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# End of summer

**I**t all goes too quickly, but what a nice August we've had, and quite exciting too! Although the hype about the eclipse was a bit much for our area, it was nonetheless really interesting to see if you looked through the glasses. The fact that it didn't get dark at all here in New York was a big disappointment to just about everyone, because the only way you actually knew it was happening, was by looking through the glasses. We all imagined a lot more drama, especially the kids.



So our children are either already back or going back to school after Labor Day. As I said, summer and vacations whizz by, and suddenly the days are getting longer and the evenings cooler. The stores and online outlets have been busy with back-to-schools shoppers filling those supply lists and buying new clothes for the new school year. The lists seem to get longer

every year. I was remarking to friends the other day that I don't recall my parents ever having to buy paper towels or tissues for the school. Supplies for us yes, but no supplies for the school or the classroom. Budgets, I guess.

In this issue there are a number helpful articles and columns about essential Back-to-School topics like homework help, packing school lunches, monitoring your child's smartphone, strategies for spelling, and the return of cursive writing. We hope they will be helpful to your family and make your job a little easier.

Our writer Shnieka L. Johnson has written a piece on after-school care or extracurricular activities that complements the special section we present this month. For most working parents, it's absolutely necessary to have good options that go beyond the 3 pm end of the school day. Even if it's not,

education and learning is not only about the subjects taught in the school classroom. Our children need many kinds of stimulation and exposure. There's a lot to choose from and of course convenience and cost are part of the decision-making process.

Whether you have a child who's starting school for the first time, entering a new school, or matriculating to a new grade, the word is NEW! New friends to make and new teachers to get to know, and a new schedule to get accustomed to. So exciting. Be sure to take lots of pictures and label them so years from now you will know where they were taken, when, and who's in the picture.

Happy September. Wishing you all the best in this new school year!

Susan Weiss-Voskidis,  
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# Homework help

## Guiding kids to master their learning-management skills

BY DR. HEIDI SMITH LUEDTKE

**H**omework strikes fear in the hearts of many parents. You may not remember facts you learned in school, like the significant battles of the Civil War or the difference between a simile and a metaphor. Some things you learned are obsolete now: Pluto is no longer considered a planet, it was demoted in 2006. Here's the good news: When it comes to homework help, asking the right questions is more important than knowing all the answers. Use these smart prompts to direct your child's work and teach important learning-management skills:

### **1. Do you have a written (or online) assignment to follow?**

Students may struggle with homework, because they don't recall what they were

supposed to do. Make sure your child is using the guidance his teacher provided, so he completes all the objectives. Encourage him to track his progress by crossing off items as he finishes.

### **2. Do you understand what your teacher is asking you to do?**

Even a detailed assignment won't help if your child doesn't understand it. Make sure your child grasps the particulars before she begins, so she doesn't waste time doing the wrong things. Consult with the teacher if unclear expectations are a perennial problem.

### **3. What materials will you need?**

Tracking down materials creates unnecessary distractions. Encourage kids to gather supplies before starting a project,

so their work isn't interrupted by a frantic search for the calculator, scissors, or glue stick. Keep oft-needed items in a homework caddy for easy access.

### **4. Are there words or ideas you don't know?**

Your child may get stuck because he doesn't understand one or more crucial concepts. Help him identify these obstacles and search for remedial information. Encourage kids to find answers in their textbooks or online, rather than offering your interpretation. Students who can find information on their own become empowered learners.

### **5. Did you do similar problems in class?**

Most homework assignments are opportunities to practice skills kids learned at school. Direct your child to class notes

and worksheets for examples and review them together to refresh her memory. Kids should repeat the in-class procedures to solve homework problems. Shortcuts may lead to omissions or errors; teachers often require students to show work step-by-step.

**6. What is the timeline for completing this assignment? Are there milestones you'll have to accomplish?**

Kids may fail to finish big projects, because they wait until the last minute to begin.

“Older children with assignments that will take several days or weeks to complete will need help in learning to manage those assignments,” says Donna Elder, a senior literacy specialist with the National Center for Family Literacy.

Clarify steps your child must accomplish and write due dates on the calendar. Kids should make their own deadlines for initial steps, like buying supplies or doing library research. Project planning reduces stress for everyone.

**7. How can we break this assignment or project into smaller chunks?**

Breaking assignments into segments

can help kids maintain momentum. Divide a long list of objectives into subsets and use a timer to stay on task.

It's easier to read social studies for 15 minutes than to plod through an entire 35-page chapter. Short breaks between work periods let kids stretch and refresh.

**8. Where can you find the answer to the question?**

Textbook authors use section headings, bold words, text boxes, graphics, and summaries to present material in an accessible way. Smart students use these tools to locate answers quickly and to organize information. Help your child use textbook cues to hone his search skills, take notes, and create his own study guides. Structured material is much easier to learn and remember than unrelated ideas.

**9. How did you get your answer? Why did you answer this way?**

Monitor the homework process by checking kids' work.

“If there are errors, help kids self-correct by asking them to explain their logic or to show you what source of information they used,” says educational psy-

chologist Dr. Jennifer Little, creator of Parents Teach Kids ([www.parentsteach-kids.com](http://www.parentsteach-kids.com)), a collection of modules that show parents how to teach foundational learning skills at home.

If your child insists his wrong answer is right, Little says, “Let it go.” Errors show the teacher what needs to be covered (again) in class.

**10. Where can you go to get extra help?**

Your child may be anxious that there isn't an instructor standing by during homework. Let her know it is okay to reach out if she's stuck. There's no such thing as a stupid question.

•••

Do your best to keep a positive attitude during study time.

“Homework is not a punishment,” says Elder. “It takes practice to learn new skills. Reinforce that message by rewarding progress.”

A warm hug or an encouraging word can make all the difference.

*Heidi Smith Luedtke is a personality psychologist who has gleaned many practical parenting strategies from her husband's more laid-back approach. She is the author of “Detachment Parenting.”*

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# Danger phone

Parents must be vigilant about children's device use

BY JATHAN MARICELLI

**"I**t's 10 pm. Do you know where your children are?" was a long-running public service announcement on television. The goal of this announcement was to protect the youth of America by motivating derelict parents to get their kids safely indoors and under proper care by the 10 pm curfew.

It's time for a new PSA: "It's 2017. Have you checked your child's smartphone today?"

As a middle school teacher, I can attest that not monitoring smartphone use sabotages a child's school performance in many ways.

Here are five of them:

## Sleep deprivation

Last year, one of my students kept falling asleep in class, because he was staying awake until 3 am "texting friends." I asked the rest of the class if this was something that teens did on school nights nowadays. Half of the class raised their hands in affirmation.

The Centers for Disease Control and Prevention has identified sleep deprivation as a "public health problem." They go on to say, "Sleep is increasingly recognized as important to public health, with sleep insufficiency linked to motor vehicle crashes, industrial disasters, and medical and other occupational errors."

Your child might not run a vehicle into a ditch, but they are going to crash and burn in math class without proper rest.

"It's 2017. Should you let your kid take their smartphone to bed?"

## Multitasking

Research shows that multitasking is detrimental to one's ability to focus. A Stanford University study reveals that "People who are regularly bombarded with several streams of electronic information do not pay attention, control their memory, or switch from one job to another as well as those who prefer to complete one task at a time."

Switching from app to app, texting

while talking, and tweeting while watching TV weakens one of the most-needed skills in school — the ability to focus.

"It's 2017. Can your child go an hour without checking their phone?"

## Pornography

The number of teens viewing pornography is quite sobering. And according to Covenant Eyes, "Seventy-one percent of teens have done something to hide their online activity from their parents."

What is particularly dangerous about letting a teen's porn habit go unchecked has to do with neuroscience.

"Teens are at a great risk of developing a pornography addiction as their brains are still developing," write authors Jennifer Riemersma and Michael Sytsma in "A New Generation of Sexual Addiction."

"It's 2017. Have you checked your child's browser and app history?"

## Sexing

No matter how many stories run nationally about a teen committing suicide because her "boo" showed his "boys" the nude picture she sent him, it keeps happening. In fact, DoSomething.org reports, "Eleven percent of teen girls ages 13 to 16 have been involved with sending

or receiving sexually explicit messages."

Porn creates the appetite, and smartphones make it easy to imbibe.

"It's 2017. Have you checked your child's camera log?"

## Fighting

Many fights at school start on social media. In fact, sometimes students agree to fight on social media the night before. In June of this year, [www.kens5.com](http://www.kens5.com) out of San Antonio reported several teens being shot in a fight that started as a Facebook dust-up.

"It's 2017. Have you checked your child's social media accounts?"

•••

Smartphones are a part of everyday life. One might even argue that they make children safer due to increased communication with parents when they are out and about. What cannot be argued, however, is that unchecked smartphone usage can sabotage your child's school performance at the very least and put their well-being in jeopardy at the very worst.

"It's 2017. Have you checked your child's smartphone today?"

*Jathan Maricelli is a classroom teacher, author, and father of four. More of his writing can be found at [www.jathanmaricelli.com](http://www.jathanmaricelli.com).*





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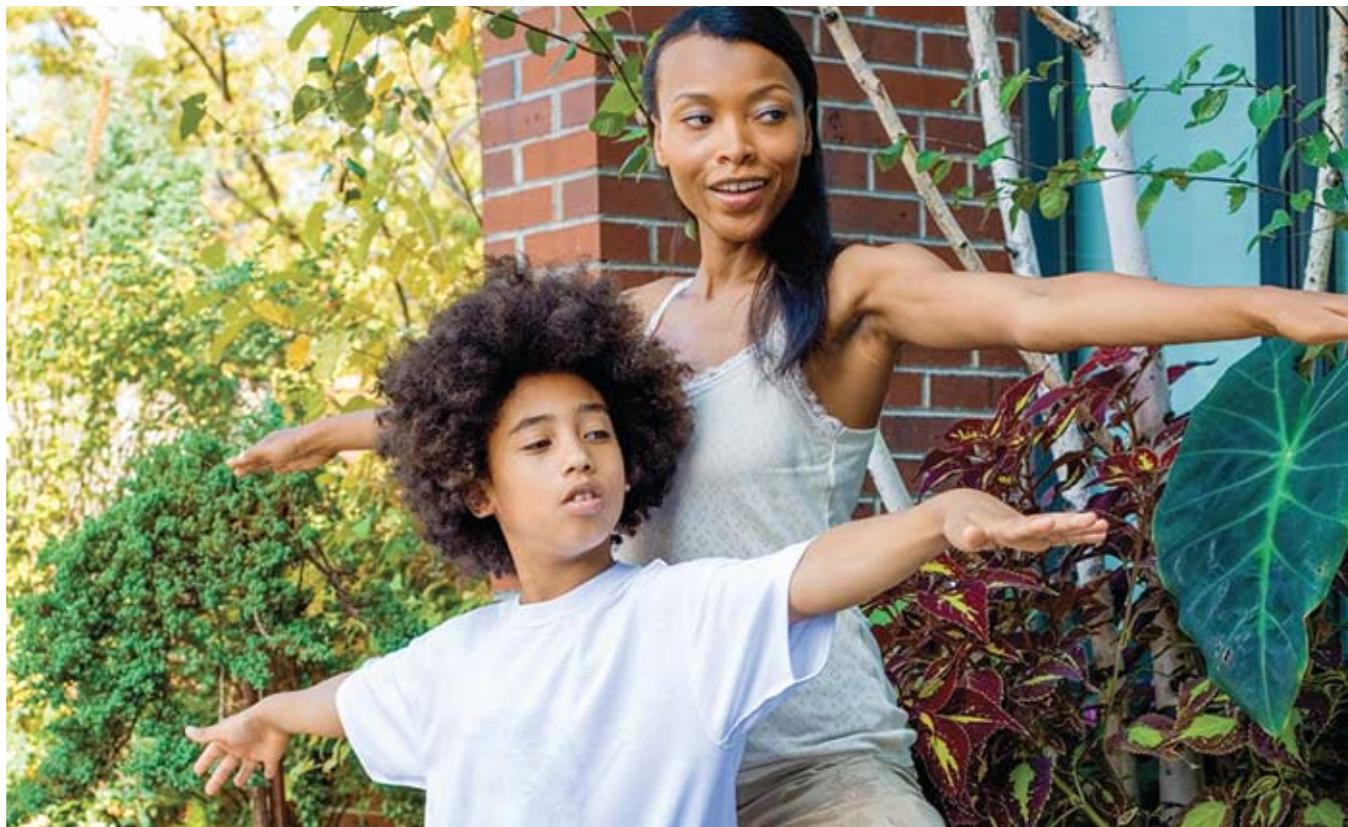
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# Study: Parents are healthier

Research shows they are less likely to catch a virus!

**S**core one for parents in the health department ... finally!

We might be more tired, stressed, have interrupted sleep, sore boobs (well, moms anyway), backaches, more headaches, and less alone time, but a study on the subject says we enjoy one big benefit.

A report out of Carnegie Mellon University found that being a parent has its benefits, and may actually reduce your risk of catching a cold. Although researchers can't say for sure why, they attribute it to a possible link with "psychological or behavioral differences between parents and non-parents."

The study, published in *Psychosomatic Medicine*, says "the risk of becoming ill after exposure to cold viruses is reduced by about half in parents compared to non-parents, regardless of pre-existing immunity."

Personally, I could count on one hand the number of times I've been sick in the past 10 years, and even those were minor. When I have a sinus headache, I take a de-

congestant and on those rare occasions where I've had a head cold, they've been mild. I haven't been on antibiotics in over 20 years.

Can I attribute that all to being a parent? I'm not sure, although, oddly enough, that's nearly the length of time I have been a parent. I usually chalk it up to the simple fact that I, unlike any other member of my family, have no time to get sick.

Like the majority of mothers, I keep going no matter what. Perhaps it's that silent-but-knowing attitude shift that internally signals something inside of us that prevents us from sinking into a heaping pile during flu season. Perhaps it's the sheer number of germ-filled clothes, surfaces, backpacks, lunchboxes, and kids that we are bombarded with that gives our immune system a super boost of added protection. Survival of the fittest? Or an adaptation that keeps the human race going?

Who really knows? One thing is for sure. I'll take it wherever and however I can get it. If anything, after cleaning up vomit, di-



## HEALTHY LIVING

DANIELLE SULLIVAN

arrhea, runny noses, and croupy coughs, the least that Mother Nature can do is ensure we don't catch the germs ourselves.

Oh, the perks of motherhood!

*Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.*



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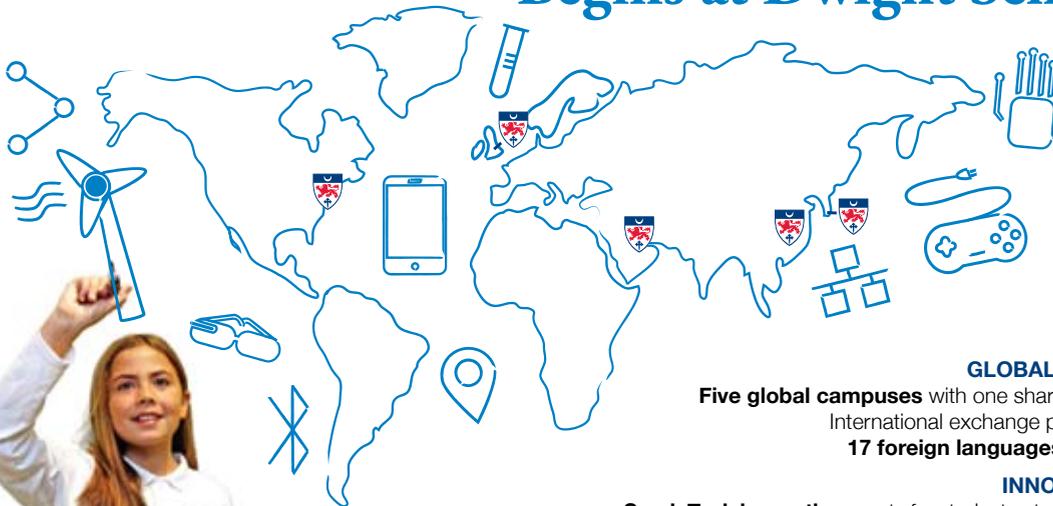
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# After-school fun

There's a wide range of extracurricular options for kids

BY SHNIEKA L. JOHNSON

**W**ith school now in full swing, many parents are scrambling to find after-school care or extracurricular activities to occupy their children during the post-school hours. The academic success of our children is a top priority, but children also have a creative and active side that should be nourished. Children's level of socialization also depends greatly upon their involvement and success in extracurricular activities, whether in sports, music, cultural excursions or other arts-related activities. We, as parents, want our children to experience a variety of activities.

There are various types of after-school programs. Some programs are sponsored and operated by for-profit businesses, and there are many more run by schools. Community organizations, churches, and government agencies — such as the parks department — also offer after-school programs. Some programs emphasize sports or the arts (dance, music, arts and crafts), and other programs focus on academics by providing tutoring in school subjects, assisting with homework, or integrating science.

All of these programs strive to provide

safe places for children to have fun.

It is not financially wise to pay for every program that sounds interesting, so you either have to find a program that has a vast selection of activities or simply narrow down your options. In attempting to decide which activities are worth pursuing, there are a few things to consider:

- How much does your child enjoy the activity?
- Will this be a long-term commitment?
- Will this cause a conflict in your schedule?
- Does it fit in your budget?
- Is it easily accessible?

For school-age children, on-site after-school programs are a great option for identifying the best and most convenient extracurricular options for your child. This option is especially attractive for working families, since on-site after-school activities are often easier to balance with work and family life. Also, as children form healthy relationships with their teachers, participation in extracurricular activities with those same teachers will likely develop, which will allow the children to become comfortable learning and exploring during in-school and out-of-school hours.

Many after-school programs receive private grants and government funds like the

21st Century Community Learning Centers Grant (awarded to programs that provide academic enrichment for students attending high poverty/low performing schools) in order to provide quality programming at an affordable rate for working families. As a benefit of this funding, staff of the organizations receive training from education and youth development professionals via non-profit organizations like The After School Corporation and the Partnership for After School Education. This only adds to the professionalism of the staff and their ability to best serve children.

Non-profit organizations like the Police Athletic League of New York City and the Sports and Arts in Schools Foundation are two of the largest after-school providers in the city, serving all five boroughs.

Effective after-school programs benefit not only the children they serve, but their families and communities, by providing a safe, structured environment for the children of working parents. After-school programs also offer an array of activities that are not always available during the school day. If there is limited time, space or funding for physical education, art and music programs, after-school programs can offer kids the opportunity to run, draw, or perform.

A good after-school program has many benefits. It keeps the children safe, as well as busy. They burn off excess energy and explore their creativity. After-school programs help children develop leadership skills. They learn what it means to have good sportsmanship and why it's important to be a team player. Overall, it helps shape the personality of a child. Children practice open-mindedness and how to be respectful of others, because that's what is expected of them in the after-school environment.

It has been cited in many studies that after-school programs improve student achievement in school, as well as enhance test scores and work habits. By providing students with activities such as music, art, sports, and cultural experiences, after-school programs improve students' social skills, give them confidence, and influence their educational and professional aspirations. Teens involved in extracurricular



**Links:**

**Sports and Arts in Schools Foundation**

<https://sasfny.org/>

**Police Athletic League**

<http://www.palnyc.org/>

**21st Century Community Learning Centers Grants**

<https://www2.ed.gov/programs/21stcccl/index.html>

**American Museum of Natural History**

<http://www.amnh.org/>

**Intrepid: Sea, Air & Space Museum**

<https://www.intrepidmuseum.org/>

**Solomon R. Guggenheim Museum**

<https://www.guggenheim.org/>

activities and after-school programs often take part in leadership roles such as student council. They learn the importance of volunteering and attending conferences. This helps them to grow as individuals, and helps them to be stronger candidates

once college application time arrives.

In addition to after-school programming, during school breaks or days off from school, there are many options for day-long care or holiday camps available to children. These options vary from open play to music, art, sports, and cultural experiences. For example, many learning spaces, like museums, offer activities during the winter, spring, and summer breaks. A few of my favorites in the New York metro area are the American Museum of Natural History, the Intrepid Sea, Air, and Space Museum and the Solomon R. Guggenheim Museum. The programs offered at these venues are top-notch and will be unique experiences for your child.

Although extracurricular activities can be important aspects of your child's development, try your best not to overbook. If your child attends programming Monday through Friday, try to leave a free day (or two) on the weekend. Remember, some of your family's most memorable moments will occur unplanned and without a schedule.

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

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total physical response approaches to learning. Older children learn writing, German Culture, geography of Europe, memorization and oral reports. Classes start in September.

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#### The Neighborhood Playhouse: Junior Actors

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

Find your creativity and talent! The Junior Actors program runs two 12-week sessions in the fall (Sept. 9th) and spring (Jan. 6th) for grades 2-12 on Saturdays between 9:30-5:30pm (class times vary according to program). Students study the core principles of acting, applying techniques and skills learned to various classes in scene study, monologues, storytelling, movement & dance, song interpretation, audition/monologue technique, acting for film & TV, improv, and more. The faculty is comprised of theatre & film professionals who are Master Teachers in their field of instruction. The Junior Actors program has been a vibrant part of the famed Neighborhood Playhouse for over 100 years. Apply Now! Find us on Facebook!

### LANGUAGE ARTS

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Upper East Side / Financial District

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165 William Street  
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[www.collinaitaliana.com](http://www.collinaitaliana.com)

Our Italian language programs allow children to learn the Bella Lingua of Italy in an age-appropriate, fun, and inviting atmosphere. Classes for kids include: Girotondo, year-round Italian language playgroup (Giallo, ages 2-3, Rosso, ages 4-5, Blu, ages 6-8, and Viola, ages 9+); Giardino dei Bambini, morning drop-off on Mondays, Tuesdays, and Thursdays (ages 2-4), and Special Workshops. Children gather around to share learned words and expressions through playful, skill-building activities such as games, songs, movies and stories. Fall session starts September 25th. Inquire about private, semi-private, and special classes for kids and adults!

### SPORTS

#### Advantage Quick Start Tennis

Multiple Manhattan Locations  
646-884-9649  
[www.quickstartny.com](http://www.quickstartny.com)

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*Continued on page 16*

#### German American Language School

Upper East Side, Manhattan  
East 79th Street off 5th Avenue  
212-787-7543, [www.German-American-School.org](http://www.German-American-School.org)

An old institution with an upbeat curriculum, the school has been teaching language since 1892, and is a NYS Regents accredited program. Children from various ethnic backgrounds can learn German in a once a week after school program. The younger children (as of age four) learn by singing, coloring and



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## Online Activity Guide

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

## Fall Activities

### DIRECTORY

*Continued from page 14*  
details go to the website.

#### Kate Tempesta's Urban Golf Academy (UGA)

Upper West Side Manhattan  
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#### Yorkville Youth Athletic Association

At sites all over the city  
212-360-0022  
[www.yyaa.org](http://www.yyaa.org)

Get ready for a great fall with the Yorkville Youth Athletic Association! Sign up NOW for basketball, football, soccer and other fall sports and after-school programs at YYAA.org. Come to our FREE Kids Carnival Oct. 1 (11am – 3pm) at Seabury Playground, Lexington Avenue and East 96th Street. And look for all kinds of COOL activities celebrating 50 YEARS of Yorkville serving the families of New York – we've been organizing teams and leagues since 1968, but it never gets old!

#### TUTORING / TEST PREP

##### Bright Kids, Inc.

FIDI, Upper East Side  
225 Broadway, Suite 1504  
177 E 87th Street, Suite 402  
646-434-1084  
[www.bright-kids.com](http://www.bright-kids.com)

New York's premier tutoring and publications company was founded in 2009 by a Harvard Business School graduate and mother of three who recognized the need for a high quality institution to cater to children who require admissions-based test preparation. Bright Kids is now a full-service tutoring and publications company specializing in test prep and subject tutoring for elementary, middle, and high school students. The company utilizes technology to produce unforgettable experiences for students and their families. Almost every tutoring package begins with a diagnostic or assessment to determine a

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##### EBL Coaching

Upper East Side  
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[www.eblcoaching.com](http://www.eblcoaching.com)

EBL specializes in one-on-one HOME tutoring for students in grades pre-K to 12 using research-based, multi-sensory strategies, including the Orton Gillingham method, to develop reading, writing, reading comprehension, math, organization and study skills. Students are initially assessed by the Director Dr. Levy and then hand matched with one of EBL Coaching's highly trained learning specialists. Sessions can be held either at the home or at our Upper East Side learning center. Specialized multi-sensory tutorial programs for students with dyslexia and learning disabilities are available.

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# Hold off on kids?

## Women under pressure to become moms

**A**ctress Zoëy Deschanel once said she didn't want to have kids, and instead chose to focus on her career, because that is what she wanted to do at that time.

It didn't go very well online, as you might imagine, since the internet can be a place for trolls and mean-spiritedness in general. She certainly wasn't the first woman to express that belief, and she absolutely won't be the last, and with good reason.

Here's exactly what she told *Marie Claire* in 2012:

"That's never been my focus ... My sister [Emily] was always very motherly, babysitting and stuff. I like kids, and I like being around kids — but it was never an ambition, something, like I need ... I like working. That's what I like doing. I like to work."

Oh my, a woman not wanting kids ... cue the end of the world.

Her stance didn't surprise me. I actu-

ally thought, "You go, girl!" Know what you want, and go after it. What did surprise the heck out of me were the comments condemning her feeling that she didn't want kids. All over the television and the internet, people (mostly women!) felt compelled to point out that she must hate kids, be too selfish to have a child, or just be an eternal child herself, incapable of being a mother.

Seriously?

I think that if a person doesn't want children, she should be considered to be someone who is one step closer to finding herself because she is paying attention to her individual wants and needs, instead of caving into societal pressure. Isn't that more mature than, say, having a baby to please mom ... or even America?

Today's women don't need to have a baby to be complete, as much as they don't need a man to be whole. In fact, discovering who you are is one of the



## JUST WRITE MOM

DANIELLE SULLIVAN

most beautiful things you can do, and the whole point of why you're here. In addition, the relationship with yourself is precisely what fosters your relationship with everyone else.

Women in their 20s and 30s should take some time to get to know themselves, enjoy their career and the natural spontaneity that should be a part of every young person's life. If my daughters (or my son) never have children, I will be more than fine with it. In fact, neither of my daughters want kids, and they are definitely not looking to get married now — or possibly at all. I think it's awesome.

Why should women feel pressured to reproduce? If they want to, that's one thing. In 2015, Deschanel changed her mind and celebrated the birth of her daughter, Elsie, and in May 2017, welcomed a son, Charlie.

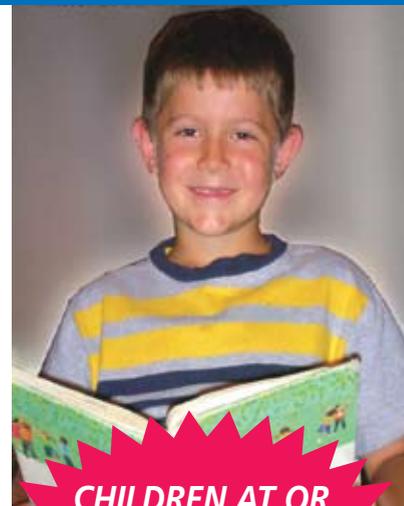
But if a woman doesn't want a child, or if she wants to wait, go for it. There is tremendous and unnecessary pressure on women for everything. (As if you'd ever catch anyone questioning a young man about when he'll have kids!)

Being a mom is a wonderful experience, but it is definitely not the only thing a woman should be, and not every woman wants to be a mother. It doesn't make her selfish or childlike; it means that she knows who she is and what she wants. And even when a woman is a mother (or a wife), that is just one facet of herself; it is most certainly not the sum of her whole being.

*Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.*

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# Making it easier to make decisions

**D**ecisions, decisions, decisions. Being a parent is full of decisions! Really big ones such as “What school should my child go to?” and “What values do I want to instill in my family?” To really small ones, like “Should we play with Legos or magnets right now?” and “Do I add applesauce to today’s grocery list?”

The pressure to make the right decision each time can weigh you down. It causes you to second guess yourself, to look to others for the right answers and feel guilty that you have made the wrong choice once you decide. These feelings can come no matter what decision you make. It is the grass is always greener dynamic.

That is no way to parent!

Want a better way? A way that makes decision-making easy and guilt-free? A

way to feel confident in the choices you make, big and small?

Yes? Okay, get ready.

There are three steps to making good decisions.

First, prioritize what it is that you want your children to learn, know, and understand. Few parents actually take the time to consciously think about what they want to impart to their children. Be one of the few!

