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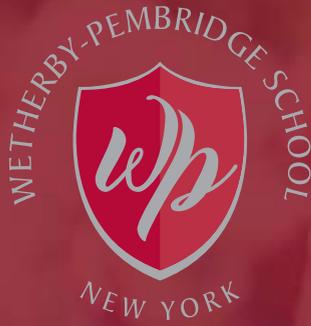
Fall fun!

Creative ideas for
autumn parties

Local teens
are young
innovators

Fighting the
bully problem





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Tuesday 17th October, 9:30am - 11:00am

Saturday 21st October, 10:00am-12:00pm



NEW YORK Parenting

Manhattan Family
October 2017

Where every child matters

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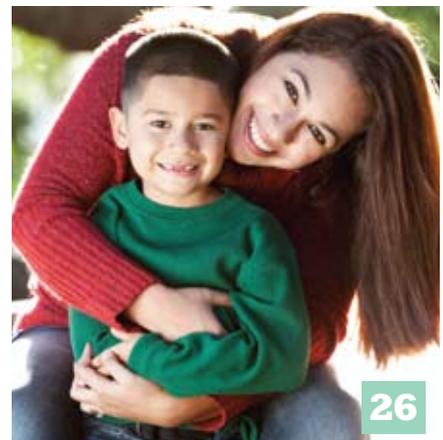
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New routines and fall beginning

By now the new schedules have been put in motion and the after school arrangements and programs have either been working out or are still being finalized. New schools, grades and teachers have become more familiar in the weeks since school began and our kids are adjusting to the new routines.



In this issue Denise Yearian has shared some ideas about how to look for a tutor. I know in my family there were subjects that warranted extra study and one-on-one strategies, and we were all glad we found good part time tutors to make the classroom experience more successful. Be sure to check out her 10 tips in choosing the right tutor.

Myrna Beth Haskell is always a welcome contributor to our editorial and this month

she has shared with us a compelling article about bullying that I urge every parent/caregiver to read. Please make sure to pass it on. Issues such as bullying are of the utmost importance, and as parents, we need to be as informed as we can be.

Every October we highlight articles about teens and present a special advertising section to draw attention to the High School Open Houses going on around New York. This year is no exception, and in fact, we are pleased to highlight two stories about teens excelling in our area. The prestigious Brooklyn Tech has taken honors for its student government and a group of teens from around the city has garnered awards as STEM innovators. Exciting stuff!

It's important as parents to keep in

mind that your toddlers of today will be teens before you know it. It's absolutely amazing how quickly it all whizzes by and how responsibilities and disciplines you thought were years away suddenly find themselves manifest in your family's life. It's important to keep your options open for future school choices and it's never too early to begin discovering what would work best for your family.

Enjoy the mostly gorgeous month of October and have a safe and Happy Halloween.

Thanks for reading.

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Scaring up fun

Creative ideas to make your autumn party a hit

BY DENISE YEARIAN

Whether you're planning a bountiful harvest celebration or a creepy crawly Halloween party, you may want to consider these craft, game, and food suggestions.

Crop of crafts

When doing crafts with kids in a group setting, plan a main craft with a short, second activity — coloring pages or stringing popcorn — for early finishers. Whatever crafts you choose, pick ones that are easy to clean up, so you can move on to the next activity.

Here are a few ideas:

Black cat candy jar. Place black electrical tape over the sharp edges of a tin can. Cover the can with black construction paper and glue in place. Glue two wiggly eyes to the can, then use a thin

paintbrush and white paint to draw a mouth, nose, and whiskers. Draw and cut out a black tail shape and two triangular-shaped ears. Cut two smaller triangles from pink paper for the insides of the ears; glue to black triangles. Glue ears to the top inside edge of the can and the tail to the back side of the can. Fill with treats.

Jack-o-lantern pots. Buy various-sized terra cotta pots and turn them upside down so the drainage hole is facing up. On yellow construction paper, draw and cut out two eyes, a nose and a toothy grin — the wackier the better. Apply Mod Podge with a paintbrush under and over the facial features then attach them to the pot. Place a short, wide stick out of the hole to resemble a pumpkin stem.

Pumpkin noisemakers. Paint a 12- by half-inch dowel rod black, and let it dry. Trace and cut out two leaves from green

craft foam, then cut a small slit in the center of each leaf. Draw a face onto the bottom side of an orange paper plate with a black permanent marker. Line up the face plate with a second orange plate, rims together, and bottoms facing out. Use a hole punch to create holes one inch apart around the perimeter of both plates. Place dried beans and small jingle bells between the two plates. Also put the dowel between the plates, moving a short end of the stick above the facial features to represent the pumpkin stem and a long end below for the handle. Sew plates together by lacing yarn through the holes. Push leaf slits through the short end of the dowel rods and secure with a glue gun.

Autumn activities

Games are a staple at kids' gatherings. Choose ones every child can participate

in, where no one is eliminated. With a little forethought and creativity, any game can be adapted to fit the fall theme:

Broom ball. Purchase half-sized brooms for each party guest and two different colors of seasonal garland. Decorate half of the brooms with one color of garland and the remaining half with the other garland to specify teams. Establish goals at opposite ends of the yard, and divide the children into teams. Place a kickball in the center of the yard then give each child a broom to sweep the ball to his team's goal. The first team to score five goals wins.

Ring around the pumpkin. Place three large pumpkins with stems in a line several feet apart. Gather four hula hoops. To play, children should take turns standing behind the designated tossing line and try to ring the pumpkins with the hula hoop. The child with the most rings wins.

Scarecrow relay. Separate children into two teams. Choose one child from each team to be the scarecrow. Place scarecrows at one end of the room, along with hay and oversized scarecrow-type clothing items. Teammates line up at the other end of the room. To play, teammates take turns running to the scarecrow and dressing him with one clothing

Food is more fun when kids are involved in the preparation process. Stick with things children like to eat, and then add a seasonal twist to it.

item then tag the next player who does the same. When the scarecrow is completely dressed, each teammate returns a second time to stuff straw in his clothing. The first team to finish making their scarecrow wins.

Seasonal snacks

Food is more fun when kids are involved in the preparation process. Stick with things children like to eat and add a seasonal twist to it:

Floating faces. Core and peel an apple, then cut it in half. Lay one half on the table and use a paring knife to create facial features. Repeat these steps until you have enough apple halves for each party guest. Place apples in cider punch bowl. When the cider is labeled, give

each child a floating face.

Itsy-bitsy caramel apples. Cut lollipop sticks in half. Use a melon baller to scoop little balls out of medium-sized apples, making sure each ball has a section of the apple peel. Push a lollipop stick into the peel of each apple ball. Blot apples dry with a paper towel. Melt a 14-ounce package of caramel candies with 2 tablespoons of water. Have children dip and swirl their apple balls in caramel then roll in crushed Oreo cookies, nuts, sprinkles, nonpareils, or mini-chocolate chips. Place on waxed paper to cool for 15 minutes.

Pumpkin pancakes. Mix dry ingredients: 1 cup flour, 1 tablespoon sugar, 2 teaspoons baking soda, ¼ teaspoon salt, and ½ teaspoon cinnamon. Set aside. Separate two eggs. Mix yolks with ½ cup of plain pumpkin puree, 1 cup milk, and 2 tablespoons canola oil. Add dry ingredients. Beat egg whites until fluffy, then fold into the batter. Pour ¼ cup of batter onto a greased griddle; flip when bubbles form on top. Kids can make jack-o-lantern faces using raisins, dried fruit, nuts, chocolate chips, and whipped cream.

Denise Morrison Yearian is the former editor of two parenting magazines and the mother of three children and four grandchildren.



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Financial windfall for my teenager

Uniform Transfer to Minors Act lets parents save for education and more

I opened a Uniform Transfer to Minors Act account for my child with the bank when she was young and now she is about to turn 18 years old, and I am concerned about turning over the account to her, which now has more than \$50,000.

Many parents opened accounts pursuant to the Uniform Transfer to Minors Act when their children were young with the intent to save money for their children's future college expenses, but the law does not require the child to use that money for college, and it must be turned over to the child when that child turns 18 years old. Note that in

some cases the account does not turn over to the child until the child is 21 years old. The title of the account should indicate whether it is to be held until age 18 or 21.

New York law provides that a transfer made pursuant to the act is irrevocable and the custodial property is vested in the minor at the time of transfer, and cannot be annulled. The minor therefore has a legal right to the assets in the account upon the minor's 18th birthday. As custodian of the account, you are obligated to inform the minor of those assets at the time the account completely vests in the minor. The statute does, however, state that the custodian "shall transfer in an appropriate man-



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

ner the custodial property to the minor," which provides some options for steps you may take if you are concerned about turning over a large account to your child.

Use the funds for the minor's benefit:

Until the minor is 18, you can use the funds for the minor's benefit. If you are also the parent of the minor, you may not use funds for items that are your support obligations to your child (such as food, clothing and shelter), but you may use the account to pay for "luxuries" such as private school, extracurricular activities, camp, or a new computer.

