of the ancestral Taiko drums and the magical sounds of the bamboo flutes. Roughly translated, Taiko means big drums, and that's exactly what Taikoza brings: big drums, powerful rhythms, and electrifying,

# Calendar

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

room-thumping energy. This exciting group draws from Japan's rich tradition of music and performance to create a highly visual performance.

## SUN, JUNE 25

### IN MANHATTAN

#### Summer on the Hudson Sun Gaze:

Pier 1 at Riverside Park South, W. 70th Street and Riverside Drive; 311; [www.nycgovparks.org](http://www.nycgovparks.org); Noon to 4 pm; Free.

Gaze at the central star of our solar system using special safe scopes with the Amateur Astronomers Association!

**"Zootopia:"** Field 42, Randall's Island Park; (212) 860-1899; 8:30 pm to 11:30 pm; Free.

A rabbit cop must solve a missing-persons case in a city inhabited by anthropomorphic animals.

## TUES, JUNE 27

### IN MANHATTAN

**Summer Garden Concert:** 6 pm to 7:30 pm. Mount Vernon Hotel Museum & Garden. See Tuesday, June 6.

## THURS, JUNE 29

### IN MANHATTAN

**Locomotive Lawn Live:** 10:30 am to 11:30 am. Riverside Park South. See Thursday, June 1.

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, June 1.

## LONG-RUNNING

### IN MANHATTAN

**Drones – Is the Sky the Limit?:** Intrepid Sea, Air & Space Museum, Pier 86 (46th Street and 12th Avenue); [www.intrepidmuseum.org](http://www.intrepidmuseum.org); Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Thurs, Aug. 31; \$33 (\$31 seniors; \$24, children 5-12; Free children under 5; retired and active military members free).

The exhibit explores pilotless aircraft and the history of drone technology, from its modern-day origins in World War I and its military development to its current applications in solving complex humanitarian and commercial challenges. Visitors will be able to fly actual drones and watch the first-person viewpoint of a drone racing, as well as get up close and personal with Volantis, the world's first "flying dress," designed by global superstar Lady Gaga, in collaboration with TechHaus.

**"The Princess, The Emperor, and the Duck:"** Swedish Cottage Marionette Theater, 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



## History, music come alive

Enjoy a summer night with a baroque concert at the Mount Vernon Hotel Museum and Garden on June 6, 20, and 27.

This family-friendly live show in the garden features Toma Iliev, a graduate of the Juilliard School. The musician will enchant all ages with a historically informed performance on baroque and classical violin. Historic wooden toys will be placed in the garden after the concert for children to play with. Mu-

seum tour and complimentary beverages are included.

Garden concert on June 6, 20, and 27, beginning at 6 pm. Tickets are \$15 for adults, \$5 for children under 12, and free for children under 1. Join as a museum member and admission is free.

Reservations not required.

*Mount Vernon Hotel Museum and 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)].*

presents three classic tales from Hans Christian Andersen "The Princess and the Pea," "The Emperor's New Clothes," and "The Ugly Duckling." For children ages 3 to 9.

**Wee Studio:** Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; [www.cmany.org](http://www.cmany.org); Mondays, Tuesdays, Thursdays and Fridays, 10:45 am to noon, Wednesdays, 1:45 pm to 3 pm, until Fri, June 30; \$25 per family up to 5 (\$15 per family for members).

Music time! Story time! Art time! It's an art-filled drop-in session when the museum is closed for general hours. Parents and caregivers are required to join and we encourage family collaboration throughout the class. No sign up required.

**"Sweetee:"** The Ford Studio at the Pershing Square Signature Theatre Center, 480 W. 42nd St. between Ninth and 10th avenues; (212) 279-4200; [www.ticketcentral.com](http://www.ticketcentral.com); Tuesdays, Thursdays and Fridays, 8 pm, Wednesdays, 2:30 pm and 8 pm, Saturdays, 7:30 pm, Sundays, 3 pm, until Sun,

June 18; \$65.

The musical is the story of an outcast minister, a young street singer, and a band of orphans in the 1930s Depression-era South. As they struggle to make music and find their place in a world amid bigotry and poverty, a tale emerges of spiritual triumph in the face of adversity and racism. Suitable for children 10 years and older.

**Parent and Me Yoga:** Abby's Lawn, Fort Tryon Park, Margaret Corbin Circle and Cabrini Boulevard; (212) 795-1388; [www.nycgovparks.org](http://www.nycgovparks.org); Saturdays, 9 am to 9:45 am, Sat, June 3 – Sat, Aug. 26; Free.

Join us for free yoga for children and their parents and caregivers with Christina Shablak, a certified children's instructor. Please arrive early, and bring a towel or yoga mat. Please note: The ground is sloped and there are uneven spots. Rain or wet ground cancels.

**Fly Fishing:** Orvis, 489 Fifth Ave. at E. 40th Street; (212) 369-0300; [www.orvis.com/newyorkcity](http://www.orvis.com/newyorkcity); Saturdays, 10 am to

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

noon, until Sat, July 15; Free.

Join expert instructors from Orvis for lessons on fly casting and outfit rigging. Equipment will be provided. Registration is required. For older teens.

**Urban Farm Exploration Day:** Randall's Island Park, Randall's Island; [www.nycgovparks.org](http://www.nycgovparks.org); Saturdays, 11 am to 5 pm, Sundays, 11 am to 5pm, Free.

Explore and learn about the great variety of colorful fruits and vegetables, chickens, and even rice paddies at our Urban Farm. Ask our Urban Farmers about all that's growing!

**Youth Wheelchair Basketball:** Gertrude Ederle Recreation Center, 232 W. 60th Street; (212) 360-3341; [www.nycgovparks.org](http://www.nycgovparks.org); Sundays, 1 pm to 3 pm, Free with Recreation membership.