Write down what you want to teach your children. The foundational elements that you know are important to instill in your children. This will allow you to have a target. Something to use as a guiding force for your decisions.

Don’t cross your fingers and hope they learn what is important. Take time to identify what those things are, so you can



## BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

intentionally build them into your daily life as lessons. Otherwise, you are shooting in the dark, which is never a good way to parent. While the entire list may be a comprehensive mini-thesis of life, break it down to just a few sentences — a mission statement for your family. The statement should have a few highlights that encompass the sentiment that you can easily remember.

The second step is a bit easier. Commit this sentiment to memory, so you always have it on hand. Every time you are faced with a decision, ask yourself: what are the options and which option best serves the mission for my family?

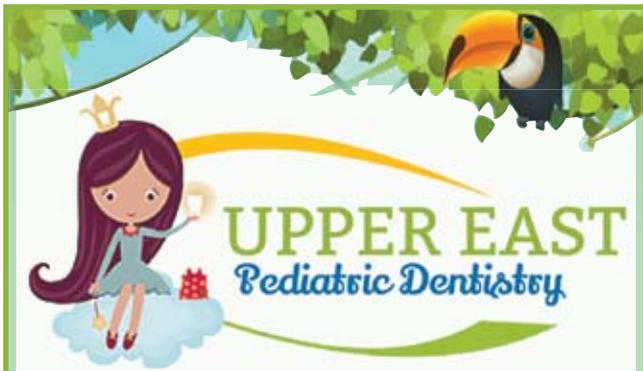
Pick the decision that is most in line with your mission statement. This will give you a clear reason for each decision.

When that voice comes in that says: “Maybe the other choice was actually better,” you now have a way to remember and understand why you made the decision you made. Understanding the reasoning combats the conflict!

The third and final step is to revisit your mission statement every three months. Put it on your calendar and consider your statement for just 30 minutes. This ensures that as your family grows and changes, your mission statement remains a true representation of your dreams.

Happy deciding!

*Dr. Marcie Beigel is a behavior specialist based in Brooklyn. She has worked with thousands of families for more than 20 years, and she has written the bestselling book, “Love Your Classroom Again,” and appeared as a guest on WCBS and Fox. Find out more at [DrMarcie.com](http://DrMarcie.com).*



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# Spelling success

## Twelve smart strategies for kids to make spelling fun

BY DR. HEIDI SMITH LUEDTKE

**H**elping kids learn spelling words can be b-o-r-i-n-g for everyone. Some parents coach kids to read the words over and over. Others ask kids to write their words 10 times each. These strategies may make the grade if your child is a quick study, but they don't help him notice patterns or make connections with other knowledge. And that kind of deeper learning turns spelling sessions into higher-level brain training.

Studies show multi-sensory techniques that use sight, hearing, touch, and movement simultaneously lead to more efficient and effective learning. Try these smart strategies to amp up learning and make spelling fun:

**1. Make word puzzles.** Write words on index cards and cut them up in segments. Kids can practice spelling by putting words back together. Breaking words up into syllables reminds kids how to

sound out words and emphasizes components they can use to decode the word's meaning.

**2. Play Scrabble.** Get out the board game and ask your child to create a Scrabble setup using only the words from the spelling list. Making the words is an active, tactile, and visual learning process that keeps kids engaged. Add math practice by calculating which word scores the most points.

**3. Categorize.** Make a chart with columns for each kind of word in the spelling list, and let learners put each one in its place. You might have columns for words with "er" or "ir" or for "objects," "actions," and "adjectives." Our brains like to store information in categories, so this task helps kids remember words better.

**4. Alphabetize.** Instead of writing the list in the same order repeatedly, re-organize it each time. First, copy the list as provided. Then, write words in alphabetical order. On the next round, write them in

order from shortest to longest. Capturing information in several ways forces kids to really think about each word instead of copying mindlessly.

**5. Make up mnemonics.** Some words are so hard to spell that the only way to remember them is to make up a memory aid. You're probably familiar with rhymes such as "I before 'E' except after 'C,' or when sounding like 'ay' as in 'neighbor' and 'weigh.'" Encourage kids to make up their own silly sayings or simple songs to remember tricky spellings. The best memory aids are the ones kids create for themselves.

**6. Feel it out.** Fill a cookie sheet with sand and have your child write out her words with her fingertip. Or — for some good clean fun — let her finger paint spelling words on the bathtub walls using shaving cream. Tactile sensations form an additional memory trace learners can use during recall. Kids can retrace movements on the desk top during the spelling test.

**7. Highlight the hard parts.** Prompt

kids to write words with colored markers and bold strokes, putting additional emphasis on troublesome letters or syllables. For instance, your child might write “mOnkey” to remind herself that the first vowel in this word is “o,” not “u.” Vivid visual features stand out in our memories. Adding ears and a mouth to turn the “O” into a monkey face would make this even more effective.

**8. Talk it up.** Challenge your child to read his word list and emphasize difficult aspects by mispronouncing them. The word “separate” sounds like sep-AY-rate when you exaggerate the middle syllable, which is often misspelled. Verbalizations provide auditory cues kids can use to recall correct spellings.

**9. Write five phrases.** Use each word to create five alternate phrases. Writing “block of ice” and “around the block” connects the word block to other things your child already knows. Putting words into context also gets kids to think about the sound and meaning of the words, rather than copying letters.

**10. Make up a story.** See how many words from the list can be combined into a single sentence or paragraph. Writing “The wood duck stood on a stool to prove he could shoot the fool” is a lot more challenging than listing words in isolation. Cre-

### Spelling anxiety?

Dispel worries with these fun reads:

- “Miss Pell Would Never Misspell and Other Painless Tricks for Memorizing How to Spell and Use Wily Words,” by Brian Cleary (Millbrook Press, 2009)
- “Cheese Please, Chimpanzees: Fun with Spelling,” by Tracy Traynor (Millet, 2008)
- “E-mergency,” by Tom Lichtenheld (Chronicle Books, 2011)
- “Word Wizard,” by Cathryn Falwell (Sandpiper, 2006)
- “Miss Alaineus: A Vocabulary Disaster,” by Debra Frasier (Sandpiper, 2007)
- “Silent Letters Loud and Clear,” by



Robin Pulver (Holiday House, 2010)

- “How Much Can a Bare Bear Bear? What are Homonyms and Homophones?,” by Brian Cleary (First Avenue Editions, 2007)

ative tasks make practice more engaging and more memorable.

**11. Draw a doodle.** Let little artists create custom doodles that bring words to life on the page. Turn individual letters into symbols — like a snake in place of the “s” or a boomerang in place of a “v” — or draw the word’s meaning in the spaces around the letters themselves.

**12. Get physical.** Have a spelling prac-

tice dance party and act out words using your entire body, like a cheerleader might spell out v-i-c-t-o-r-y. Muscle movements form their own memory traces in this ultimate active-learning strategy.

*Heidi Smith Luedtke is a personality psychologist who has gleaned many practical parenting strategies from her husband’s more laid-back approach. She is the author of “Detachment Parenting.”*

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# Make breakfast a high-protein meal

**H**ave you noticed the latest push to add protein to our meals and snacks? One eating occasion that's received particular attention is breakfast. A growing body of research supports high quality protein breakfast for both brain power and a sense of fullness, as well as decreased snacking of foods high in sugar and fat later in the day.

You already know that breakfast provides your children with an energizing start. It's their body's early morning refueling stop after 8 to 12 hours without eating. Their bodies also need fuel for the mental work they perform in school.

In addition, a morning meal sets things up nicely from a nutrient point of view. Children who eat breakfast usually consume more vitamins, minerals, and fiber for the day; these include the nutrients kids often fall short of such as calcium, vitamin B 12, potassium, fiber, folate, and iron.

## Breakfast and learning

Breakfast helps prepare kids to learn.

"Their brains need the amino acids tyrosine and tryptophan found in foods containing protein to help produce the neurotransmitters responsible for both alertness and relaxation," says Lauren Harris-Pincus, MS, RDN, author of *The Protein-Packed Breakfast Club*. "Consum-



ing a breakfast made up of protein and fiber-rich foods will slow down digestion and absorption of carbohydrates, keeping kids satisfied longer and allowing them to stay focused on learning. They will likely have more energy for physical education classes, recess, and after-school activities," she added.

## Protein needs

Children of both genders, ages 4 to 8, need 19 grams of protein in a day, according to the Recommended Dietary Allowances.

### Boys

- Ages 9–13 need 34 grams
- Ages 14–18 need 52 grams

### Girls

- Ages 9–13 need 34 grams
- Ages 14–18 need 46 grams

Can your child consume too much protein? Yes, it is possible, especially when kids down multiple smoothies made from protein powders and supplements. These powders come from animal products like whey and casein (the byproducts of cheese manufacturing) or from plants like soy, rice, pea, or hemp.

Since protein is a priority with her family, Harris-Pincus has various breakfast options on rotation.

"For simple assembly, my daughter likes a whole grain waffle topped with cottage cheese and strawberries on the side, or blueberry protein pancakes made with



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

eggs, oats, and mashed banana [that] I batch cook and keep in the freezer," she said. "Sometimes I bake banana muffins with extra protein and pair one with low-fat milk. Muffin tin egg-and-cheese omelets are also an easy way to enjoy high quality protein and can be meal prepped on the weekend to have on hand all week long."

## Other protein-packed breakfasts

### Plant-based:

- Oatmeal prepared with soymilk, nuts, and hemp seeds.
- Toasted bagel sandwich with veggie turkey, vegan cheese, and a banana.
- Tofu scramble with veggie-sausage and soymilk.
- Peanut butter on whole grain English muffin.
- Overnight oats.

### Lacto vegetarian:

- Greek yogurt with granola.
- Cottage cheese with nuts and berries.
- Protein smoothie.

### Lacto-ovo vegetarian:

- Scrambled eggs with beans, tortillas, and cheese.

### Non-vegetarian:

- Omelet with Canadian bacon and whole wheat toast.

As everyone settles into their school year routine, wake up the kids to a healthy breakfast and enjoy one yourself, too. The effort will be well worth it!

*Christine Palumbo is a Naperville-registered dietitian nutritionist who is a new Fellow of the American Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.*

## Foods and their protein content

- Large egg: 6 grams
- 8 fluid ounces dairy milk: 8 grams
- 8 fluid ounces almond milk: 2 grams
- 8 fluid ounces coconut milk: 2 grams
- 2 Tablespoons peanut butter: 8 grams
- 2 Tablespoons almond butter: 7 grams
- 6 ounces Greek yogurt: 18 grams
- ½ cup cottage cheese: 14 grams
- 2 ounces tofu: 5 grams
- 2 tablespoons hummus: 2 grams

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## ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

# Understanding power of attorney

*My mother — who is now 77 years old — made me the primary agent under her power of attorney. It's a 10-page document and very confusing. What am I legally permitted and/or obligated to do? What is my legal exposure if I act on her behalf?*

**T**his is a great question, one that not many people ask before they agree to be a power of attorney or before they act as one!

A power of attorney appoints someone (or more than one person) to act on your behalf with respect to specified matters — usually financial and legal — the scope of which is specified in the power of attorney itself. In some states, there is a separate “health care power of attorney”; in New York State it is referred to as a health care proxy, but it is effectively the same thing.

A power of attorney is a very powerful document. It takes effect immediately when the principal (in this case, your mother) signs it and when the agent (in this case, you) signs it, thereby “activat-

ing” it. (The agent need not sign at the time the principal signs it.) This document would enable the agent to handle any financial matter on the principal’s behalf as specified in the power of attorney. It gives the agent parallel, concurrent authority with the principal and does not supplant the principal’s own right or authority to do the things specified in the power of attorney, like banking transactions or dealing with her own taxes.

The agent must act in the principal’s best interest and consistent with her testamentary plan (will). There are instances where an agent abuses the power, either intentionally, to divert assets to himself or herself, or to family members, or unintentionally, where the agent thinks he or she is acting in the person’s best interests but they are not.

Despite the potential for misuse, the power of attorney is a very important document to have in place. The power of attorney is designed to help prevent the need for a guardian to be appointed

for you if you become incapacitated in the future. Failure to do so could lead to a potential guardianship proceeding in a crisis situation, which can be both time-consuming and costly. Although someone could execute a “springing” power of attorney — meaning it “springs” into effect when the principal is incapacitated — this can ultimately lead to a financial institution requiring proof of incapacity, resulting in a guardianship proceeding anyway, which the power of attorney was intended to avoid. The power of attorney can be designed to have two co-agents acting together or separately, and to have successor agents in case the primary agent cannot act.

You also need to examine the scope of the power of attorney — that is, the actions that the agent and successor agent will be authorized to take. As a result of legislative changes in 2009 and 2010, there are very specific legal rules governing the content of the power of attorney in New York State, as well as what can be changed and what can be added or modified. As an agent, you need to look closely at what you are empowered to do, and what powers you think you might need in the future to act in your mother’s best interests. If you later encounter a task that needs to be done (like hiring home health care aides or filing her taxes), you will ultimately need to commence a guardianship proceeding if

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the power of attorney does not give you that power and you encounter difficulty in doing this task.

The meaning and definition, and extent, of the powers stated in a power of attorney are detailed in the General Obligations Law, so someone signing a form power of attorney off the internet might not understand the full ramifications of what they are signing as principal or what they are empowered to do as agent. This is one example of why the document is not merely a “form” and why it’s important to consult counsel who can explain the consequences of each power granted under the power of attorney and why it might be needed or not needed for a particular situation.

You also need to check whether the power of attorney allows you to make gifts of your mother’s property, which is usually done for Medicaid or tax planning purposes. Absent that specific authority, you may not make gifts as her agent. And, if you act outside the scope of your authority as agent, or if you fail to keep records and documents to support the actions you are taking, you could be held personally liable.

Agents under a power of attorney should take particular care when restructuring the banking or brokerage accounts

of a principal. As noted above, an agent may only act within the scope of the authority granted to the agent, whether that authority is express (as in a power of attorney) or implied. However, transactions undertaken by an agent under a power of attorney are subject to a different analysis than transactions by a principal herself. As an agent, to protect yourself, consider whether your actions could be objectively considered “self-dealing.” For example, if you change your mother’s bank account to a joint account with rights of survivorship with yourself, do you intend to keep the balance of that account when she dies, or return it to her estate? Unless you are her only child, or her will — independently procured by her — names you as her sole heir and disinherits her other children, the joint account could be determined to be a “convenience” account and that you are not entitled to the money. Much costly and time-consuming litigation has been waged over this issue.