Transfer the assets to the minor:

When the minor is 18, you can retitle the Uniform Transfer to Minors Act account into an account in the minor's name. You can, with the minor's permission, be named a co-signer or receive duplicate statements to see how the minor spends the money. You may incentivize your child to use the funds responsibly by stating that you will pay for college with other funds if she keeps the funds for graduate school (as one example) or you may even use "strong-arm" tactics to state that you will reduce her inheritance if she uses the funds irresponsibly.

Purchase an income-producing asset:

You can use your discretion under "ap-

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propriate manner” to use the account funds to purchase an asset that the minor would not be able to easily liquidate once she receives it at age 18, such as income-producing real property or an annuity. This is not recommended, because it could be later reviewed as a breach of fiduciary duty. Fiduciary obligations include that a fiduciary must transfer assets to a beneficiary upon the termination of a fiduciary duty in a manner that is easily converted to cash. If, however, the minor consents in writing, this may help protect against a later claim.

529 Plan:

You may transfer the account proceeds into a newly created 529 Plan for the minor’s benefit. This will require liquidating any stocks or securities in the account because a 529 Plan can only be funded with cash. This may trigger capital gains taxes if the assets have increased in value significantly. However, transferring the funds to a 529 Plan will allow you to continue to be the custodian of the funds until the funds are completely withdrawn, thereby allowing you to withhold it to pay for college. However, if your child requests the funds at any time for any purpose you will need to release the funds or she may petition the court to receive the funds pursuant to your obligation as fiduciary of the account since

If instead of setting up a new trust you keep the funds in the account after your child becomes 18 years old, she could demand the funds at any time.

you used those assets to fund the 529 Plan.

2503(c) Trust:

If you want to continue to hold the funds, you could create a living trust for the minor’s benefit under Internal Revenue Code § 2503(c). The terms of the trust can be drafted to allow you, as trustee, to make discretionary distributions and forced distributions at set ages, so the funds stay under your control until you believe your child is able to handle the account on her own. In order to deter future claims of breach of fiduciary duty, the trust should allow the minor a one-time withdrawal right, where she is afforded the opportunity to withdraw the funds up to the full amount when she turns 18 years old. Your child will have a 30- or 60-day window to

do so. If she does not exercise her withdrawal right, the funds stay in trust pursuant to the trust agreement.

If your child does not exercise her right of withdrawal, the trust would then be considered a “self-settled” trust and any creditor of your child could potentially reach the funds to satisfy a judgment. If instead of setting up a new trust you keep the funds in the account after your child becomes 18 years old, she could demand the funds at any time. As discussed above, you can try to incentivize your child to not exercise her right of withdrawal in your discussions with her.

These suggestions are all options you may have; however, each situation is different and fact specific. If you have an Uniform Transfer to Minors Act account and are concerned about turning over the account to your child when she turns 18 or 21, you should speak to an attorney to discuss your options and which option is best for your situation.

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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October's finds

Now that the kids have gone back to school, that means that we have lots of new, FabULyssfins just for the moms — including products to make your skin glow, beautiful jewelry, and help to get your teens ready for the college application process.

• • •

After the summer, I am always looking to make my skin glow again. My face is filled with lots of extra sun and pigmentation after spending time outdoors. Beaute Oblige clinic opened on Madison Avenue and became the secret of chic New Yorkers, fashion editors, designers, and celebrities. Clients have included “Modern Family” actress Sofia Vergara, “Real Housewife of New York” LuAnn de Lesseps, and many fashion designers, stylists, and influencers. Aesthetician Camille Obadia says, “[My] skincare line battles pollution, increases oxygenation, and maintains good quality collagen, to keep skin healthy and fight the anti-aging process.”

Beaute Oblige (635 Madison Ave., www.camilleobadia.com).

• • •

Back-to-school season is all about educating, and DermalYouth, a new skincare line developed just for kids, wants to teach children the importance of taking care of their skin while they're young.

The company has developed a revolutionary children's skincare system with the world's first Day and Night Children's Daily Skincare Kit. Formulated for children ages 6 months to 18 years, the kit is dermatologist and pediatrician approved and is backed by The Skin Cancer Foundation. Packed with nutritional benefits that provide protection from the sun, hydrate, and rejuvenate the skin, DermalYouth's kit delivers around-the-clock protection in the morning and rejuvenation in the evening. It extends children's youthful appearance while protecting them from the heightened and preventable threat of skin cancers.

Available at www.dermalyouth.com.



Aurora Lopez Mejia creates wearable reminders and sculptures that are meant to document one's personal history and journey and one day be passed on and shared with loved ones as modern-day heirlooms.

• • •

Who doesn't love beautiful jewels? Aurora Lopez Mejia creates wearable reminders and sculptures that are meant to document one's personal history and journey. All pieces are to be one day passed on and shared with loved ones as modern-day heirlooms. Her craftsmanship and devout respect of ancient civilizations have led her to create unique talismans that embrace the power and etymology of words. Always in collaboration with her patrons, these commissioned, one-of-a-kind pieces are created to inspire one's personal empowerment and transcendence.

I personally love her one-of-a-kind rings that you can have engraved with your children's names and life beads. You can have your favorite inspirations and words handcrafted onto each piece, and as your family grows, your life beads can grow.

Available at www.auroralopezmejia.com.

• • •

Here's some help for parents begin-



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LYSS STERN

ning the exciting independent school (yes, that includes kindergarten) and college application processes. I want to introduce you to the FabULyss Chief Executive Officer Danielle Fazio and Patty Ziplow, of Preminente College Counseling LLC. Preminente's 20 years of experience as a leader in the industry and in-depth admissions knowledge helps each family navigate the subtleties and complexities of the K-12 school and college admissions processes. Members of the consulting team include former top New York Metro area independent school, college, and graduate school admissions officers and admissions directors, Ivy League graduates, published authors, former Division I and professional athletes, recruiters, and noted artists. The Preminente team works with students at top boarding, private, and public schools throughout the United States, Europe, South America, Central America, and Asia.

To learn more, visit www.preminentecollegecounseling.com.

• • •

New York City mom Amanda Sanders, an image consultant, launched a men's pocket square company: Well Suited NYC. As a stylist, she discovered a need and a demand for a pocket square that was easy for a man to use. These are pre-folded and fused together, as opposed to the traditional pocket square that most men don't know how to fold — which ends up bulky in their suit pockets. DivaDads will look FabULyss sporting these pocket squares for work and for dressing up.

Visit www.wellsuitednyc.com.

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

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Next generation

Local teens garner awards as STEM Innovators

BY TAMMY SCILEPPI

A trio of talented tech entrepreneurs received some much deserved attention at the third annual New York City “Young Innovators to Watch” awards.

In July, the winners exhibited their amazing projects at a special presentation of prizes in Manhattan.

These students, under the age of 20, are actively shaping the future by combining imagination with technology.

“They have been busy working on visionary projects that rise to the challenge [of] resolv[ing] existing societal issues, such as water quality, food waste, and physical injuries sustained by the visually impaired,” said Robin Raskin, the program’s creator. “Being recognized at an industry technology showcase is really empowering for these winners.”

Projects are ranked on their creativity, user design, use of science, technology, engineering, arts, and math — also known as STEAM; scalability; and civic-mindedness.

Winning projects include an algorithm that accurately measures lithium-ion battery percentages and a smartphone device that records customizable studio-quality sound.

“We started the Young Innovators four years ago, with the mission of rewarding students with entrepreneurial and innovative ideas by giving them scholarships and allowing them to have an awards reception at one of our technology events in either New York or Las Vegas. (We do this twice a year.)” said Raskin.

“We think it’s important to recognize STEM and high-tech initiatives at a young age, because if these students get some reinforcement, they’re more likely to continue.” So far, they’ve awarded 41 students and some of them are now in businesses of their own.

Three of those 12 highly talented award recipients weighed in about their recent wins and talked about their out-

“We think it’s important to recognize STEM and high-tech initiatives at a young age, because if these students get some reinforcement, they’re more likely to continue.”

standing projects.

Michael Klamkin, 16

Winner for his Dual Extended Kalman Filtering algorithm, Michael Klamkin lives in Staten Island with his parents, both Russian immigrants. “Our family is a blend of traditional Russian culture-values and modern American culture,” he said. “I wouldn’t change it for the world!”

In his spare time, the clever teen has been designing and prototyping a small satellite called the MTS-1, as well as studying and writing, so he can get into a challenging university and continue exploring his passion for engineering.

Your recent win

“The event was amazing! I had put so much effort into developing this project. The work finally paid off when I saw that e-mail informing me that I won,” Michael recalled, adding: “My family was ecstatic. I am extremely lucky to have parents that actively participate in my life — including the academic-scientific side — so they understood just how important this was to me and how symbolic this win was to me. This is the first ‘scholarship’ I had won, and it has inspired me to continue looking for opportunities.”