Hosted by the New York Rolling Fury, this is for children to learn how to play, and how to scrimmage against other wheelchair players and learn from the best.

**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, Tues, June 6 - Fri, June 30; 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.

**Little Hell Gate Salt Marsh:** Randall's Island Park; (212) 860-1899; [info@randall-island.org](mailto:info@randall-island.org); [www.nycgovparks.org](http://www.nycgovparks.org); Tuesdays, 6 pm to 7 pm, until Tues, Aug. 8; Free.

On the second Tuesday or every month, 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.



Etienne Frossard

## A kayaking adventure

Life preservers on, helmets secured, sunscreen applied — get ready to enjoy a day of kayaking on the East River with members from the Brooklyn Bridge Park Boathouse.

Boaters can put their paddles in the water from June 7 through Aug. 26 and have a fun day on the river.

Kayaking, June 7 through Aug. 26

on Thursdays from 5:30 pm to 6:45 pm, and Saturdays, 10 am to 3 pm. Free. Open to all ages. Children under 18 must be accompanied by an adult. No reservations required.

*Brooklyn Bridge Park Boathouse (End of Pineapple Street and Furman Street in Brooklyn Heights; [www.bbpbighthouse.org](http://www.bbpbighthouse.org)).*

**"Opus Cactus:"** The Joyce Theater, 175 Eighth Ave. at 19th Street; (212) 242-0800; [www.momix.com](http://www.momix.com); Tuesdays and Wednesdays, 7:30 pm, Thursdays and Fridays, 8 pm, Saturdays, 2 pm and 8 pm, Sundays, 2 pm and 7:30 pm, Tues, June 27 - Sun, July 16;

\$10-\$66.

Through magical lighting and imagery, the American Southwest is transformed on stage by the dancers of Momix. The production combines dance, music and costumes to create a multi-media experience.

## theMarketplace

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# New & Noteworthy

BY LISA J. CURTIS

## Holy guacamole!

Everyday can be taco Tuesday when your child has his very own Oto Taco Truck! Kids love cardboard, playhouses, and play kitchens, and this toy is a caliente combination of all tres!

This quintessential New York City toy was designed in Brooklyn by Swedish entrepreneur Måns Swanberg who says, "The possibility [of making] huge cardboard playhouses with super vivid illustrations was just too fun to pass up."

Made in the U.S.A. of non-toxic, recyclable, biodegradable materials, the beautifully illustrated truck is easy to assemble — and disassemble and stow away under a bed. It measures 40-inches by 36-inches by 24-inches, and after you receive it, you can go to Swanberg's website and design and print out a personalized vanity plate for your little chef's truck! (He also offers an ice cream truck version.)

Recommended for children ages 2 and up, this taco truck promises hours of imaginative play. And for pet mom and dads, Swanberg has created even more ridiculously cute, smaller cardboard playhouses for your family cat!

*Oto Taco Truck playhouse, \$69, <https://famousoto.com/>.*



## Wedding treat

June is still the most popular month for weddings, so it's the perfect time to extoll the virtues of the new picture book, "The Ring Bearer." This suspenseful, heart-warming tale would make a sweet gift for any mini member of a wedding party.

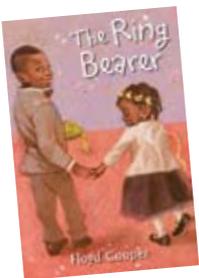
In this new hardcover by author-illustrator Floyd Cooper, Jackson is apprehensive about his role as ring bearer in his mother's nuptials. He is taking his responsibility seriously and

doesn't want to disappoint, but is concerned about his new, younger step-sister, Sophie, who is the high-energy flower girl.

The author draws attention to the important role the soon-to-be step-father and

Jackson's grandfather play in encouraging the worried boy. Recommended for children 3–7, the book takes an unexpected turn when Jackson saves his new sister from falling. The reader can't help but be proud of the big brother Jackson is becoming.

*"The Ring Bearer" book by Floyd Cooper, \$16.99, [www.amazon.com](http://www.amazon.com).*



## Game changer

Dads and grandfathers want to do their share of child-rearing, but sometimes society robs them of opportunities. There are shamefully few baby-changing stations in men's restrooms. But with his new Baby Change-N-Go, Dad can always be No. 1 when it comes to cleaning up number twos!

Baby Change-N-Go is a portable baby changing station that hangs from bathroom stall doors and then folds up to be stored in his diaper bag or stroller. It's an ideal gift for Father's Day that weighs less than three pounds and is stowed in its matching, drawstring bag. Available in pink, royal blue, or black ripstop nylon, it can hold an infant or toddler weighing up to 40 pounds.

*Baby Change-N-Go diaper changing station, \$99.99, [www.babychangengo.com](http://www.babychangengo.com).*

## Brooklyn tunes

Finally, Williamsburg singer-songwriter Joanie Leeds and her band The Nightlights have released an eighth children's album, "Brooklyn Baby!"

The CD comes with a booklet of lyrics and a great album cover depicting the Brooklyn bridge, a stoop, a ferry, and a subway.

Many of the songs on the new CD are inspired by Brooklyn, such as "Subway" and "Stoop," and they range in genre from the sweet "Brooklyn Baby" to the rousing punk-rockin' "Rainbow Bagels from Outer Space."

If your kids become Joanie fans like us after listening to her CD, take the family to see her and her band perform a free show on July 6 at 10:30 am at Madison Square Park (between Fifth and Madison avenues, between 23rd and 26th streets. For more information regarding the event, visit [Madison-SquarePark.org](http://Madison-SquarePark.org).)

*"Brooklyn Baby!" CD by Joanie Leeds & The Nightlights, \$15, [www.joanieleeds.com](http://www.joanieleeds.com).*



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