Gifts in a principal’s “best interests” are those that carry out his or her financial, estate or tax plans, as demonstrated by the principal’s dispositive plan expressed in his or her will. An agent who engages in this type of self-gifting must still prove it was in the principal’s best interest and carried out the financial, estate, or tax plans,

even if he shows the principal intended the gift, to overcome the inherent appearance of impropriety.

Agents under a power of attorney can find themselves in hot water when they act in a way that is contrary to the interests of the principal’s other children or beneficiaries. So, for example, when one child is acting as the primary power of attorney and the other children are upset that they are not in control, not being kept informed about decisions being made, or disagree with those decisions, no matter how prudent. This is when many childhood resentments bubble to the surface and spill into court for therapeutic resolution! An ounce of prevention by communicating with those people can help avoid costly disputes down the road. Again, when executing a power of attorney, or when acting as an agent under power of attorney, it is prudent to seek legal counsel to guide your conduct. Failure to do so can lead to costly litigation down the road.

*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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# Cursive comeback?

After disappearing from curriculums, is handwriting proving its value?

BY MYRNA BETH HASKELL

When the Common Core State Standards Curriculum was adopted in June 2010 by 42 states — including New York — there was something glaringly missing: a requirement that students be taught cursive handwriting. The standards include learning to “print upper and lower case letters” in the primary grades, but there is no mention of cursive instruction. Instead, keyboarding and other technology skills were part of the standards. This caused a backlash from many parents and educators who wanted cursive to remain in their curriculums. Proponents claim that students need to learn cursive to be able to read historical documents, develop fine motor skills, improve working memory and recognize diverse letter styles.

Those who agree with eliminating cursive from curriculums cite the overwhelming use of technology as a global communication tool as well as cursive being a drain on instructional time, when skills such as sentence structure and correct grammar usage should be honed instead.

After much speculation, several states who adopted the Common Core Curriculum have opted to bring cursive back as part of their state standards.

In New York, cursive handwriting is not a state-wide requirement, but local school districts can choose to include it. The newly released city Department of Education Handbook includes cursive handwriting as a recommended skill to be taught in

the third grade.

Should we lament the eventual loss of individualized “signatures” or an ability to read Grandpa’s letters to Grandma while stationed in Korea? Or should we celebrate technology’s swift and sweeping influence on global communication and easy access to information? Perhaps there is compromise amidst the discord.

## The tech takeover

Technology definitely has its advantages. Typed papers are easier to read. Students can retrieve instant word counts and send work electronically. Tablets and laptops are widely used in classrooms to take notes, and students can double-check homework due dates online. There are apps that generate citations and bibliographies, teach story building, and spot plagiarism.

Things have gotten a lot easier, but students need to learn to use this available technology. Elementary students are now taught keyboarding skills and how to navigate online information. After all, the majority of communication in today’s global workforce is done electronically. Lessons in cursive can take a significant portion of instructional time, and curriculum is packed with standardized test preparation, so school districts have been forced to prioritize.

Jan Z. Olsen, a registered occupational therapist, and founder and developer of Handwriting Without Tears, explains, “People believe that technology is completely taking over classrooms, but that is not true. Technology and handwriting co-exist in classrooms. Students need to be able to print, write in cursive and keyboard, as each skill is necessary at different times.” She says that students who learn all of these skills become better communicators.

## Teaching writing vs. teaching penmanship

Writing is a form of communication, and

one can communicate ideas by writing something down by hand or typing it on a keyboard.

Jerry Maraia, assistant head of school and head of curriculum, instruction, and assessment at Léman Manhattan Preparatory School, counsels, “Educators need to teach writing from the perspective of the communication of ideas. It doesn’t mean we don’t care about penmanship or cursive. It’s just less important. Unfortunately, sometimes kids associate writing instruction with their penmanship. This undermines words and ideas.” Maraia explains that a perceived “writer’s block” issue could be as simple as a student being fearful of writing, because he knows his handwriting is deemed messy, becoming averse to writing his ideas down. Educators should be mindful of this.

## The case for cursive

I just bought a new car the other day. Guess what? I had to both print and sign my name on at least a half dozen forms. I thought, If they don’t eventually change these forms, how will millennials handle these?

It seems that some rules are already changing. Students will be able to type responses on the English Language Arts exam. The Educator Guide to the 2017 Grade 3 Common Core English Language Arts Test states, “This school year, schools will have the option to administer the Grades 3–8 English Language Arts tests on computer or paper.”

Even if students are able to use a keyboard for tests and biometrics to replace handwritten signature authentication, should curriculums still include cursive?

Frank Milner, president of Tutor Doctor, clarifies, “You can make the argument that students work primarily from computers in all facets of life, but [eliminating] cursive skills takes away from cognitive development, motor skills and, in a more linear sense, working with significant legal docu-



ments that require signatures. Computers are obviously a major part of standard education systems today, but learning to type specific keys does little for the brain; whereas handwriting uses many parts of the brain that involve memory, reasoning, and language.”

### **The link between handwriting and reading**

Most experts agree that there is a link between handwriting and reading. Students use sensorimotor memory that they don't use while typing. Children also develop phonemic awareness as they write by hand.

“It's important to note that each student is different,” Milner cautions. “Because reading and writing in cursive involve more complex characters, the potential to acquire new styles and recognize language becomes beneficial. However, learning cursive can also make it more difficult for some students because books simply aren't printed in cursive and alternating between the two can be confusing.”

“There is some value in students physically moving left to right as they write. When we read, the eyes also follow left to right. There is a physical connection as the eyes and hand move across the page,” Maraia explains.

### **Being able to read historical documents**

“This is a good point from the perspective of learning how to ‘read’ handwriting. However, historical documents have been transcribed in print,” Maraia points out.

Although students do have access to transcribed versions of the Constitution and other important documents, there are a multitude of writings that are discovered every day in family homes and historic buildings — diaries of former slaves, great-grandmas' notations in the margins of photos from WWII, and other personal and priceless finds.

### **Writing it down to remember**

Olsen describes that the physical act of writing leads to increased comprehension.

“Learning to write in cursive is shown to improve brain development in the areas of thinking, language, and working memory,” says Olsen. “Cursive handwriting stimulates brain synapses and synchronicity between the left and right hemispheres – something absent from printing and typing.”

“A recent UCLA-Princeton study found that college students remember lectures better when they've taken handwritten notes rather than typed ones,” Olsen reports. Other studies have shown that students who practiced writing spelling words scored higher on tests than those who typed them.

Maraia describes, “If you write it down, you remember better. With computers, kids attempt to write everything down as they take notes. With handwriting, they need to determine what's most important.”

### **Cursive is faster and teaches diverse letter recognition**

“Cursive is a more efficient form of handwriting,” Olsen asserts. “Cursive today is different than it was in the past.” She says the focus is on legibility, not teaching fancy swirls. “Children need handwriting practice beyond second grade in order to build

cognitive automaticity — the ability to free your mind from the mechanics of handwriting and focus on content. Through cursive instruction, children will eventually develop their personal style and increase speed and fluency.”

Some studies show that cursive activates different brain patterns than print, so students are able to understand letters regardless of their design. Other studies have shown that cursive may be beneficial for students with dysgraphia because it eliminates the necessity of picking up a pencil after each letter and reduces problems with spacing.

### **Motor skills**

Although cursive develops fine motor skills, this may be a weaker argument.

“Development of fine motor skills is not really a strong argument, because students can acquire hand-eye coordination in a plethora of ways,” Maraia points out.

Is there compromise?

“It's all about flow,” says Maraia. “The mechanics of cursive may help some students with the flow of ideas from their brain to the paper. The important thing here is that students need to reflect on their learning style and be encouraged to find what best represents their thinking. Some might find they do their best writing while on the computer and others while printing.”

“It's more about the child becoming self-aware — understanding the method that works best to express their ideas efficiently.”

However, Maraia also points out that screens can be a distraction for some students with all the bells and whistles. Pen and paper alone could serve a student who requires fewer distractions.

“I do see cursive eventually going away with the rise of tech devices; but I don't think it will ever fully go away. I believe that, as time goes on, it will be studied as an art.” Maraia continues, “You do learn a lot about people from their handwriting. It's a piece of one's individual identity.”

So the curriculum battle continues as educators weigh the pros and cons of teaching cursive handwriting. Parents should attend meetings at their child's school or make inquiries with administrators if they have concerns about the curriculum or they want to understand the school's philosophy.

*Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in publications across the U.S. as well as internationally ([www.myrnahaskell.com](http://www.myrnahaskell.com)). She is also co-founder and managing editor of SANCTUARY ([www.sanctuary-magazine.com](http://www.sanctuary-magazine.com)).*



# Making the most of Social Security

**A**n estimated 90 percent of Americans ages 65 or older receive Social Security benefits according to the Social Security administration, and the average annual benefit for a retiree is about \$16,000. For nearly two-thirds of retirees, Social Security represents a significant portion of their income. Even for retirees with at least \$100,000 in financial assets, according to the Vanguard Group, Social Security can account for 29 percent of total retirement income. Although there are no official records, before Social Security was enacted in 1935, it is estimated the poverty rate among the elderly was approximately 50 percent. Today that number is approximately 9.5 percent, according to the National Bureau of Economics.

With Social Security such an important benefit for retirement income, deciding on when and how to start taking Social Security must be considered when contemplating retirement planning.

In the past, most retirees calculated the “right” time to claim Social Security based on a break-even analysis of his or her life expectancy (how long one will receive benefits) and the amount of the

benefit received. This approach might have worked well in the past. However, with people currently living longer, and medical advances coming at such a rapid pace, that advice is no longer sound. That approach ignored the two key features of Social Security. First, Social Security is a lifetime benefit, meaning you’ll continue to receive it for the rest of your life, no matter how long you live. Second, the benefit is adjusted upward for inflation, meaning it should keep up with the costs of goods in the future.

A big concern for most retirees is the risk of outliving their savings. For retirees who can afford to do so, deferring Social Security past your “full retirement age” can greatly increase one’s lifetime monthly benefit. Full retirement age is defined by Social Security according to one’s birth year. Traditionally, full retirement age was 65, but that number is being adjusted, so that full retirement age will be 67 years for those born in 1960 and after. Early retirement age continues to be 62 years old.

Claiming Social Security at 62 could lead to a nearly 30 percent loss in monthly lifetime benefits. Waiting to full retire-



## FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

ment age means one will get their full monthly retirement benefit. And waiting until after full retirement age, to the maximum annual benefit at age 70, greatly increases lifetime monthly benefit.

Think about this: at age 65, according to the Social Security Administration, the average woman can expect to live past age 88, and the average man can expect to live past 85. And those are just averages. About one out of every four 65-year-olds today will live past age 90, and one out of 10 will live past age 95. Delaying Social Security can provide powerful longevity income protection.

A careful review of Social Security regulations, your financial situation, and any health considerations you may have are crucial to developing a strategy to maximize income during retirement. For individuals in poor health or with little or no other financial resources, claiming Social Security before full retirement age may be appropriate.

For many retirees, however, the increase in guaranteed income by waiting to claim Social Security could be an appropriate strategy. Since Social Security regulations are so complex, you may benefit from seeking professional advice.

*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.corraoown.com](http://www.corraoown.com).*

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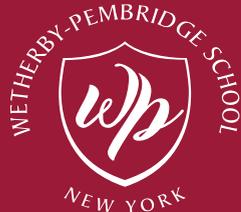
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# Introvert spirit

## Author puts spotlight on shy kids' great qualities

BY ALLISON PLITT

**S**usan Cain isn't a psychologist, but the shy, bright author's bestselling book about human behavior has changed the way many people perceive themselves and others.

After graduating from Princeton University with an English degree in 1989, Cain went to study at Harvard Law School. While there, Cain struggled with her introversion when she was confronted with speaking in front of the large classes.

When Cain got a job working as an attorney at a corporate law firm, she noticed her employers putting herself and other introverted employees to good use on the job. After she left the law firm, she wrote a book about all of the positive contributions that introverts have made to society.

In 2012, Cain published her now famously influential book, "Quiet: The Power of Introverts in a World That Can't Stop Talking." Overcoming her fear of public speaking, she has given lectures on the topic that have been viewed by millions on YouTube.

After conducting numerous interviews for her book and reading countless research studies, Cain came to the realization that the American public generally praises people who are socially outgoing and comfortable in the spotlight, but don't really admire introverted people.

Following the success of her book, Cain received feedback that a volume was also needed for young people. Consequently, in 2016, she published her second bestselling book, "Quiet Power: The Secret Strengths of Introverted Kids."

Cain says this book is written for all of those students entering middle and high school who are seeking to form their own identities. Similar to her assertions about American adults, Cain says that the popular kids in American schools are usually the ones who are the most socially active and enjoy being the center of attention.

It's a shame that their nature is under appreciated, because introverts aren't a rare breed. Cain writes that one-third to one-half of the United States' population is introverts. She lists numerous famous



Author Susan Cain.

people who are considered introverts — civil rights leader Rosa Parks, Harry Potter author JK Rowling, artist Pablo Picasso, Microsoft co-founder Bill Gates, and American basketball legend Kareem Abdul-Jabbar.

According to Cain, the personality characteristics of introverts include enjoying solitude and working alone, avoiding conflict, not taking big risks, tending to think before speaking, preferring time spent with one or two friends instead of a group, engaging in projects for hours at a time without getting bored, and feeling emotionally exhausted after spending time with friends even after having fun.

Cain's book gives a boost of self-confidence to all the kids labeled "shy" by others. She writes, "Studies show that shy kids tend to have loyal friendships, and to be conscientious, empathetic, and creative. Both shy and introverted people make great listeners. And it's through listening that we tend to be good at observing, learning, and maturing."

Cain makes the distinction that while introverts like to be alone, extroverts enjoy being in groups and thrive being around

others. The other major difference between the two personality types is that introverts' senses are more highly stimulated by their environment than extroverts.

As an illustration, she describes a research experiment in which both extroverts and introverts put on headphones and were asked to complete the same task while all listening to the same music. When the music was low, the introverts performed better at the task than the extroverts. As soon as the volume was raised, the extroverts excelled at the job over the introverts.