Describe your project

“It’s a new approach to monitoring

the state of charge of lithium-ion polymer batteries. In English, this means that I am applying an algorithm that is typically used for other applications (such as GPS positioning) to calculate battery percentage in small robots,” he explained. “My method allows robots, among other battery-powered devices, to be safer and more efficient, while also maximizing battery usage to squeeze out the last bits of power when it’s needed most.”

It’s a new way to help more accurately measure battery life — an industry-wide problem that he may solve one day.

Future plans

“I plan to go to a university and become an electrical engineer. However, I understand that life may lead me on a different path, so I am keeping my options open. I have recently begun considering going into the financial sector doing quantitative analysis,” he said.

Hobbies

“I enjoy building, designing, and operating multicopters (drones); and making small electronics projects.”

Sharon Lin, 18

Winner for her White Water app, Sharon Lin attended Stuyvesant High School and is now a freshman at the Massachusetts Institute of Technology. She lives with her large family in Corona, Queens. This summer, she worked on poetry performances as the New York City Youth Poet Laureate.

Your recent win

“I found out I was a Young Innovator during my high school graduation. While I was about to walk across the stage and receive my diploma, I texted my parents, and I could tell how excited they were in the audience,” Sharon recalled. “It was such a great moment to be celebrating our successes and looking forward to new experiences to come!”



Future plans

“I’m planning on studying electrical engineering and computer science and applied mathematics. In addition, I’m planning on continuing my work in research at the MIT Media Lab and the Harvard-MIT Health Sciences and Technology Labs,” Sharon said. “I’m hoping to work as a data scientist or consultant in the near future, although I’m not entirely sure what my future plans are. I’d really like to work on a startup, and I have a few projects that I’m definitely looking into scaling up into larger businesses.”

Hobbies

“I really enjoy filmmaking and photography. I also have a penchant for hiking, meditation, and baking.”

Priya Mittal, 17

Winner for her GoGreen app, Priya Mittal lives in Manhattan with her family. She said her app “allows restaurants and juice bars to purchase imperfect produce directly from farms at a 20 percent markdown, to reduce food waste. Farmers can still sell produce that they would normally throw away and increase profit margins.”

According to the judges, Priya’s project tackles the important social issue of food waste and feeding the hungry, with a simple database design. She demonstrated a keen understanding of the issue and tells the story of how “ugly and imperfect fruits and veggies” can be used to help so many.

Raskin reflected on this year’s innovators, “This is hard stuff. I’m extremely impressed with the students’ drive to improve how we participate in the world, today and in the future.”

New York City Chief Technology Officer, Miguel Gamiño, who spearheads major initiatives aimed at using technology to improve our city for all New Yorkers, added: “These forward-thinking students and their ideas inspire me and my team to keep working toward a stronger, smarter New York City.”

For more information about the application process, visit <http://younginnovatorstowatch.com>.

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



(Clockwise from top) Michael Klamkin was named a Young Innovator. Priya Mittal speaks to the audience during the award ceremony. Sharon Lin won a “Young Innovators to Watch” award for her app for underdeveloped communities that identifies bacteria and abiotic particles in water.

Describe your project

“It’s an app for underdeveloped communities that identifies bacteria and abiotic particles in water, based on a photo sample, making it easier for underdeveloped communities to take preventative measures to avoid exposure to waterborne illnesses like malaria. Through image recognition, it allows any user to

identify pollutants or harmful particles in their water,” she explained.

According to the judges, Sharon is the only two-time winner. Her project is based on solid and unique research. She’s a natural scientist, who looks at a problem and knows how to tackle it creatively. Plus, she knows how to articulate the benefits of her work.

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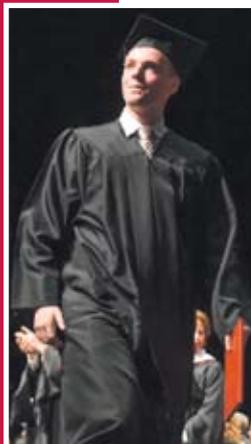
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High Schools

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Continued from page 14

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www.stjohnsprepschool.org

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A parent-child role reversal

As parents grow infirm, their children must take on the role of caretakers

BY CAROLYN WATERBURY-TIEMAN

Watching the orthodontist insert the first clear aligner into my son's mouth, slipping it easily into place over his upper teeth, sparked vivid memories. Years spent with shiny metal bands, clamped and cemented around every single tooth, connected by sharp wires and zigzagging rubber bands came rushing back.

Nagging discomfort, hurtful nicknames, and haunting nightmares where all my teeth fell out or rotted under the bands, were commonplace from the age of nine to 15.

But one image swept all the others away. There was Dad — who accompanied me to every appointment — sitting close by, his face troubled as he observed me wincing while the orthodontist adjusted my braces, the tears trickling down his cheeks. Somehow knowing he recognized the pain I was enduring made the whole ordeal bearable. His empathy gave me the courage to be brave.

Lately, I find my parents frequently inhabiting my thoughts and featured in my memories. They have lived on their own for 36 years. The past 24 were spent in a house at the end of a country lane where they moved to be closer to their seven grandchildren, all of whom they have provided care for at one time or another. Earlier this year, Mom was diagnosed with late onset, early-to-moderate-stage Alzheimer's disease. Prior to this diagnosis, Dad had taken on more and more responsibility for the daily chores. Mom had gradually lost interest in activities that, for a lifetime, had defined her — cooking, baking, cake decorating, sewing, gardening, and socializing. The time had come to make some difficult decisions regarding my parent's living arrangements.

After a period of investigation and soul searching, my two sisters and I presented our parents with what we considered to be their two most viable options. They could take up residence in a retirement commu-



nity or move in with one of us. They were swift and decisive in reporting their preference was to move in with one of us. Having anticipated their choice, my younger sister had already begun making arrangements for them to live with her. With an elderly-friendly floor plan and convenient access to their doctors, her house made the most sense. My older sister and I both committed to providing shuttle service, assisting with meals, as well as, just generally supplying assistance and lending support as needed.

With a decision made, it was necessary to design and implement a plan of action with a timeline that fit everyone's schedule. The next four months were spent sifting through the combined accumulation of two individuals after a 61-year history together. The process of sorting what to keep, what to give to children and grandchildren, what to donate, what to recycle, and what to throw out was fraught with

memories. Misplaced treasures were re-discovered. Past events were recollected. Family stories were retold. That which had been forgotten was remembered.

During this period of transition, I have experienced the full gamut of human emotions. From being thrilled to find heirloom photographs to being overwhelmed by the sheer volume of paraphernalia. From laughing hysterically at the contents of long-stored boxes to shedding tears as sewing notions and kitchen utensils — no longer to be held by my mother's skillful hands — are packed away. From the comforting scene of my father dotting on my mother to the heart-breaking realization that eventually she may not recognize him. Combined with the relief of having them comfortably settled in a safe place is the anxiety associated with the uncertainty of their fragile health. Emboldened by my parents' willingness to adapt, I choose to adopt an optimistic spirit and take things the only way they come — one day at a time.

Reaching the point in time when a parent's competence and abilities are compromised can be awkward. Finding a way to suggest to my 86-year-old father that he should limit his driving, while preserving his dignity, requires finesse. Casually assisting my mother with routine tasks that have become confusing, without causing embarrassment, takes patience. Helping my parents process information and make reasonable decisions, while maintaining a respectful tone, demands a calm presence of mind.

Moving into the role of caregiver for my parents has been an enlightening and humbling experience. As I cautiously walk with them, one on each arm into the doctor's office, they thank me for arranging to accompany them to their appointments. I recall for them the many times they did the same for me. As I fill their plates and serve them dinner, they express their appreciation. I remind them of the untold times they did the same for me. As I drive them from the grocery to the bank to the pharmacy to complete their errands, they convey their gratitude. I reflect upon the countless times they did the same for me.

Like all parents, my parents are not perfect. They did the best they could with what they knew. While their methods were sometimes questionable, their love was never in doubt. When it really mattered, they were the parents I needed them to be. Now I intend to be the daughter they need me to be.

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

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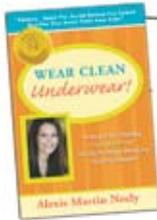
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Combating stress with healing foods

Stress and anxiety are running rampant in today's world. While we can practice slowing down by way of meditation, exercise, and mindfulness, what we ingest plays a significant role in how we feel stress. Many foods are biochemically altered and contain chemicals, artificial ingredients, and other harmful substances, which physiologically make a person's body feel anxious.

Even more concerning is the fact that many of our kids are absorbing these ingredients on a regular, if not daily basis. Considering their impact on growing bodies, it becomes more important that we adjust our lifestyle to curb the consumption.

The top offenders are processed foods as a whole, but in particular, sugar, caffeine, monosodium glutamate, high-fructose corn syrup (found in everything from ketchup to donuts), refined white

carbohydrates like pasta, white bread, and sugary drinks, and salt, which raises the heart rate and promotes the release of adrenaline.