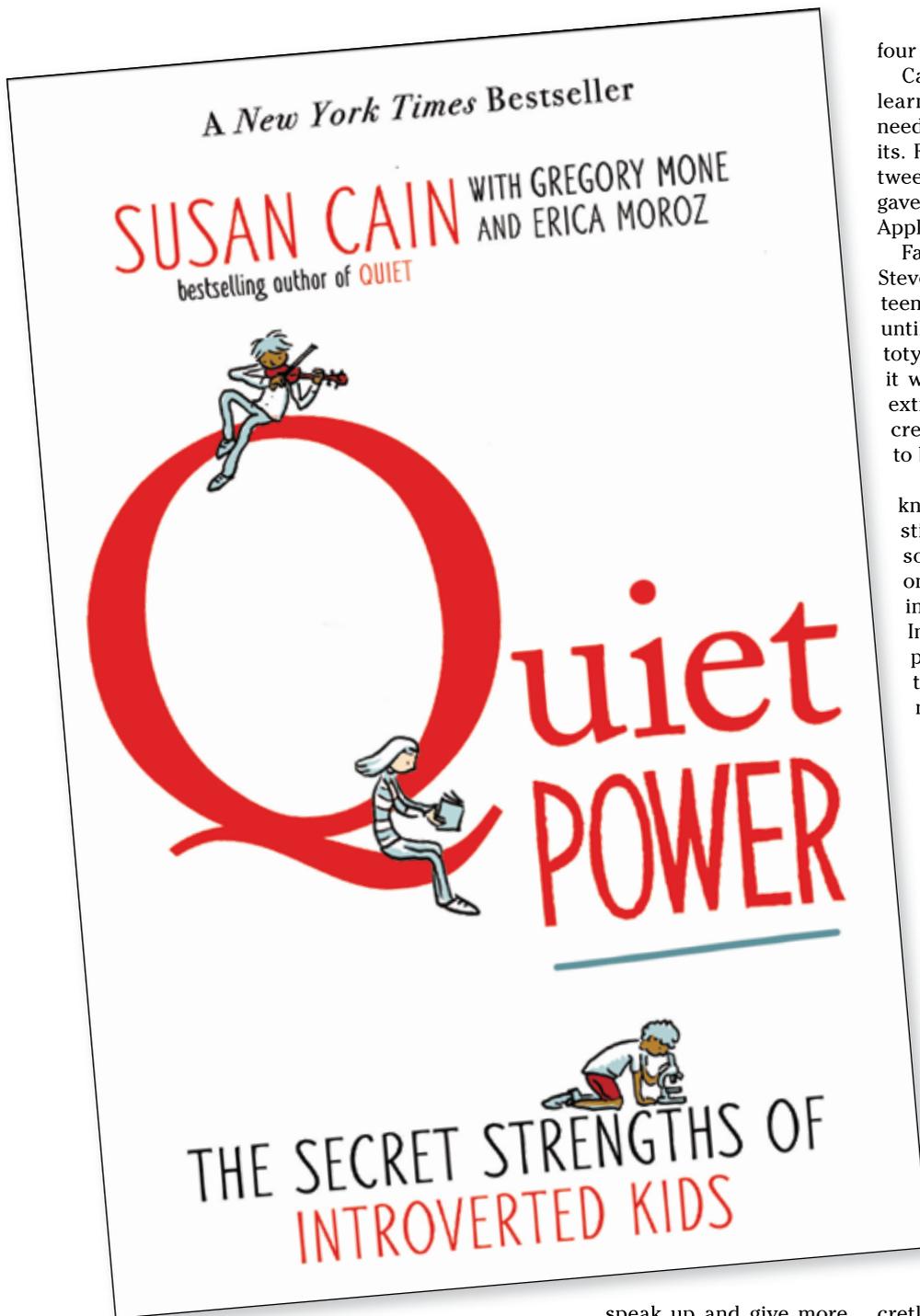
For her book, Cain interviewed many introverted kids and found a lot of different things that helped them succeed inside and outside of school. One of these things is what she calls "a restorative niche." As Cain writes, "It doesn't have to be a secret or a fort, but it should give you a feeling of safety, comfort, and of personal space."

Because introverts can feel tired from socializing or over-stimulated by their surroundings, restorative niches usually are "calm retreats" — quiet spaces with low lighting that allow their occupants "to relax and recharge."

Providing another important tip to her young readers, Cain emphasizes that introverts should be guided by a passion — be it a sport, a creative art, politics, or volunteering for a cause. Once they have found something in their heart they really want to pursue, introverts have the ability to concentrate on studying something for hours at a time.

When introverts hear their inner calling, they have the potential to be great leaders. Introverted leaders do not selfishly need to be the center of attention. They are more likely to listen to their employees and are more generous in delegating responsibility to other people so their workers feel a sense of purpose as well.

If an introvert is invited to a celebration and doesn't want to attend because of the size of the party, she can always suggest another social alternative to her friend, so that the host doesn't feel personally rejected. Cain, however, suggests



four to six times.

Cain says introverts can befriend and learn from extroverts, but introverts need to let extroverts know their limits. Remarking on the collaborations between introverts and extroverts, Cain gave as an example the co-founders of Apple Computer.

Fascinated by computing, introvert Steve Wozniak spent hours alone as a teenager and adult studying technology until one day he finally created the prototype of the first Apple computer. Yet, it wasn't until Wozniak partnered with extrovert Steve Jobs that he actually created a computer someone wanted to buy.

Jobs, "a genius as a programmer" known for his "razor-sharp business instincts," was able to market Wozniak's sophisticated technology by insisting on changing the computer's interface into a more user-friendly appearance. In addition, Jobs made "charismatic presentations" that communicated their product in a relatable way to a mass market of eager consumers.

There are also some things the author says introverts should avoid. For example, she says that young people should never depend on drugs or alcohol to help them relax socially. Instead, one young introvert hosted a painting party where everyone who was invited came from her favorite art class at school.

Cain also suggests that introverts not use social media as a way to avoid meeting and socializing with people in real life. Distant online acquaintances do not replace deep, meaningful relationships that introverts thrive on in reality.

Last, Cain says introverts can only accomplish their goals by constantly forcing themselves to go beyond their comfort zones. She recounts that when Franklin Delano Roosevelt secretly served four terms as president in a wheelchair, he had his shy wife Eleanor travel throughout the United States to listen and observe the hardships of all Americans during the Depression.

Eleanor, who overcame her shyness to become an impassioned speaker for human rights, is credited with saying, "Do one thing each day that scares you." Introverts, take note.

*For more information about Cain and her role as Chief Revolutionary of the Quiet Revolution, visit her website [www.quietrev.com](http://www.quietrev.com).*

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

that introverts should occasionally try to move out of their comfort zones and attend large parties. She suggests that introverts bring a friend to the party, so they will at least know one person there.

Cain also says introverts should attempt to participate more in class. In many classrooms, some extroverted students volunteer to speak just to be heard. If possible, the teacher should ask a question and then tell the class to wait one minute before responding. When teachers give students extra time to think, they allow the quieter students the chance to

speaking up and give more reflective answers.

While introverts enjoy group projects, so they can avoid being the center of attention, their ideas are often not heard in group settings. Introverts need to go out of their comfort zone to make sure their voice is heard, because if the group presentation turns into a disaster, they will regret their silence.

If introverts have to make an individual presentation, Cain advises them to conquer their fear of public speaking by mastering a knowledge of the subject as well as practicing the presentation in front of a small group of people at least

# Packing wise

## Take extra care preparing your child's school lunches

BY TAMMY SCILEPPI

**A**s if you don't have enough to do or think about before an eagerly anticipated — or dreaded — start of another school year, here's something else to keep in mind: food safety.

While most doting parents don't usually put that at the top of their back-to-school lists, having a conversation about this important topic will likely help everyone learn more about safe food-handling.

Food-borne illness, or food poisoning, can happen when certain disease-causing bacteria, viruses, or parasites (aka pathogens) contaminate the foods we eat.

But don't worry. In the United States, our food supply is among the safest in the world.

That said, it's hard to believe that about 1 in 6 Americans are stricken with food poisoning each year. According to the Centers for Disease Control and Prevention, 48 million persons get sick, 128,000 are hospitalized, and 3,000 die from food-borne infection and illness in the United States annually. Many of these people are children, older adults, or people with weakened immune systems who may not be able to fight infection normally.

Knowledge is power, so knowing the facts and practicing safe food-handling habits every day will help reduce your family's risk of getting sick from contaminated food, since food-borne illness can be serious or even fatal.

While packing your child's nutritious and tasty lunch, keep these valuable tips in mind.

Marianne H. Gravely of the U.S. Department of Agriculture's Office of Public Affairs and Consumer Education Food Safety and Inspection Service in Washington, D.C. reminds parents that food-poisoning bacteria grow rapidly at temperatures warmer than 40 degrees Fahrenheit, and in just two hours can reach dangerous levels. So, it's important that your child's lunch stay cold.

"One way to make sure the food stays cold is to assemble the components of your child's lunch the night before and refrigerate everything, so that when you pack the lunch, all the food starts out cold," says Gravely.

And every parent knows that using an insulated lunch bag or box is important. It should contain at least two cold sources, such as a cold juice box or frozen bottle of water and an ice pack, to keep your child's lunch fresh and yummy.

According to the U.S. Department of Agriculture's Food Safety and Inspection Service website ([www.fsis.usda.gov](http://www.fsis.usda.gov)), even as the weather gets colder, perishable food — including meat, poultry and eggs — must always stay cold. That's especially true during the summer. In between store and home, transport perishable food as fast as possible when no ice source is available. At home, refrigerate perishables promptly. Food should not be left out at room temperature more than two hours — one hour if the temperature is above 90 degrees Fahrenheit.

If you pack prepackaged combos for lunch, keep them cold, because they often contain perishable foods like deli meats, cheese, and cut fruit.

Gravely suggests that parents pack just the amount of perishable food that can be eaten at lunchtime. That way, there won't be a problem about the storage or safety of leftovers. After lunch, discard all leftover food, used food packaging, and paper bags. And, don't reuse packaging, because it could contaminate other food.

Before you know it, old man winter will be here, so using an insulated container to keep soup, chili, and stew at the proper temperature, so that hot lunches stay hot is a good idea.

"But first, fill that container with boiling water then let it stand for a few minutes, empty, before putting in the piping hot food," says Gravely.

And remind your family to wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking.

Cross-contamination is a big no-no!

The estimated number of reports of salmonella infections each year is about 42,000. It's the most frequent cause of food-borne illnesses, according to the Department of Agriculture. And almost 50 percent of those cases are infants and school-age children.

Remember that harmful bacteria can get onto cutting boards, utensils, and

countertops, so always use a clean surface for prepping food. After cutting up raw meat and poultry, wash the board with hot water and anti-bacterial dish detergent. You can also sanitize cutting boards and counters with another homemade solution: Add 2/3 cup of bleach to a gallon of water and pour it into a spray bottle for easy use. Then you're ready to prep bread, veggies, fruit and cheese. Consider using one cutting board for fresh produce and another one for meat and poultry.

More helpful, safe food-handling hacks come from [www.kraftrecipes.com](http://www.kraftrecipes.com):

Store raw meat, poultry, and seafood tightly wrapped on the bottom shelf of the refrigerator. This prevents the raw juices from dripping onto other food.

Always marinate food in the refrigerator, not on the countertop. Discard leftover marinades that have been used with raw meat, poultry, or seafood.

Replace and wash dish towels and sponges often to prevent the spread of harmful bacteria throughout the kitchen. Use paper towels to dry washed hands after handling raw foods.

Reminder: Before packing lunches, wash your hands with soap and warm water (ideally for 20 seconds), especially if you're sick or have just thrown out the garbage, or even handled your cell phone. Yuk! (Research has shown that phones are riddled with bacteria, so clean them daily with a sanitizing wipe.)

And don't forget to pack a disposable hand wipe in the lunchbox for your favorite student.

If you're feeling like you might be developing mild Obsessive-Compulsive Disorder by now, don't fret. Take a few deep breaths and remind yourself that what you've been doing so far is more than likely okay, food safety-wise. Chances are nobody has come down with food poisoning in your family, and they probably never will, so just keep up the good work.

### Beyond school lunches

Thanksgiving isn't that far away, so if you'd like to find out three ways to thaw a turkey safely, you can visit:

<https://www.flickr.com/photos/usdafoodsafety/29006002195/in/album-72157671912703496/>

# Back-to-School FOOD SAFETY TIPS

Chances are you worry more about whether your children will eat the food in their lunch boxes than about whether that food will be safe to eat. But children are the most vulnerable to food poisoning, so it makes sense to take extra precautions when preparing the lunches they take to school.

**1 IN 6** Approximate number of Americans stricken with food poisoning each year



**128,000**

Estimated annual hospitalizations from foodborne illnesses



**42,000**

Estimated annual reports of salmonella infections, the most frequent cause of foodborne illnesses



Of the estimated 42,000 annual salmonella infections, almost

Because many milder cases are not diagnosed or reported, the actual number of salmonella infections may be 29 or more times greater. That's more than

**1.2 MILLION**

estimated cases annually.



## Tips to keep your kids healthy

**CLEAN**

If you're making lunch the night before, be sure to wash your hands and use clean cutting boards, utensils and countertops. Making lunch on the same surfaces you used to prepare raw meat or poultry for dinner may result in cross-contamination and lead to salmonella-related illness.

**SEPARATE**

Use one cutting board for fresh produce and a separate one for meat and poultry.

**COOK**

Cook foods to the right temperature using a food thermometer.

**CHILL**

If the lunch contains perishable food items like luncheon meats, eggs, and yogurt, make sure to pack it with at least two cold sources (e.g., freezer packs and frozen water bottles).

## Pack a Safe Lunch

Send your kids back to school with safe and satisfying lunches by following these simple tips:

**Tip 1**

Frozen juice boxes can also be used as freezer packs. By lunchtime, the juice should be thawed and ready to drink!

**Tip 2**

Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead.

**Tip 3**

Children should wash their hands for 20 seconds with warm soapy water before eating. Have them sing the ABCs twice while washing if they sometimes finish early.

**Tip 4**

If possible, your child's lunch should be stored in a refrigerator. But leave the lid of the lunchbox or an insulated, soft-sided bag open in the fridge so that cold air can circulate and keep the food cold.

**Tip 5**

If you're packing a hot lunch, like soup, chill or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell your child to keep the insulated container closed until lunchtime to keep the food hot — 140°F or above.

**Tip 6**

After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food.

Additional source: CDC



For more Back-to-School Food Safety Tips go to

**FoodSafety.gov**

Office of Public Affairs and Consumer Education Food Safety and Inspection Service, USDA

By the way: The universal “thaw law” says — Always thaw food in the refrigerator. Never defrost food at room temperature on the countertop.

### Protect your baby and yourself

Safe food handling and prepping is super important if you're pregnant. You can download or print out this booklet, which will also cover foods to avoid during pregnancy, and much more.

<https://www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM312787.pdf>

Did you know that pregnant women are at higher risk of getting sick from List-

eria monocytogenes, a harmful bacterium found in many foods? Listeria can cause a disease called Listeriosis, that can result in miscarriage, premature delivery, serious sickness, or the death of a newborn baby. If you are pregnant, you need to know what foods are safe to eat.

According to the USDA, these foods are associated with Listeriosis:

- Hot dogs, luncheon meats, bologna, or other deli meats – unless they are reheated until steaming hot.

- Refrigerated pâté, meat spreads from a meat counter, or smoked seafood found in the refrigerated section of the store. Foods that do not need refrigeration, like canned meat spreads, are okay to eat. Remember

to refrigerate after opening.

- Raw (unpasteurized) milk and foods that have unpasteurized milk in them.

- Salads made in the store, such as ham salad, chicken salad, egg salad, tuna salad, or seafood salad.

- Soft cheeses such as feta, queso blanco, queso fresco, brie, camembert, blue-veined cheeses, and panela, unless it is labeled as “made with pasteurized milk.”

For more info., visit: [https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/foodborne-illness-and-disease/protect-your-baby-and-yourself-from-listeria/ct\\_index](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/foodborne-illness-and-disease/protect-your-baby-and-yourself-from-listeria/ct_index)

If you are the parent or caretaker of a child whose immune system is weakened by a serious illness, or you have an older relative or friend (65 and older), make sure that safe food handling is practiced each time a meal is prepared. Infants and young children, pregnant women, older adults, and people with weakened immune systems caused by cancer treatment, diabetes, AIDS, and bone marrow and organ transplants, are at greatest risk for food-borne illness.

Because all parents lead hectic lives, food safety concerns aren't a priority for most. But when it comes to our precious children, it's important to stay informed, because kids are the most

vulnerable to food poisoning.

Taking extra precautions makes great sense, so here's one more suggestion: Remind your youngsters to keep backpacks on the floor, not on the kitchen table or counters. I've tried it for years, but it never worked for me. Perhaps it will work for you!

Gravely recommends the free Food-keeper app, available for Apple and Android devices. It has storage information for hundreds of foods.

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to *New York Parenting*. Scileppi's work has appeared in a variety of media outlets.

# College preparedness

BY CAROLYN WATERBURY-TIEMAN

**T**he younger of our two sons starts his senior year of high school next week. On the way to turn in his forms and fees, he sings along to his playlist of favorite songs by — believe it or not — Billy Joel, Elton John, the Bee Gees, and Christopher Cross. Proof positive that “everything old is new again.” Anyway, I glance over at his six-foot-one-inch frame folded into the driver’s seat, arms fully extended to prevent his knees from impeding the steering wheel, and recall the pipsqueak who consistently, for years, measured below the 50th percentile for height and weight.

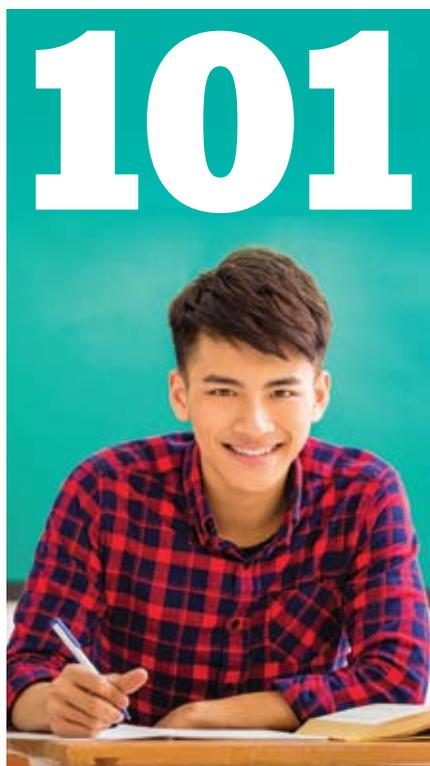
As we make our way to the building, this young man, who didn’t choose to walk until he was 14 months old, towers above me, taking one long, smooth stride for every two of mine. While waiting in line, I relish listening to him chatting amiably with fellow students. Memories of a little fellow nervously reporting he had to pull a ticket for talking in class his first day of school come flooding back. After nearly three weeks of going over the proper time and place for talking and daily reminders, he completed his first ticket-free day. He was so proud of choosing to use greater self control. He liked the good feeling that came from not having to pull a ticket.

How minor the infractions were then. How trivial the consequences. How simple the solutions. But, how powerful the lessons.

With age, the choices become more numerous, challenging, and critical. The infractions have more serious, sometimes devastating consequences. The solutions become more complicated. And the implications can be life-altering, even life-threatening.

With high school graduation just beyond the horizon, it is easy to become embroiled in college fever — scheduling the right combination of college prep and Advanced Placement courses, getting the right test scores, visiting the right colleges, compiling the right multi-tiered list of schools, navigating the quagmire of scholarships and financial aid to achieve the right payment plan, and anxiously awaiting admission letters from the right college.

Considering all of the energy and expense associated with getting into college, it is surprising that 30 percent of freshmen drop out after their first year. Oftentimes, this has less to do with their ability to do



the work and more to do with their inability to manage the changing demands. Only 59 percent of students who start college finish with a degree. Perhaps the focus on preparing for college has obscured the vital importance of preparing for life.

After a 10-year hiatus, we are currently engaged in the college application and admission process. With over 20 years of combined experience in higher education at four different institutions, Jerry and I are confident that the quality of education our son receives will depend more on what he does than where he goes. His future will be determined as much by his choices as his grades. We’re less concerned with the kind of profession he pursues than the kind of person he becomes. Over the next 12 months, while he’s preparing for college, it’s our job to make sure we’ve prepared him for life.

We’ll be paying close attention to whether or not he demonstrates the ability to:

- Juggle schoolwork, extracurricular activities, and college applications
- Prioritize commitments
- Stay organized and meet deadlines
- Exercise sound judgment regarding driving, friends, and social activities
- Make healthy choices for alleviating stress

- Resist peer pressure
- Seek and create opportunities to pursue his goals
- Manage his resources such as time, money, energy
- Establish and maintain mutually satisfying relationships
- Express feelings honestly and appropriately
- Communicate effectively and respectfully regardless of the circumstances
- Be accountable and accept responsibility for his actions
- Find pleasure in working hard and a job well done
- Recognize there is honor in all work
- Seek fun in healthy, productive activities
- Become more self-sufficient with regards to laundry, meal preparation, car maintenance, personal shopping
- Abide by house rules and maturely negotiate for modifications
- Stay calm in the face of adversity
- Exhibit a cooperative spirit
- Meet both success and failure with grace and humility
- Treat others the way he would like to be treated, with kindness, generosity, respect
- Love genuinely, deeply, and unselfishly

This may seem like a long list of prerequisites for being prepared for life, but we’ve been working on it for 17 years. We have one more year to be with our son on a daily basis, providing feedback, guidance, encouragement, and support. One more year to establish realistic expectations and reasonable consequences. Clearly we don’t expect him to fully master all the items on this list. Many are goals we continue to work toward ourselves. But his progress will be just as important in determining which college he attends, as where he gets accepted.

We may only have one more year to prepare our son, but we have the rest of our lives to love him. While we don’t want him to need us, we sure need him to want us in his life. We’ll know we’ve prepared him well if he chooses to be good, to do good, and to be happy. We’ll know we’ve parented him for life!

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



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# Calendar

SEPTEMBER



Meg Banks

## Mingle with the horsey set in Central Park

Saddle up, it's Family Day at the fourth annual Rolex Horse Show on Sept. 24 in Central Park.

You're invited to enjoy the event and witness demonstrations of dressage; see the beautiful Arabian horses; visit with Hamlet and Honor, the two Mini Horse Heroes, as well as have a day of face painting and activities in beautiful Central Park.

Fourth annual Rolex Horse Show, Sept. 24 from 1 pm to 3 pm. Free.

Wollman Rink, Central Park [E. 65th Street and Fifth Avenue in Central Park, (540) 687-6341, [www.centralparkhorse-show.com](http://www.centralparkhorse-show.com)].

## Never miss a great event!

Sign up for our FREE newsletter and get twice-a-week ideas for you and your family right in your mailbox. [NYParenting.com](http://NYParenting.com)

# Calendar

### Submit a listing

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

Send your listing request to [manhattancalendar@cnglocal.com](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!

### FRI., SEPT. 1

#### IN MANHATTAN

**Skate clinic:** 4 pm. Skate Park—Riverside Park. See Thursday, Aug. 31.

**Friday Picnics:** Bryant Park, 41st Street between 5th and 6th avenues. [www.bryantpark.org](http://www.bryantpark.org); 5 pm to 10 pm; Free.

Bryant Park has a free picnic, featuring over 100 free blankets to borrow, lawn games, entertainment, and food vendors from the Hester Street Fair, with wine and beer also for purchase from ARK Restaurants. Each week, Bryant Park Presents will bring to the picnic a theater, music, or dance production.

### SAT., SEPT. 2

#### IN MANHATTAN

**Skate clinic:** 11 am to 3 pm. Skate Park—Riverside Park. See Thursday, Aug. 31.

#### Stories at the Statue of Hans

**Christian Andersen:** Hans Christian Andersen Statue, Near 74th Street and Fifth Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); 11 am to noon; Free.

New Yorkers of all ages have listened to folktales, fairytales and stories told by a group of brilliant storytellers at the Hans Christian Andersen Statue in Central Park. Storytelling is held rain or shine, and is appropriate for children 6 years old and up. Parents or guardians are asked to sit with their children.

#### New York City Unicycle Festival:

Governor's Island; [www.nycunifest.com](http://www.nycunifest.com); Noon–5pm; Free.

Novices and experts alike are welcome to come to Governors Island and experience the fun and thrills of a one-wheeler. Races, competitions, workshops, exhibitions by world-class riders, unicycle basketball games and jump rope — it's a weekend of unicycle fun.

**"Beauty and the Beast":** Highbridge Park, W. 172nd Street and Amsterdam Avenue; [www.nycgovparks.org](http://www.nycgovparks.org); 7:30 pm to 10:30 pm; Free.



## The funniest kids in town

The funniest folks around will be performing at the Gotham Comedy Club on Sept. 17.

The yucks start here. Talented tweens and teens from Kids 'N Comedy present original material which is screened to be free of profanity and abrasive or cheap "low" humor (like fart jokes) and no knock/knock jokes. Just good old-fashioned schtick poking the funny fingers at politics, getting old, and even death.

Each show features six to 10 kids from the troupe, including Julian Gerber, Sophia Harber, Spencer Kahn,

Martin Kramer, Ben Jenkins, Avery Lender, Evan Oberstein, Carson Spuma, Molly Winiarski, Eric Zhu, plus new faces.

Hosts include stand-up comedians and teachers Ashley Brooke Roberts, Nick Maritato, and Robert Dean.

The material is suitable for children 9 to 18 years old.

Kids 'N Comedy, Sept. 17 at 1 pm; \$18 (plus one item). Children's menu is available.

*Gotham Comedy Club [208 W. 23rd St. and Seventh Avenue in Chelsea, (212) 877-6115; [www.kidsncomedy.com](http://www.kidsncomedy.com)]*

Movie night presents the retelling of the Disney Classic, starring Emma Watson as Belle. Bring a blanket or chair.

### SUN, SEPT. 3

#### IN MANHATTAN

#### "The Quest for the Seven Teeth":

Near Belvedere Castle, 79th Street and the Transverse; (347) 559-6223; [www.AccompliceTheShow.com](http://www.AccompliceTheShow.com); Noon; \$65 (one child, one adult). Join in a grand adventure, and along the way, decorate cookies near a waterfall to ward off the Troll; spin the name wheel to see who gets to guess next or listen closely to Franklin. These are all part of Accomplice's adventure where

you will experience a world of fanciful characters who use puzzles, games and crafts to move the story along in this one-of-a-kind immersive fairy tale. Advanced registration required.

**NYC Unicycle Festival:** Noon–5 pm. Governor's Island. See Sat., Sept. 2.

### TUES, SEPT. 5

#### IN MANHATTAN

**Young Sprouts gardening:** Rockefeller Park, 75 Battery Place; (212) 267-9700; [www.bpcparks.org](http://www.bpcparks.org); 3 pm; Free.

Young Sprouts is BPCPC's gardening program for children 3 to 5 years old and an accompanying adult. Among the

# Calendar

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simple gardening projects appropriate for preschoolers are: planting seeds, watering the garden, and tasting fresh greens and vegetables. Children will see a variety of plants, butterflies, insects, worms, and birds — all part of the natural cycle of the garden. Each week there is a new, garden-themed lesson, including learning about pollinators, worms, seeds, weather, flowers, birds, and more. Please arrive on time, as space is limited.

## WED, SEPT. 6

### IN MANHATTAN

**Sing!:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 10 am; \$10, payable at door.

Join Rebecca Schoffer and staff for a fun sing-a-long of old time favorites, folk songs and childhood classics. This is a drop-in class, no registration required.

**Drop in Chess:** Rockefeller Park, 75 Battery Place; (212) 267-9700; [www.bpcparks.org](http://www.bpcparks.org); 3:30 pm; Free.

Children five years and older play the popular strategy game while getting pointers and advice from an expert. Chess improves concentration, problem solving, and strategic planning — and its fun!

## THURS, SEPT. 7

### IN MANHATTAN

**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 make a handcrafted gift for someone. For ages 7 and up.

**Art and Games:** Rockefeller Park, 75 Battery Place; (212) 267-9700; [www.bpcparks.org](http://www.bpcparks.org); 3:30 pm; Free.

Let your inner artist shine! Join other school-age children for fun, creative art activities. Then, play organized lawn games like tag and tug-o-war. For ages 5 and up.

**Human Chess:** Soldiers' & Sailors' Monument, West 89th St. and Riverside Drive; [www.nycgovparks.org](http://www.nycgovparks.org); 4 pm to 6 pm; Free.

Become your favorite game piece and navigate the chess board as a team sport.

## FRI, SEPT. 8

### IN MANHATTAN

**Shababa Fridays:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 9:30 am to 10 am and 10:45 am to 11:30 am; \$10. Get ready



Adam Hume

## Open orchestra auditions

Open auditions for the InterSchool Orchestras will be held at Pearl Studios on Sept. 10.