Alternatively, while the above foods should be avoided, there are a wealth of wholesome and natural foods that actually help curb anxiety and nervousness!

Whole Grains: If you are not allergic to wheat or suffer from Celiac disease, whole grains, such as whole grain bread and pasta offer a double whammy to stomp out anxiety. First of all, they contain tryptophan, precursor to the neurotransmitter serotonin in the brain, which produces a calming effect. Secondly, whole grains contain magnesium. Magnesium deficiency often leads to anxiety.

Blueberries: Neuroscientist Dr. Philip J. Ebenezer recently published his findings on blueberries in the journal of



HEALTHY LIVING

DANIELLE SULLIVAN

the American Physiological Society. Dr. Ebenezer discovered that blueberries boost serotonin and aid in soothing anxiety by modulating neurotransmitters in Post-Traumatic Stress Disorder patients.

Almonds: The oval nutlike seeds of the almond tree are one of the healthiest snacks to eat — hands down — in addition to containing magnesium and B vitamins. A vitamin B deficiency can also cause anxiety and nervousness as well as twitching. In addition, almonds contain selenium, which has been linked to relieving stress.

Kefir: This fermented dairy drink helps align gut bacteria. Many of today's ailments, including stress, anxiety, and nervousness are attributed to having unbalanced gut bacteria. Kefir promotes a healthy gut biome, as does sauerkraut and Greek yogurt (with live cultures).

Tea: Tea might conjure thoughts of relaxation and maybe even childhood and being pampered. Green tea does even more: it contains amino acid L-theanine, which helps lower heart rate and blood pressure. Chamomile tea has similar compounds to Valium and works to reduce stress.

Good nutrition is the basis for good health, including stress management, but practicing mindful relaxation techniques also helps. And don't underestimate the power of taking a walk, chatting with a friend, or turning up the music and just dancing. Good mental health is a combination of many things. Beginning with nutrition is a very good start!

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



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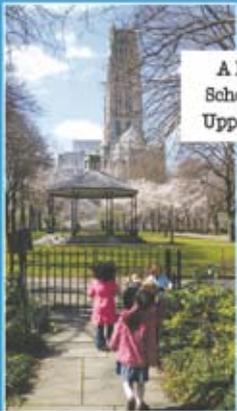
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Ten tips for choosing a **tutor** for your child

BY DENISE YEARIAN

Tutors offer a wealth of educational resources for students who need remedial work, as well as for those who want academic enrichment and maintenance.

To choose the right tutor for your child, consider these 10 tips:

1. Pitch and persuade

Before searching for a tutor, discuss it with your child to get his buy in. Keep the conversation positive — “You know

how reading is kind of hard sometimes? We are going to find someone who can help you.”

Most students don't like to struggle, so if your child is aware that there is a problem, he may be more likely to want help. Even so, expect apprehension and offer encouragement.

2. Ponder priorities

There is no one-size-fits-all when it comes to tutoring. It depends on your child's needs, setting, convenience, and cost. Some people choose a private tutor.

Others go with a tutoring center. Still others opt for an online service.

When choosing a setting — either small group or one-on-one instruction — determine which is the best fit for your child.

If you choose a group setting, find out the maximum number of students per class. Convenient location is important, too. Studies show that more frequent tutoring sessions yield greater results. When it comes to cost, bear in mind that one-on-one tutoring may be more costly than group sessions and in-home tutor-

ing more expensive than traveling to a center.

3. Reach for recommendations

Begin your search by asking your child's teacher, principal, guidance counselor, or others within the school unit. Some school districts have a list of tutors and are willing to make recommendations.

Also, check ads in your local parenting magazine or newspaper. Other parents are a good resource, too. Is there someone they have had success with?

4. Check credentials

Find out if the tutor has experience teaching the subject your child needs help with. Although the instructor may not be credentialed for your child's grade level, it's a good idea to find one who holds a college degree and has completed a tutor training program. This will ensure he understands educational theory, instructional strategies, and remedial approaches.

Graduate students with strong content knowledge may be a good option, too. Equally important is experience and teaching style. Ask if the tutor has taught children of similar age and learning style as your child. Likewise, consider personality and attitude. Is he patient, upbeat, and encouraging? Is he congenial with children?

5. Tally the track record

Equally important to check references and track record. Does the tutor you are considering have satisfaction surveys from past parents and students that prove he has helped them raise test scores, improve classroom grades, or experience better homework completion?

6. Time it right

Although extracurricular activities and parents' work schedules often dominate the clock, try to be flexible so tutoring sessions are held at a time when your child is most open to learning. Some students need a 30- to 40-minute break after school, but if you give other kids that same down time, it will be a battle to get them to work.

Know what timing works best for your child and adjust your schedule accordingly.

7. Collaborate on goals

When formulating tutoring goals, get everyone on board — teacher, tutor, par-

Questions to ask when choosing a tutor

- What age do you tutor?
- Is it for remedial work only?
Or do you do enrichment and maintenance, too?
- What subjects do you offer?
- Do you have summer programs?
- Can my child go during school hours?
- Do you offer diagnostic testing?
Is it required?
- Do you teach in small group sessions or one-on-one?
- Where does tutoring take place?
- What qualifications do you have?
- What if my child has a personal problem with the tutor, can I get another one?
- How often is the child required to go?
- Can you work sessions around my family's schedule?
- How often will I receive progress reports? Will they be written or verbal?
- What is the duration of the contract?
- How much do you charge?
- Are there any hidden fees?

ent, and child.

Teachers and tutors are aware of what the goals should be, but parents know their child best and should be involved in the goal-setting process.

It's ideal if the tutor and teacher work toward a common goal and communicate regularly to reinforce each other's techniques.

The teacher may also be willing to give feedback on your child's progress in the classroom.

8. Request progress reports

Many tutors offer periodic progress reports and will check off goals and redefine them, if necessary. Ask for a sample of progress reports to see if they are clear and helpful. Also inquire how often reports will be given.

9. View policies

Clarify policies before signing on the dotted line. Some tutors charge clients if an appointment is canceled without a 24-hour notice. Others have detailed policies for scheduling makeup sessions.

Also ask about substitutes. How much say will you have in who teaches your child, in the event your tutor is out due to illness?

Signs your child needs a tutor

There are a number of indications a child needs a tutor. If you see any one of the following signs, your child may be a good candidate for tutoring:

- Doesn't want to go to school.
- Difficulty doing homework.
- Gaps in learning.
- Poor test grades.
- Hiding test scores from parents.
- Teacher reports missing assignments.
- Unable to keep up.
- Multiple wrong answers.
- Unfinished assignments.
- Frustration and possibly tears.
 - Decreased self confidence.
 - Parents are frustrated and don't know how to help.

Top
Tips

Information helpful to your tutor

To equip your tutor in understanding your child better, consider sharing the following information:

- What motivates your child.
- Whether or not he likes school.
- What his favorite and least favorite subjects are.
- How good his memory is.
- How he feels about being tutored.
- School work samples.
- Teacher's contact information.
- How your child feels about standardized tests. Whether he gets anxious. What his past scores were.
- If he has specific organizational or study skill issues.

10. Show support

Remember, parents play an important role in the whole learning process, so look for practical ways to support your child's academic endeavors.

At the end of each tutoring session, find out what he is expected to do before the next one — whether it's memorizing his multiplication facts or completing all of his classroom assignments — and couple those learning efforts at home.

Denise Yearian is a former educator and editor of two parenting magazines, and the mother of three children and four grandchildren.

The book club

Winners of the 2017 Ezra Jack Keats Bookmaking Competition

BY MARGOT ABEL

Students from Queens, Brooklyn, and Manhattan took top honors in the Ezra Jack Keats Foundation's annual Bookmaking Competition. Each year, one citywide winner is chosen from each of three grade levels: elementary, middle school, and high school.

The citywide winners joined the borough winners (five from each grade level) and the honorable mentions to accept their medal in a ceremony at the Brooklyn Public Library's Central Library in May. In addition, citywide winners were handed a check for \$500 (and borough winners received \$100) from the Ezra Jack Keats Foundation. Students and teachers alike also received swag — books for the children, and gift order forms for the adults, all generously donated by Penguin Random House.

The books were on display during the month of May at the annual Brooklyn Public Library exhibition at Grand Army Plaza.

The Ezra Jack Keats Foundation, in partnership with the city's Department of Education, has held the competition for more than 30 years.

"Ezra first received recognition for his talent at public school," says Deborah Pope, executive director of the foundation, named for children's book author and illustrator Ezra Jack Keats, whose classic book, "The Snowy Day," won the 1963 Caldecott Medal. "The bookmaking program gives us the opportunity to call attention to the unparalleled benefits of a strong public school system. And we hope the experience, and the award, will inspire these young talents to pursue their dreams, as Ezra did."