InterSchool Orchestras of New York auditions for the fall semester are available for all six orchestras, tiered from beginner through advanced, and two concert bands, intermediate and advanced.

Children from all boroughs are encouraged to participate in auditions.

Students are asked to perform a piece of music, scales and to sight read. Please note there are no openings for flute or harp at this time.

Pre-registration is required.

Open auditions, Sept. 10, from 1 pm to 5 pm. Free.

*Pearl Studios [500 Eighth Ave. between W. 35th And W. 36th streets in Midtown; (212) 410-0370; [www.isorch.org](http://www.isorch.org)]*

for Shabbat with a joyous and active musical experience! Children, parents, grandparents and nannies are all a part of our Shababa Friday family. Join us for this playful and soulful experience of singing, dancing, and celebrating as a community!

**Teen night - DJ Workshop:** Battery Park City, 6 Riverside Terrace; (212) 267-9700; [bpcparks.org](http://bpcparks.org); 4 pm to 7 pm; Free with museum admission.

Check out the skills of a master DJ and try your own hand at this free performance and workshop. DJ provided by Rock & Soul DJ and record shop.

## SAT, SEPT. 9

### IN MANHATTAN

**2017 New York City Labor Day Parade:** Parade starts at 10 am at Fifth Avenue and 44th Street, Fifth Avenue and 44th Street; (212) 604-9552; [info@nycccl.org](mailto:info@nycccl.org); [www.nycccl.org/event/2017-labor-day-parade-sep-09-2017](http://www.nycccl.org/event/2017-labor-day-parade-sep-09-2017); Free. Join the hard-working men and women of New York City who are proudly "Working

Together, Leading the Way!"

**Stories at the Statue of Hans Christian Andersen, in Central Park:** 11 am to noon. See Saturday, Sept. 2.

**Stem Cell Drop-Ins:** American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; [www.amnh.org](http://www.amnh.org); Noon to 5pm; Free with museum admission. What are stem cells, and what promise do they hold for medical treatments? Stop by the Sackler Educational Lab to speak to stem cell biologists to learn about the basic biology of stem cells, recent advances in research, and how stem cells can potentially treat diseases.

**"Rapunzel":** Galli Theater – T. Schreiber Studios and Theater, 151 W. 26th St. and Seventh Avenue; (212) 731-0668; [www.gallitheaternyc.com/shows](http://www.gallitheaternyc.com/shows); 2 pm; \$20 (\$15 children). When a husband sneaks into a garden for his wife he makes a promise to a witch. Will his promise be kept and his daughter doomed to live in a tower or will a prince come along and save her from her

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fate? For children 5 years old and older.

## SUN, SEPT. 10

### IN MANHATTAN

**Stem Cell Drop-Ins:** Noon to 5pm. American Museum of Natural History. See Sat., Sept. 9.

**Open auditions:** Pearl Studios, 500 Eighth Ave. between W. 35th And W. 36th streets; (212) 410-0370; isorch.org; 1 pm to 5 pm; Free.

InterSchool Orchestras of New York (ISO) will hold open auditions for the fall semester. Auditions are available for all six ISO orchestras, beginner through advanced, and two concert bands, intermediate and advanced. Students are asked to perform a piece of music, scales and to sightread. Please note there are no openings for the flute or harp at this time. Pre-registration is required.

**"Rapunzel":** 2 pm. Galli Theater - T. Schreiber Studios & Theater. See Saturday, Sept. 9.

## TUES, SEPT. 12

### IN MANHATTAN

**Young Sprouts gardening:** 3 pm. Rockefeller Park. See Tuesday, Sept. 5.

## WED, SEPT. 13

### IN MANHATTAN

**Sing!:** 10 am. 92Y. See Wednesday, Sept. 6.

**Drop in Chess:** 3:30 pm. Rockefeller Park. See Wednesday, Sept. 6.

## THURS, SEPT. 14

### IN MANHATTAN

**Feast of San Gennaro:** Little Italy, Mulberry Street and Canal; /www.sangennaro.org; 11:30am-11pm; Free.

Remember the first time you tasted a zeppole? Chances are it was at the Feast of San Gennaro, New York's annual celebration of Italian culture and heritage. Enjoy Italian delicacies, live, free musical performances, parades, rides, games and more.

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, Sept. 7.

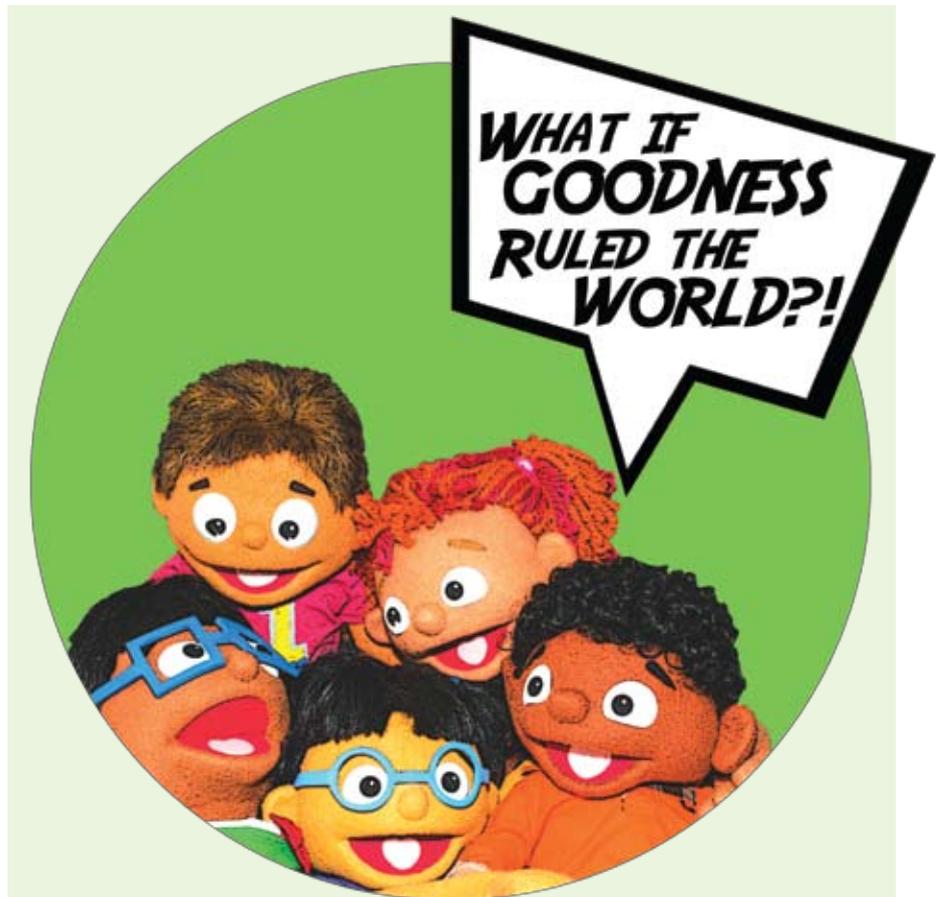
**Art and Games:** 3:30 pm. Rockefeller Park. See Thursday, Sept. 7.

**Human Chess:** 4 pm to 6 pm. Soldiers' & Sailors' Monument. See Thursday, Sept. 7.

## FRI, SEPT. 15

### IN MANHATTAN

**Shababa Fridays:** 9:30 am to 10 am and



## A very special show

It's nice to be nice. Come see "Addy and Uno" at the Theater at 14th Street Y Saturdays and Sundays, Sept. 2 through Sept. 24.

"Addy and Uno" is a new musical about disability, bullying and friendship. As Uno, a child with autism, faces the challenge of competing in his school's math competition, his friends with varying disabilities — ADHD, visual, hearing and physical impairment — rally in support.

Told through puppets, the show celebrates the abilities within disability, and inspires empathy. Run time is approximately 50 minutes — no intermission.

"Addy and Uno," Saturdays and Sundays, 11 am and 1 pm, Sept. 2 through Sept. 24; tickets are \$20 in advance and \$25 at the door.

The Theater at 14th St. Y [344 E. 14th St. in the East Village; (646) 395-4310; [www.14streety.secure.force.com](http://www.14streety.secure.force.com)]

10: 45 am to 11:30 am. 92Y. See Friday, Sept. 8.

## SAT, SEPT. 16

### IN MANHATTAN

**Open House:** Harlem School of the Arts, 645 St. Nicholas Avenue; <http://www.hsany.org>; 10 am to 3 pm; Free.

Meet faculty; take a demo class; sing,

dance, have fun. RSVP required.

**Stories at the Statue of Hans Christian Andersen in Central Park:**

11 am to noon. See Sat., Sept. 2.

**Stem Cell Drop-Ins:** Noon to 5pm. American Museum of Natural History. See Sat., Sept. 9.

**"Little Red Riding Hood":** Galli Theater — T. Schreiber Studios & Theater,

# Calendar

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

151 West 26th St. and Seventh Avenue; (212) 731-0668; [www.gallitheaternyc.com](http://www.gallitheaternyc.com)/shows; 2 pm; \$20 (\$15 children). Little Red Riding Hood sets out through the forest to bring food to her grandmother. But who is in grandmother's bed when she gets there? Can a little girl in a red cape outfox a big bad wolf? For children 4 years old and older.

## SUN, SEPT. 17

### IN MANHATTAN

**Stem Cell Drop-Ins:** Noon to 5pm. American Museum of Natural History. See Sat., Sept. 9.

**Kids 'N Comedy:** Gotham Comedy Club, 208 W. 23rd St. and Seventh Avenue; (212) 877-6115; [www.kidsncomedy.com](http://www.kidsncomedy.com); 1 pm; \$18 (Plus one item) Children's Menu available.

The Yucks start here. Local talented tweens and teens perform original material which is screened to be free of profanity and abrasive or cheap "low" humor (like fart jokes) and no knock-knock jokes. Topics on the table include politics, getting old, and even death. Each show features 6-10 kids from the troupe. Hosts include stand-up comedians and teachers: Ashley Brooke Roberts, Nick Maritato and Robert Dean. Suitable for children 9 to 18.

**"Little Red Riding Hood":** 2 pm. Galli Theater - T. Schreiber Studios & Theater. See Saturday, Sept. 16.

## TUES, SEPT. 19

### IN MANHATTAN

**Young Sprouts gardening:** 3 pm. Rockefeller Park. See Tuesday, Sept. 5.

## WED, SEPT. 20

### IN MANHATTAN

**Sing!:** 10 am. 92Y. See Wednesday, Sept. 6.

**Drop in Chess:** 3:30 pm. Rockefeller Park. See Wednesday, Sept. 6.

## THURS, SEPT. 21

### IN MANHATTAN

**Rosh Hashanah:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 12:30 pm; Tickets start at \$60. Bring your family for an inspiring, interactive family service filled with traditional and contemporary music, creative Torah reading and imaginative prayer.

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, Sept. 7.

**Art and Games:** 3:30 pm. Rockefeller



## Play chess in a new way

Bone up on strategy and play a game of Human Chess at the Soldiers' and Sailors' Monument every Thursday in September.

Children of all ages become their favorite game piece and navigate the chessboard as a team sport. Watch

which way you jump, you don't want to get caught in checkmate!

Human Chess; Thursdays, Sept. 7 to Sept. 28; 4 pm to 6 pm. Free

*Soldiers' & Sailors' Monument [W. 89th Street and Riverside Drive on the Upper West Side; 311; [www.nycgovparks.org](http://www.nycgovparks.org)]*

Park. See Thursday, Sept. 7.

**Human Chess:** 4 pm to 6 pm. Soldiers' & Sailors' Monument. See Thursday, Sept. 7.

## FRI, SEPT. 22

### IN MANHATTAN

**Bryant Park Square Dance:** Bryant Park, 41st St. between 5th and 6th Ave. 212-76-4242; [www.bryantpark.org](http://www.bryantpark.org); 5pm; Free.

This fall, visitors to Bryant Park can do-si-do and promenade left, at country-themed square dance parties. There's dancing, country food, music and fun.

## SAT, SEPT. 23

### IN MANHATTAN

**Stories at the Statue of Hans Christian Andersen in Central Park:** 11 am to noon. See Sat., Sept. 2.

**Stem Cell Drop-Ins:** Noon to 5pm. American Museum of Natural History. See Saturday, Sept. 9.

## SUN, SEPT. 24

### IN MANHATTAN

**Summer on the Hudson - Sun Gaze:** Pier 1 - Riverside Park South, W. 70th St. and Riverside Drive; [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.

**Stem Cell Drop-Ins:** Noon to 5pm. American Museum of Natural History. See Saturday, Sept. 9.

**Family Days:** Carnegie Hall - Resnick Center, 154 W. 57th St. and Seventh Avenue; (212) 247-7800; <https://www.carnegiehall.org>; Noon to 4 pm; Free.

Carnegie Hall celebrates families with free interactive activities and musical performances in its Resnick Education Wing. Families can sing, play, create, and listen to music. Drop by for a visit or stay through the day for a musical adventure of your choice. Admission is first-come, first-served.

**Rolex Horse Show:** Wollman

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

Rink, Central Park, E. 65th St. and Fifth Avenue; (540) 687-6341; [www.centralparkhorseshow.com](http://www.centralparkhorseshow.com); 1 pm to 3 pm; Free.

Families are invited to enjoy the fourth annual Rolex Central Park Horse show. Demonstrations of dressage; Arabian horses; Hunters Duchossois Cup, and Puissance. You can also visit with Hamlet and Honor, the two Mini Horse Heroes, along with face painting and more.

## TUES, SEPT. 26

### IN MANHATTAN

**Young Sprouts gardening:** 3 pm. Rockefeller Park. See Tuesday, Sept. 5.

## WED, SEPT. 27

### IN MANHATTAN

**Drop in Chess:** 3:30 pm. Rockefeller Park. See Wednesday, Sept. 6.

## THURS, SEPT. 28

### IN MANHATTAN

**Cross-Stitch Circle:** 3:30 pm. New-York Historical Society. See Thursday, Sept. 7.

**Art and Games:** 3:30 pm. Rockefeller Park. See Thursday, Sept. 7.

**Human Chess:** 4 pm to 6 pm. Soldiers' & Sailors' Monument. See Thursday, Sept. 7.

## SAT, SEPT. 30

### IN MANHATTAN

**Stories at the Statue of Hans Christian Andersen:** 11 am to noon. Hans Christian Andersen Statue. See Saturday, Sept. 2.

**Yom Kippur:** 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; [www.92y.org](http://www.92y.org); 12:30 pm; Tickets start at \$60.

Bring your family for an inspiring, interactive family service filled with traditional and contemporary music, creative Torah reading and imaginative prayer.

## LONG-RUNNING

### IN MANHATTAN

**Take the Hudson Loop:** Pier 11 NY Waterway ferry, Wall Street, Pier 11; [www.nywaterway.com/HudsonLoop.aspx](http://www.nywaterway.com/HudsonLoop.aspx); Daily, various times, until Mon, Sept. 4; Fees apply. Kids under 12 years old ride free on all NY Waterway ferries, including those serving The Hudson Loop, a 10-mile biking and walking trail, and visit urban waterfronts — the West Side of Manhattan and the Hudson County waterfront in Weehawken, Hoboken and Jersey City



Richard Termine

## Family fun at Carnegie Hall

Carnegie Hall celebrates families with a day of music, play, and creativity on Sept. 24.

Children of all ages enjoy interactive and fun musical activities and performances. Families can drop in for a visit or stay through the day for a musical adventure — including singing, play-

ing, creating, and listening to music. Admission is granted on a first-come, first-served basis.

Family Days, Sept. 24, from noon to 4 pm. Free.

*Carnegie Hall Resnick Center [154 W. 57th St. and Seventh Avenue in Midtown, (212) 247-7800; [www.carnegiehall.org](http://www.carnegiehall.org)]*

— linked by NY Waterway ferries. The Loop runs from Battery Park City in Lower Manhattan, north on the Hudson River Park walkway/bikeway to the West 39th Street Ferry Terminal, where service is available to Port Imperial in Weehawken. NY Waterway ferries run every 10 minutes during weekday rush hour and every 20 minutes off-peak, seven days a week. The route is car-free and suitable for family outings.

### Drones – Is the Sky the Limit?:

Intrepid Sea, Air and Space Museum, Pier 86 (46th St. 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 Sun, Dec. 3; \$33 (\$31 seniors; \$24, children 5-12; Free children under 5; Retired and Active Duty Military, Free).

The exhibit explores pilotless aircraft and the history of drone technology. Visitors can fly actual drones and explore the use of drones in police and fire departments, fashion, and art.

### “The Princess, The Emperor, and the Duck”:

Swedish Cottage Marionette Theater, W. 79th and West Drive; (212) 988-9093; Tuesdays – Sundays, 10:30 am

and 2 pm, until Sun., Sept. 17; \$12 (\$8 for children under 12).

The Swedish Cottage Marionette Theatre 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.

**Eloise Storytime:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; Tuesdays – Fridays, 1 pm to 4 pm, until Fri, Oct. 6; Free with museum admission.

Skiable into the Eloise at the Museum corner and listen to the exploits of the Plaza's most famous resident.

**Seaport Exhibit:** Southstreet Seaport Museum, 12 Fulton St. 212-748-8600; www.southstreetseaportmuseum.org; Wednesdays – Sundays, 11am-5pm, \$12 adults, \$6 children.

The South Street Seaport Museum has a new exhibition, "Millions: Migrants and Millionaires aboard the Great Liners." The exhibit features ship models, artifacts and memorabilia from ocean liners, giving visitors an in-depth look at the dramatic differences between ship travel for millionaires in First Class and immigrants in Third Class.

**Urban Farm Exploration Day:** Randall's Island Park, Randall's Island; www.nycgovparks.org; Saturdays, 11 am to 5 pm, Sundays, 11 am to 5pm, until Sat, Oct. 14; Free. Explore and learn from our Urban Farmers about the great variety of colorful fruits and vegetables, chickens, and even rice paddies at our Urban Farm.

**Art Island Outpost:** Governors Island, New York Harbor; (212) 274-0986; www.govisland.com; Saturdays and Sundays, 11 am to 3 pm, until Sat., Sept. 30; Free.

Make art during the summer with hands-on art-making workshops and art-viewing experiences! The open outdoor space of the Free Arts Island Outpost beckons you to come collaboratively create! Young artists will be inspired and challenged to explore big projects utilizing found objects and traditional mediums. This is a space to invent, adapt, and transform your relationship to art and the art making process. Hosted by the Children's Museum of the Arts.

**"Addy and Uno":** The Theater at 14th St. Y, 344 E. 14th Street; (646)395-4310; <https://14streety.secure.force.com>; Saturdays and Sundays, 11 am and 1 pm, Sat, Sept. 2 – Sun, Sept. 24; \$20 (\$25 at the door).

"Addy and Uno" is a new musical about disability, bullying and friendship. As Uno, a child with autism, faces the challenge of competing in his school's math competition, his friends with varying disabilities — ADHD, visual, hearing and

## Stories at the statue

There is still time to enjoy Stories at the Statue of Hans Christian Andersen at Central Park, Saturdays through Sept. 30.

Stories at the Statue of Hans Christian Andersen has entertained New Yorkers of all ages. Kids listen to Andersen tales and other stories, folk tales, and fairy tales from around the world told by a group of brilliant storytellers at the Hans Christian Andersen Statue in Central Park.

Storytelling is held rain or shine. The stories are appropriate for children 6 years old and up. Parents or guardians are asked to sit with their children.



Stories at the Statue of Hans Christian Andersen, Saturdays, 11 am to noon, now through Sept. 30. Free.

*Hans Christian Andersen Statue (Near 74th Street and Fifth Avenue in Central Park; [www.nycgovparks.org/hj](http://www.nycgovparks.org/hj))*

physical impairment — rally in support. Told through puppets, the show celebrates the abilities within disability, and inspires empathy — and the understanding that it's "nice to be nice."

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

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

**Eloise at the Museum:** New York Historical Society, 170 Central Park West; 212-873-3400; www.nyhistory.org; Tuesdays – Saturdays, 10am-6pm, Sun, Sept. 3 – Sat, Sept. 30; \$21 adults, \$6 children.

The feisty charm of Eloise — the Plaza loving star of picture books bearing her name — is captured in this Museum show. Based on the books written by Kay Thompson, this exhibit showcases more than 75 items, including portraits, vintage dolls, original manuscripts and photographs. A variety of interactive family activities help visitors fully immerse themselves in the very special world of Eloise.

**Discovery room:** American Museum of Natural History, Central Park West at West 79th Street; (212) 769-5200; www.amnh.org; Mondays – Thursdays, 1:30 pm to 5:

10 pm, beginning Sun, Sept. 10; Free with museum admission.

Families, and especially children ages 5-12, enjoy an interactive gateway to the wonders of the museum and a hands-on, behind-the-scenes look at its science. Children accompanied by adults can explore an array of artifacts and specimens, puzzles, and scientific challenges. Hunt for animals in a majestic two-story replica of an African baobab tree filled with specimens of birds, insects, reptiles, and small mammals. Create your own collection of minerals, skulls, or arthropods from a cabinet full of fascinating specimens.

### FURTHER AFIELD

**Treetop Adventures:** Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; www.bronxzoo.com; Daily, appointments between 10am-5pm; beginning Fri., Sept. 1; Climb: \$64..95; Zip: \$34.95 (plus admission).

There are two new exciting experiences to be had at the Bronx Zoo, and both are part of the Treetop Adventure Program. One experience — called Climb — is an aerial adventure course consisting of rope bridges, rope walks, ladders, wobbly bridges and swinging elements. There are various levels of difficulty. The other adventure offered is Zipline, allowing guests to zip across the Bronx River 50 feet up in the air. Both adventures require a ticket in addition to an All Experience Ticket. Check website for more information.

# Party Planners



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# New & Noteworthy

BY LISA J. CURTIS

## Charming her, with love

If your daughter — or you — are anticipating some first-day-of-school separation anxiety, mother-daughter bracelets from J and H Jewelry may be just the token of love to ease hearts on the big day.

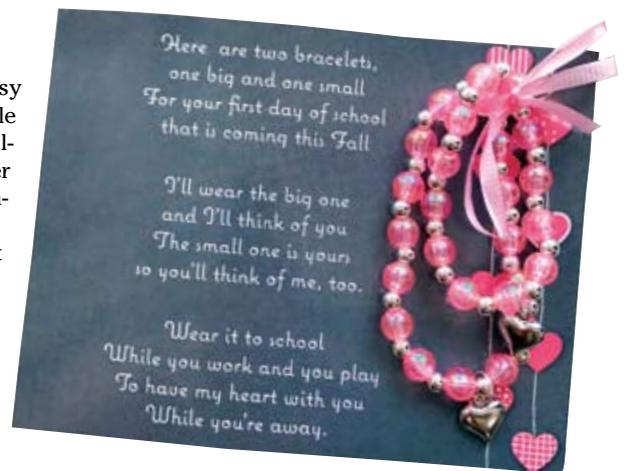
The stretch bracelets come with a poem to be read on the day one of the new school year, “Here are two bracelets, one big and one small, for your first day of school that is coming this Fall. I’ll wear the big one, and I’ll think of you. The small one is yours, so you’ll think of me, too. Wear it to school while you work and you play, to have my heart with you when you’re away.”

The matching bracelets from the Bell-

more, New York-based Etsy shop are available in purple and silver beads, red and silver beads, or pink and silver beads — each with a dangling, silver heart charm.

It will take just one look at this thoughtful gift to remind your little one that you’ll soon be giving her a big hug and hearing all the details about her momentous day.

*First Day of School Mother and Daughter Bracelets set by JandHJewelry, \$18, Etsy.com.*

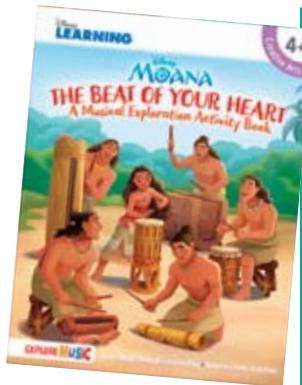


## Got ‘The Beat’

Moana’s story of summoning courage and embarking on a voyage of discovery is especially inspiring and apt as kids begin the new school year. The new book “Moana: The Beat of Your Heart” also gives kids a fascinating introduction to rhythm and this Disney heroine’s Polynesian culture.

This hardcover — and its engaging online content — teaches kids how to make their own versions of Polynesian percussion instruments — the lali, fala, pahu, and fa’atete — from materials found around the home, and it inspires them to tell their own story through song and movement.

*“Moana: The Beat of Your Heart” book, \$14.99, www.halleonard.com.*



## Mind your own Beeswax

One of the ways we teach our kids how to be a more responsible consumer is by modeling how we reduce the amount of waste that we create. It might be a super easy timesaver to put junior’s lunch in a disposable, plastic baggie, but the more responsible option is clearly this versatile Beeswax Sandwich Wrap created by Sarah Kaeck.

The handmade wrap is made of beeswax, cotton fabrics, tree resin, and jojoba oil. The 13-by-13-inch square will wrap around a variety of bread sizes as it is secured with the attached string which then winds around the bee-bedecked wood button for a bee-utiful presentation.

*Beeswax Reusable Sandwich Wrap, \$11, www.uncommongoods.com.*

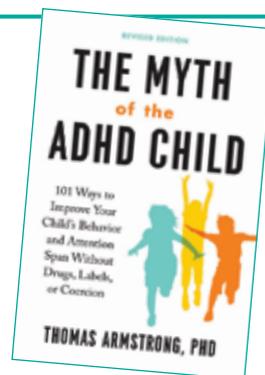


## Change the narrative

On Sept. 7, New York City’s elementary school students return to their classrooms, but for many parents, such as those with children who have been diagnosed as having Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD), they dread the new academic year. These parents anticipate unpleasant interactions with teachers and struggles with their children over homework.

For these beleaguered parents, the new guide from Thomas Armstrong, Ph.D., “The Myth of the ADHD Child: 101 Ways to Improve Your Child’s Behavior and Attention Span Without Drugs, Labels, or Coercion” (TarcherPerigee) is mandatory reading.

Even if your child doesn’t have a disability, Armstrong’s manual is written from the perspective of a child advocate who’s passionate about helping kids truly flower. Much of his advice can improve the academic performance of all children, including adolescents. For instance, he advises that parents ensure their child’s diet is nutrient-rich (and devoid of allergens and food additives) and includes a list of ideal breakfast choices.



Rather than dwelling on a child’s “defects, deficits, and dysfunctions,” Armstrong offers 101 tips on how parents and teachers can bring out the best in students — nurturing their “assets, possibilities, and gifts.”

His early chapters trace the history of ADHD in our society and the lucrative industries that have grown up around its diagnosis and treatment.

His new book includes a questionnaire, so parents can pinpoint those strategies that will help their unique child.

*“The Myth of the ADHD Child: 101 Ways to Improve Your Child’s Behavior and Attention Span Without Drugs, Labels, or Coercion” paperback book by Thomas Armstrong, \$17, www.amazon.com.*



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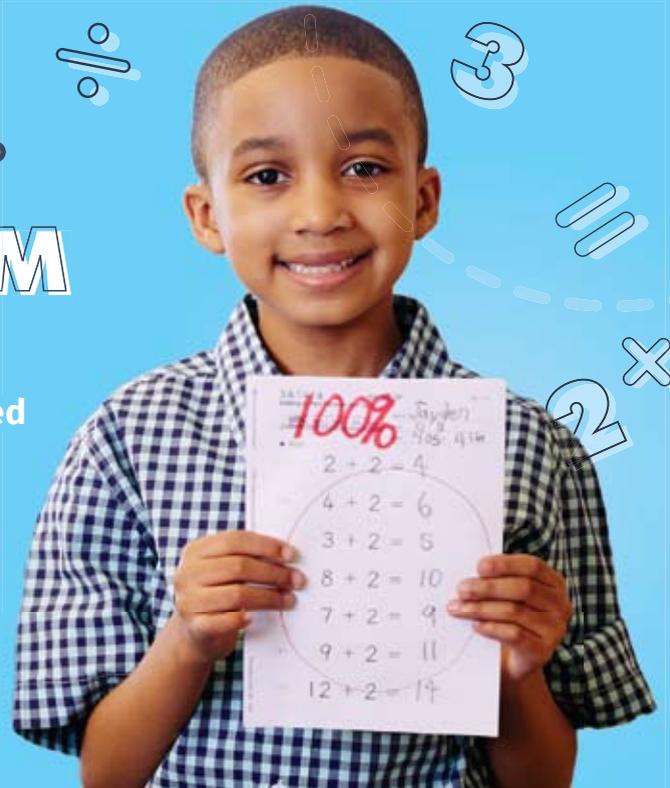
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