Here are the citywide winners:

Elementary (grades 3-5)

Amber Siurano, "The Story of the Mirabal Sisters"

The fourth-grader at PS 63 Old South School in Queens wanted to honor her great-grandfather by writing about women who fought for the same cause.

"History is my passion, and I was inspired to write about the fascinating story of the Mirabal sisters. My mom told me about them and how they stood up to and



The three citywide winners' artwork.

fought against the Trujillo dictatorship in the Dominican Republic. The Mirabal sisters inspired me to tell their story so that they would not be forgotten. I dedicate my book to my great-grandfather, who inspired me, too."

Middle school (grades 6-8)

Elizabeth Abramowitz, "Life of a Brighton Beach Sparrow"

Abramowitz, a sixth grader at IS 98 Bay Academy in Brooklyn, created a children's book about her neighborhood and her favorite inhabitant.

"Brighton Beach is a vibrant, diverse area, home to people from all over the world, and where being different is okay. My inspiration for this book came from watching the sparrows. I thought it would be a great idea to write about Brighton Beach as seen through the eyes of a sparrow named Wings. I wanted to convey my ideas through colorful illustrations that reflect the beauty of my neighborhood."

High school (grades 9-12)

Jennifer Huang, "He Abandoned Us"

A senior at Manhattan's Stuyvesant High School, Huang made a pop-up book to test her theories about God.

"The seven sins and God have always

been topics of interest to me. I used what I had studied from the Bible to re-create a possible theory: After six days of creation, instead of resting, God abandoned us on the seventh day. The reason could be that the people sinned. I used silhouettes of fairy tale characters to depict the seven deadly sins. I wanted to prove that our favorite characters — heroes and heroines, along with villains — were not without faults. Perhaps God left because the humans He made in His image were failures, unworthy of miracles and of His presence."

...

The annual competition begins each fall, and ends in January, when one student-made book is selected to represent each school and sent on to the Department of Education for the judging, in February.

The bookmaking process is integrated into classroom instruction with a strong emphasis on the study of picture books. Under the supervision of a teacher or librarian, the students create engaging text and illustrations using a range of media. Expressive writing and artwork are strongly encouraged.

For a complete list of citywide and borough winners, visit 2017 Bookmaking Competition Winners at the Ezra Jack Keats Foundation website, www.ezra-jack-keats.org.



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Don't try to live through your kid

We all have that friend, or more specifically perhaps, that Facebook friend, who systematically plasters their child's achievements all over their feed on a daily basis.

Even before social media, parents did the same on the telephone, playground, and schoolyards (although not to the same extreme). In doing so, they made their child's achievements more important than their child. Perhaps not intentionally, many moms and dads trade in their child's own uniqueness, innate goodness and the essence of what they are for awards, trophies, and what they can do.

Unfortunately, this has the exact opposite effect of what was likely intended. The child quickly begins to wonder what they are without their certificates and honors, which hinders their self-esteem, instead of boosting it. And what's behind it all has nothing to do with the child. Whether purposely or not, the parent's need to feel important through their child's accomplishments is what fuels this behavior.

Dr. Shefali Tsabary, clinical psychologist and author of the New York Times bestseller, "The Conscious Parent," writes that many parents live through their child, and questions it: "Why is there such a need for us — parents especially — to raise 'extraordinary' children? Is our sense of self so compromised that we need our children to wear bells and whistles just so we can feel good about ourselves?"

Parenting is about teaching your child to be the best he or she can be, confident and secure enough to adjust to life's challenges, and helpful and productive in the world. Parenting is not about perfecting the ideal plan to acquire the most accolades. If most parents would realize that what they are doing is placing unnecessary and strenuous pressures on their children, most would stop, and it all begins with releasing expectations.

There is no need for a child to be extraordinary, writes Dr. Tsabary, because actually, all children are both extraordi-



JUST WRITE MOM

DANIELLE SULLIVAN

nary and ordinary. When we let go of rigid expectations for our children and start to see them as the beautiful and imperfect people they are, we see them in a whole new light.

"We begin to notice the nuanced qualities of their character and are amazed by all that unfolds before us," Tsabary adds. "Instead of medals and certificates being the qualifiers of merit, we begin to pay attention to the joy in their eyes and the quickness of their smiles."

Dr. Tsabary continues: "The insight slowly dawns that our children are indeed extraordinary — in their very ordinariness and that we can end the quest for them to be anything 'extra' or 'special,' for they already possess all that they need to in this present moment. Isn't this a liberating thought? I counter that not only is it liberating for us to stop the quest of fixing and producing our children — but also, ultimately, it's empowering for our children. Can you imagine the release of pressure a child must feel knowing that who it is they are — at this present moment — is worthy of their parent's praise?"

I think about how many adults still feel inadequate from their parents' expectations, never feeling they lived up to what they could be. Imagine a world where every adult felt good enough. I dare say that the violent and tumultuous world we now live in might be vastly different.

We all want the best for our children, and sometimes the best solution is the most simple. Let our kids be who they are, and as they grow, let them become who they are, not who we want them to be.

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

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Can a teen's diet cause breakouts?

If you notice your teen spending more time than usual in front of the mirror, it may be due to the discovery of his or her first pimple. The same hormones that cause changes in height, shape, body hair and odor at the outset of puberty also influence your child's complexion. Sadly, the onset of blemishes can put a damper on your child's self-image.

The role of diet and acne has come full circle over the years. Medical guidelines in the 1970s and before pointed to diet as a cause. Then in the 1980s, the dermatology community downplayed diet, primarily attributing acne to genetics and hormonal changes. With a greater understanding of how diet may affect endocrine factors involved, today there is a renewed appreciation of the diet-acne connection.

Generally speaking, in addition to obtaining enough sleep and keeping the skin clean, the best approach to good skin is an overall varied and balanced diet. Yet there are certain dietary factors that may also have a significant impact on your teen's skin.

American diet

It's fascinating to note that the standardized American diet may be to blame. Teens who live in primitive societies do not experience breakouts. Perhaps this is due to a diet low in processed foods,

but rich in fruits, vegetables, and fish?

Dairy

A number of studies point to dairy foods as having an acne-stimulating effect in susceptible individuals. It's speculated that the hormones and bioactive compounds in milk may be the culprits. For example, one study out of the University of Oslo this year concluded that consuming dairy is a possible contributing factor to acne in teens. In the three-year study, teenagers who drank more than two glasses of milk daily experienced worse acne.

Fat free milk is a greater culprit than higher fat milk, possibly due to the additional whey protein and casein added to make the "thin" milk look less watery. Also, whey protein concentrates, commonly found in popular sports supplements, may aggravate the severity of acne.

What's the connection? Researchers believe that dairy products may increase sex hormones, which increase sebum production, leading to an increase in acne. For now, reducing or even eliminating them for a month or so is worth a try. In that case, encourage your teen to look for alternative sources of both calcium and vitamin D.

Glycemic load

There is compelling research to support a low-glycemic-load diet in minimizing breakouts. A high glycemic load diet



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

increases the amount of insulin in the bloodstream, which turns on a hormonal response that promotes the production and secretion of sebum, aggravating acne. To reduce the glycemic load of your child's diet, encourage him to cut back on sugary beverages and energy drinks, as well as foods high in refined carbohydrates such as pasta, cookies, candy, and cake.

Fat

A high fat diet — greasy pizza, anyone? — was long thought to contribute to the development of blemishes. And omega-3 fatty acids found in fatty fish are thought of as being beneficial. Yet the evidence linking total fat or the type of fat is weak at this time.

Chocolate

This one goes back several generations. The research suggests no correlation between chocolate in the role of the development or worsening of acne. If your teen notices a reaction to chocolate, it may be due to the other ingredients in it such as sugar, nuts, or milk.

The best method of treating teenage skin problems may be "tincture of time," as many teens simply outgrow their skin conditions as their hormones settle down. Of course, if skin problems are severe or persist over a long period of time, speaking to a dermatologist is a good idea.

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.

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A kinder world

When and why bullies rule, and how to encourage empathy

BY MYRNA BETH HASKELL

When I was in school, bullying was an accepted part of the climate. There seemed to be a commonplace attitude back then that “kids will be kids,” so victims felt that there was no one to turn to.

Fast forward to 2009: I attended an assembly at my daughter’s middle school called “Ryan’s Story.” John Halligan spoke about his son, Ryan, a 13 year old who committed suicide in 2003 after being bullied at school and online for several years. Halligan found that the best way to deal with the enormous pain of losing his son was to use his story to inspire change in schools.

These types of assemblies are common in schools today because there is more awareness about the sometimes dire consequences and long-term effects of bullying. All 50 states now have anti-bullying laws or policies (to explore state laws see: www.stopbullying.gov/laws/).

However, bullying is still rampant in our schools and communities. So, where are we going wrong?

The bully problem

Bullying is defined by aggressive, repetitive behavior toward another where there is a perceived imbalance of power. Bullying can be verbal, physical, or social — exclusion or spreading rumors. Cyberbullying (online bullying or bullying

using electronics) has brought bullying to a whole new level. Students can no longer return home to a safe haven. With cyberbullying, the torment continues, and there is a feeling of no escape.

“Bullying is always a problem with social relationships,” explains Dr. Michele Borba, the author of “UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World” (Touchstone: Simon & Schuster, 2016). “In middle school, bullying is at its peak, and anonymous texts contribute to stress, anxiety, and fear because kids don’t know who is sending them.”

According to results of the 2013 School Crime Supplement to the National Crime Victimization Survey by the U.S. Department of Education, in April 2015, approximately 22 percent of students ages 12 to 18 were bullied at school. The Cyberbullying Research Center (cyberbullying.org) reports, “Overall, about 25 percent of the students we have surveyed over the last eight studies have told us that they have been cyberbullied at some point in their lifetimes.”

What is going on in our communities that so many children are reporting that bullying has affected their lives?

Dr. Jessie Klein, an associate professor at Adelphi University, founder and director of Creating Compassionate Communities (www.creatingcompassionatecommunities.com), and author of “The Bully Society: School Shootings and the Crisis of Bullying in America’s Schools” (NYU

Press, 2012) shares, “Statistically, anxiety and depression are more prevalent and present at much younger ages. People are more isolated and are so goal-oriented that friendships are not as important.”

Long-term effects

The consequences and long-term effects of bullying can be devastating, and the disturbing cases reported in the media seem all too prevalent, such as when 13-year-old Zoe Johnson, a cheerleader from Michigan, committed suicide in 2015 after being cyberbullied relentlessly. Stopbullying.gov reports that even though a small number of bullied children react by using violent measures, “In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.”

Dr. Ellen W. deLara, an associate professor at Syracuse University and author of “Bullying Scars: The Impact on Adult Life and Relationships” (Oxford University Press, 2016), reports, “There are numerous long-term effects of bullying that plague people throughout adult life. Bullying victims show an increased risk of diabetes and heart disease. Both victims and bullies demonstrate greater lifetime anxiety and depression than those not involved in bullying. Other effects include difficulty trusting others, difficulty maintaining friendships or intimate relationships, very low self-esteem, and two to five times greater risk of suicide attempts over a lifespan. Of course, not everyone has long-term effects. However, in my study of over 800 people (as well as in the research of others), enough demonstrate these effects that we should consider bullying a public health crisis.”

The bystander problem

Unfortunately, we’ve all seen disturbing videos taken of incidents on buses and in hallways which depict a child being harassed or physically harmed while a gathered crowd simply watches or encourages the behavior. Bullies won’t rule the school if the general population (both students and staff) takes a stand.

“Students, just like adults, are reluctant to intervene when there is a physical altercation or a verbally abusive interaction between other students,” says deLara. “The main reason students cite is that they will be the next target if they get involved.”

Dr. Rachel Annunziato, a child psycholo-

Who is at risk?

Stopbullying.gov lists the following characteristics of victims and perpetrators. It’s important that teachers, coaches, and parents understand these characteristics so they can help children with self-image and modify behaviors before bullying situations develop:

Higher risk of being bullied (victim):

- Perceived as different from peers (overweight, underweight, wears glasses or different clothing, new to a school, unable to afford what kids consider “cool”).
- Perceived as weak or unable to defend him or herself.
- Depressed, anxious, or low self-esteem.
- Less popular or has few friends.

- Annoys, provokes, or antagonizes others for attention.

Higher risk of becoming a bully (perpetrator):

- Two profiles of bullies:
 - Those who have social power and like to dominate others.
 - Those who are isolated and may also be depressed, anxious, have low self-esteem, be less involved in school, be easily pressured by peers, or do not identify with the feelings of others.
- Aggressive or easily frustrated.
- Less parental involvement or has issues at home.
- Thinks badly of others.
- Has difficulty following rules.
- Views violence in a positive way.
- Has friends who bully others.



gist and associate professor at Fordham University, reports, “There is research out of Europe showing that bystander intervention — defending the victim or ignoring the bully to remove reinforcement — is associated with bullying frequency.”

Adults need to teach kids how to respond to a bullying situation when they are not the target.

Klein clarifies that students need to be taught the difference between being a tattletale and getting help for someone who is in distress. She asserts, “We need to encourage communities where kids are committed to protect one another and are responsible for one another.”

“Bullying is reduced dramatically when kids who witness it stand up for the victim,” Borba says, “but most kids will say they do not know what to do because adults have not given them the tools to intervene.”

Students are more apt to report bullying if they trust it will be anonymous.

“Schools must have reporting boxes and the administration must read reports regularly,” Borba claims. “The majority of bullying happens when adults aren’t present, so students have to be able to report incidents safely.”

The kindness cure

“The antidote to bullying is empathy,” Borba states. She instructs teachers and

parents to emphasize kindness rather than putting the focus on grades and accolades. “I mean, when is the last time you’ve seen a bumper sticker that says ‘Proud Parent of a Kind Kid?’ We are raising stressed-out kids who are scheduled to death. As stress builds, empathy wanes because you are in survival mode.”

Klein agrees with Borba.

“Deadlines and punctuality become more important than helping one another,” she says. Klein offers an example of a student refusing to help a peer find his classroom because of fear of the consequences for being late.

Teach empathy early

“During preschool, explaining bullying and ensuring there is no tolerance for it is important. So is character building — emphasizing kindness,” Annunziato explains.

Klein teaches empathy building games when she visits schools, such as I Have a Complaint.

“Students write down a complaint — ‘I am feeling lonely’ — and are prompted to work with a partner or group to work out what the student needs. The objective is to make the complaint into a dream — ‘I have a dream to have a meaningful connection.’” This helps students to see that a negative feeling can be turned into a positive goal.

Borba suggests, “Finding opportunities

for kids to do meaningful work to learn empathy hands-on is so important.”

Mentoring peers, volunteering for charitable organizations, or simply helping those who are less fortunate are great empathy-building experiences, particularly if they are done out of the goodness of the heart as opposed to a required activity for a school organization.

Programs and awareness

Creating a bully-free environment requires cooperation between school staff, parents, and students. In March 2011, National PTA launched an initiative called Connect for Respect to help students, parents, and educators to create safe school climates.

Anti-bullying themed assemblies have become the norm, and many schools have adopted anti-bullying programs that focus on teaching and encouraging positive behavior, but the implementation, consistency, and communication between parents and school staff all affect a program’s success. Positive Behavior Interventions and Supports, No Bully System, and Safe School Ambassadors Program are examples.

“There are programs that schools can implement, starting with the youngest children, that have been effective in promoting empathy called social-emotional learning programs,” deLara reports.

However, deLara adds that educators are still looking for programs that will demonstrate effectiveness over time and with diverse ethnic populations.

Parents must be tuned into their child’s emotional and social health. Annunziato reports, “Signs that bullying is occurring may be changes in anxiety level, moods, and self-esteem. Changes in peer relationships are also key indicators.” She encourages parents to contact school staff if they become aware that their child is being bullied. “Children may fear that conversations with school personnel could lead to increased bullying. So parents should be prepared to explain how steps are being taken to prevent this.”

Klein advises parents to help their kids seek an alternative culture outside of school so that in-school relationships do not encompass a child’s entire social life.

Lastly, kids need to be encouraged to speak up and tell a trusted adult if they are being bullied or see someone else being bullied.

“Occasionally, a student or group of students can try to intervene. This can be very successful, especially if they are well-liked and respected in the school,” deLara suggests.

Myrna Beth Haskell is an award-winning author whose work has appeared in publications across the globe (www.myrnahaskell.com).

The right way to clean

How instilling a tidying habit now will pay a lifetime of dividends

BY ALLISON PLITT

Do you have a 5-year-old son who takes all the things out of his toy box to get his favorite model car and then walks out of the room with it, leaving the other toys on the floor?

Or do you have an 11-year-old daughter who leaves her dirty clothes all over her room, disregarding her laundry basket?

Or perhaps you have a 16-year-old son who plays ice hockey and leaves his equipment and gear in his room when he isn't playing, which creates such an incredible stench that everyone in the family keeps his door closed?

If any of these situations sound similar to what is happening in your home, then I recommend you read "Teaching Children to Clean" by Schar Ward. Before becoming an author, Ward started her career as a professional housecleaner. In 1973 she began a small residential cleaning service that turned into the corporation Domestic Engineering.

Ward believes that her childhood instilled in her "many years ago, a passion for cleaning." While she grew up on a farm in Minnesota, her parents produced their own food, and her mother made the family's clothes and rugs.

"We were poor people, but as a child, I never realized it, because I always had food, clothes, a home, and parents who loved me," Ward recounts.

That idea of responsibility and self-sufficiency is a pervasive theme throughout the book. Ward believes parents can teach young children to clean by immersing them in games and imaginative play. For older children, Ward thinks parents can motivate their kids to clean by praising their efforts and giving them an allowance or non-monetary privileges.

Cleaning is a life skill

Ward believes there are many self-help books on the market these days, because "parents aren't teaching children the life skills they need to cope with everyday situations." According to the only research study she mentions in her book, the sooner you teach your child to clean up after himself, the better.

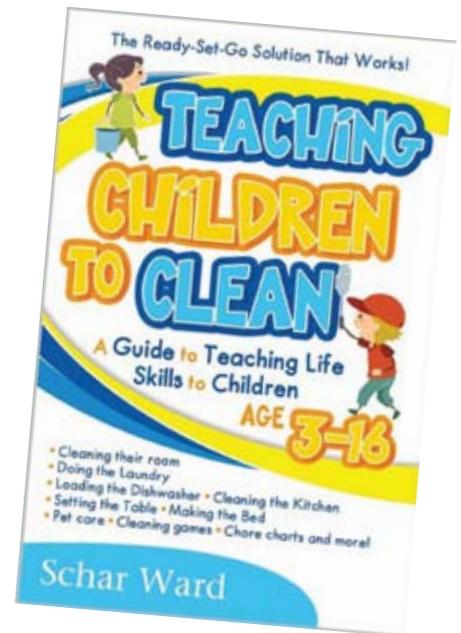
In the study, when a 4-year-old was asked to do a task, he was more willing to cooperate than when a 10-year-old was asked to do a chore for the first time. The 10-year-old felt he was being asked to do something he didn't want to do. If he had started doing chores at the age of four, he wouldn't even be questioning why he was being asked.

Parents can yell at their kids to do chores or make excuses for their kids not to do them such as, "The children are too little" or "The children have homework." One of the best ways for kids to learn how to clean is by watching their parents. "If you complain about housework and neglect your home, they will do the same," Ward advises. "Children pay attention to what you do."

Demonstrate vs. criticize

As far as results are concerned, Ward says that parents should never criticize their child's efforts, especially in public. Instead, parent and child should have a discussion about how to do something correctly and then have the parent lead the child in redoing the chore.

When teaching skills to their children, parents should not make their tone "condescending, and always try to explain the benefits of doing something a certain way." Ward gives the example of clothes needing to be separated before washing "to prevent colors from bleeding onto other clothes."



Parents need to show children how a chore is done so that children understand what is expected of them. By using the appropriate cleaning equipment and products, parents can demonstrate themselves how to clean an area thoroughly from beginning to end. Ward also recommends parents purchase pretty cleaning tools with bright colors that kids would enjoy using.

Ward encourages parents to let their children know the "personal benefits" of being neat and clean. They can say things to their kids like, "Your toys last longer when they are taken care of" or "You can find things easier."

Suggesting that parents make cleaning up the house a team effort, Ward says the family should allow for a certain amount of time each week to do chores together. For example, on a Saturday morning, each family member receives a list of chores to do and the same allotted amount of time in which to do it.

Healthier home

Instead of buying cleaning products with harmful fumes that could poison kids or pets when ingested, Ward explains how to create natural cleaning products by using baking soda, white vinegar, liquid Castille soap, Murphy's Oil Soap, club soda, Borax, and pure essential oils.

"There are over 17,000 petrochemicals available for home use and only 30 percent



have been tested for their effects on human health and the environment,” warns Ward. Not only have people found that their allergy symptoms improve dramatically by switching to natural cleaners, but these all-natural solutions can be used on multiple surfaces, saving space and money.

The cleaning process could then become an at-home adventure for the whole family. Both parents and children could pretend they are scientists or magicians creating magical potions to make their home sparkling clean.

Another environmentally friendly tip Ward recommends is to use old cotton and flannel sheets and terry cloth towels and cut them into pieces for cleaning cloths. By “repurposing” these items, the family avoids using disposable cleaning wipes and paper towels, which will save them money. Ward also suggests using washable microfiber cloths.

Comprehensive checklist

Furthermore, the book devotes chapters to cleaning every room of the house.

Since the book can be read by kids ages 10 and older, it is easy for parents to have their child read the book, which gives instructions in numeric order for cleaning each room.

At the end of each chapter is a chart that the parent can check off to ensure that every part of the room is clean and can assign a letter grade to their child’s work.

At the top of the chart is an area where the parent can let their child know how much they earned for their chore.

Included in the book are daily, weekly, and monthly chore charts for kids of different age groups. Ward also lets the parents know where they can find these chore charts online to download and print out for themselves.

Ward devotes chapters to teaching children to make a bed, do the laundry, clean up a spill on the carpet, put sports equipment away in a closet or basement, and wash dishes by hand to avoid the expense of using a dishwasher. She even instructs kids on how to clean up a pet’s area, like a

fish tank, gerbil cage, or cat litter.

At the end of the book is a list of games that parents can play with their kids to help them complete their chores. For example, Ward explains one game where parents place treats or small toys in plastic bags in their child’s room. Then the parent tells his child that he has hidden four secret “treasures” in his room and that he must clean his room to find them. After the child shows their parents the plastic bags he has found, the parent inspects the room, and if it is clean, rewards their kid with treasures.

Ward, however, makes clear that cleaning isn’t really about games and treats. She mentions that the first thing a new Navy Seal is taught is how to make his bed correctly and first thing in the morning. After describing this customary habit to her readers, she adds, “Teaching yourself to do one thing right every day, leads to doing another thing right, and the list just keeps on growing.”

Allison Plitt lives in Queens with her daughter.



(Left to right) View of Philadelphia from the battleship USS New Jersey. Shelby and Claire visit the Liberty Bell. The corridor at Eastern State Penitentiary.

Mighty Penn

Fun, food, and history in Philadelphia and Gettysburg

BY JIM GRAVES

There are many outstanding, nearby family vacation destinations for New York families. I recently went with my wife and daughters (ages 10 and 11) to two of them in Pennsylvania: Philadelphia and Gettysburg. Below are some highlights from our trip, which included historical attractions, fun, food, and sometimes, historical food:

Philadelphia Attractions

Two of Philadelphia's most famous attractions are Independence Hall and the Liberty Bell. Independence Hall was where the Declaration of Independence and the Constitution were signed; the Liberty Bell is an iconic symbol of American freedom. Reserve your tickets for Independence Hall online if you're going March through December. Take advantage of the free films in the Independence Visitor Center, where you get your tickets.

Independence Hall, www.nps.gov/inde/planyourvisit/independencehall.htm

Liberty Bell, www.nps.gov/inde/planyourvisit/libertybellcenter.htm

Eastern State Penitentiary is a fabulous

Philadelphia attraction. It housed inmates from 1829 to 1971; its most famous included Al Capone and Willie Sutton. Using a headset and audio tour, you have the opportunity to tour old cells, long corridors, the exercise yard, and many other aspects of the prison — including a Jewish synagogue. Listen to audio tales from former prison inmates and staff. There are many interesting exhibits about prison life and events, such as the entrance to a 97-foot tunnel dug by inmates in a 1945 escape attempt.

Several blocks away from the Penitentiary is the Philadelphia Museum of Art, an iconic building offering world class art, including an impressive Impressionist collection featuring the work of such greats as Claude Monet. Check their online calendar for special exhibitions. They have an extensive permanent collection; we enjoyed the medieval armor, Japanese tea house, and works from East Asia, and the Byzantine Empire. Go on the first Sunday of the month or on a Wednesday evening and “pay what you wish.” (Kids ages 12 and younger enjoy free admission.) They also have a café. Go early and avoid the crowds; start at the top floor and work your way down. And, when you're done, run up the famous “Rocky Steps” and enjoy a great view of the city.

In the historic end of town, visit the Betsy Ross House and learn about the life of the woman credited with sewing the first American flag. Betsy was widowed twice by age 30, and worked as an upholsterer and was involved in the Revolutionary War. You can take an audio tour while viewing exhibits throughout the house; at the end of the tour, meet a Betsy Ross living history character who demonstrates to children how to make five-pointed flag stars by folding the fabric and cutting it with fabric shears. In the bottom floor of the house, there is a hands-on exhibit with objects kids can handle; we also enjoyed the House's gift shop. There is a concession stand in the courtyard; stay and enjoy lunch afterward.

Eastern State Penitentiary, www.eastern-state.org

Philadelphia Museum of Art, www.philamuseum.org

Betsy Ross House, historicphiladelphia.org/betsy-ross-house/what-to-see

Across the Delaware River in Camden, N.J., is Battleship New Jersey. Whether you're interested in U.S. Naval history or your kids need a neat place to climb around in, this is a great attraction. This ship saw combat in World War II, and



Gettysburg memorial.

was once the flagship of Admiral William Halsey. It was re-commissioned multiple times in the following decades, and was finally retired in 1991. You follow a tour route throughout the ship — lots of steep stairways and low ceilings — and see the big guns, living quarters, barber shop, laundry, navigation area, missiles, galley, and much more. From the ship's deck, you can enjoy great views of the Delaware River and Philadelphia.

Battleship New Jersey, www.battleship-newjersey.org

Lodging

We stayed three nights at The Windsor Suites, a perfect choice for families in the downtown area. We had a large, one-bedroom suite, with two double beds and a queen-sized sofa bed in the living room. It also had a large walk-in closet, fully-equipped kitchenette and a balcony with a nice view of the city. It is centrally located, near many attractions, such as the magnificent Cathedral Basilica of Saints Peter and Paul and the Philadelphia Art Museum.

The Windsor Suites, www.thewindsorsuites.com

Dining

Across the street from Eastern State Penitentiary is Jack's Firehouse, an excellent restaurant housed in a 19th century fire station. The restaurant is open for lunch and dinner; we went for the weekend brunch. The décor is fantastic with its high ceilings, old wood, and even a brass fireman's pole. Sit indoors or outdoors. It has a unique variety of Southern food. They have some great soups, such as black-eyed peas and ham, and other crowd-pleasers such as the Philly cheesesteak, pulled pork sandwich, burgers and homemade fries, spinach salad with grilled shrimp, and crab cakes.

They have a great selection of beers; their Bloody Mary is highly rated. Save room for dessert; we had warm chocolate chip cookies and butter cake.

At Reading Terminal Market, a busy shopping area in the heart of the city, we tried Maggiano's Little Italy. This is the place to go for Italian pizzas and pastas and an assortment of specialty dishes and appetizers. You can't go wrong with their lasagna, flatbread, or ravioli. Other good options include their chopped salad

and filet mignon medallions with creamy mashed potatoes. They also have a full bar and terrific desserts. Maggiano's Little Italy has generous portions, and it's very kid-friendly.

When you're visiting Independence Hall, stop by the Red Owl Tavern in Center City for a meal. It's directly across from Independence Hall and the Liberty Bell, and has outstanding food for the whole family. We stopped by for brunch, which included waffles, pastries, French toast with apple cranberry compote and streusel, quiche, fruit, egg dishes and some great juices. We also sampled some lunch items; try the Philly cheesesteak or the tavern burger. They make their own breakfast pastries and bread on-site.

For ice cream, make a stop at The Franklin Fountain at the end of Market Street in the historic section of town. This is the place for homemade ice cream as well as sundaes, shakes, banana splits, and floats. They offer many flavors and generous portions. It has an old-fashioned feel with friendly, young servers. It's well known in the community, and the lines are long. (The

Continued on following page

Franklin Fountain only accepts cash.)

The City Tavern Restaurant takes you back to colonial times with food and ambiance that our founding fathers would have enjoyed in the 18th century. It is the brainchild of chef Walter Staib, the host of the Emmy Award-winning show “A Taste of History” and a cookbook author. City Tavern features colonial-style furnishings, pewter goblets, live harp music, and costumed servers. You can enjoy period breads and pastries, crab cakes, corn chowder, and pepperpot soup, turkey pot pie, or lobster pie. There is also a kids’ menu.

If you want to try libations like those our founding fathers savored, order an “ales of the Revolution” sampler. Save room for desserts such as a fruit cobbler or Martha Washington’s chocolate mousse cake.

We also dined at the Iron Hill Brewery & Restaurant, which has locations throughout Philadelphia and the surrounding states. We went to the Maple Shade, N.J. location after visiting Battleship New Jersey. This is the place to go for pizza, burgers, steaks, soups, sandwiches, salads, and fish and chips. They brew their own beer, so they have many craft beers on tap. (Try the sampler.) They also have a kids’ menu, and some outstanding desserts — try the Triple Chocolate Hill.

Jack’s Firehouse, www.jacksfirehouse.com/default.aspx

Maggiano’s Little Italy, www.maggianos.com

Red Owl Tavern in Center City, www.redowltavern.com

The Franklin Fountain, www.franklinfountain.com

City Tavern Restaurant, www.citytavern.com

Iron Hill Brewery & Restaurant, www.ironhillbrewery.com

Gettysburg

Gettysburg has something for everyone. If you love history, read up on the battle, so when you arrive, every field, ridge, hill, cluster of rocks, clump of trees and building will have meaning to you. Or, if you’re there for beautiful scenery and great restaurants, there’s plenty of both. My children enjoyed the simple pleasure of climbing on the large rocks of Devil’s Den, one of the many interesting features of the battlefield.

Attractions

The place to start is the National Park Service Museum and Visitor Center. It features innumerable displays and historic items telling the story of the battle and life during the Civil War. Highlights include the film “A New Birth of Freedom,” narrated by



Gettysburg battlefield.

actor Morgan Freeman, and the restored Gettysburg Cyclorama, which recounts Pickett’s Charge, the climax of the three-day battle.

After spending some time at the center, you can head out to the battlefield, best viewed with the assistance of a licensed battlefield guide. We enjoyed a two-hour tour in which the guide drove our car, stopping along the way at significant points. He had the ability to quickly show me elements of the battlefield I had read about, which I subsequently went back and toured on my own afterward. There are many monuments to soldiers and old cannons throughout the site, along with magnificent scenery which made for some great photographs.

Destination Gettysburg (www.destinationgettysburg.com) is a great resource when you’re planning a trip, including dining and lodging options.

National Park Service Museum and Visitor Center, www.nps.gov/gett/planyourvisit/visitorcenters.htm

Licensed Gettysburg battlefield guides, www.gettysburgfoundation.org/14/gettysburg-battlefield-tours

Destination Gettysburg, www.destinationgettysburg.com

Lodging

There are many fine hotel choices in and around Gettysburg. We opted for the affordable and family-friendly Wyndham Gettysburg, just off Interstate 15, which runs alongside the town. Our room had two queen beds; other amenities included a large indoor pool, a well-equipped fitness room, and complimentary parking. We opted to have breakfast both mornings at the hotel; all was delicious. Like everything else in and around the town, there was a strong Civil War theme in the hotel décor.

Wyndham Gettysburg, www.wyndhamhotels.com/wyndham/gettysburg-pennsylvania/wyndham-gettysburg/overview

Dining

There is no shortage of terrific restaurants in Gettysburg; we chose to start at the Appalachian Brewing Company, which is located across the parking lot from the Wyndham Gettysburg. It features pub house classics and dishes with a twist: Rockfish tacos, Thai coconut chicken and gumbo, fish and chips, ribs, burgers, sandwiches, soups, and salads. We also sampled their excellent craft beers; each of Appalachian Brewing Company’s six Pennsylvania locations has its own small-batch, craft beer brewery. Appalachian Brewing Company has two Gettysburg locations, the second being on the battlefield, as well as its original location in Harrisburg.

When you’re in downtown historic Gettysburg, try The Pub and Restaurant on Lincoln Square. It’s a great place for a burger or pizza; the soups and salads are fabulous as well. We had good luck with the spinach salad and French onion soup. They also offer a kids’ menu. It has a great location in the center of town.

Definitely make time to visit historic Dobbin House Tavern, a historic 1776 home converted into a restaurant, pub, and bed & breakfast. We enjoyed an upscale dinner in the restaurant; its elegant atmosphere pairs nicely with the menu of deliciously prepared seafood, steak, and poultry dishes. Desserts include homemade pies and cheesecake. Take a tour of the building when you’re done eating, as it was once part of the Underground Railroad, which hid fleeing slaves.

Appalachian Brewing Company, abcbrew.com

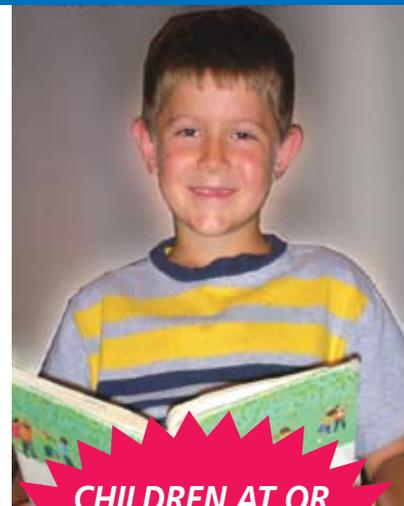
The Pub and Restaurant, the-pub.com/the-pub

Dobbin House Tavern, www.dobbinhouse.com

Philadelphia and Gettysburg are two fabulous attractions for New York families. We hope to be back soon.

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Calendar

OCTOBER



Photo by Richard Termine

Peter and the Wolf and other stories

Hear three stories brought to life through music by the Orchestra of St. Luke's at Carnegie Hall on Oct. 14.

The orchestra returns to the famed concert venue to perform Prokofiev's classic "Peter and the Wolf," read by John Lithgow, and two new compositions: Caroline Shaw's adaptation of

"The Mountain That Loved a Bird" by Alice McLerran, and "The Dot and the Line" by Norton Juster.

Family concert on Oct. 14 at 2 pm. Tickets are \$10 to \$22.

Carnegie Hall's Perelman Stage [154 W. 57th St. at Seventh Avenue in Midtown; (212) 247-7800, <http://carnegiehall.org>]

Submit a listing

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

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

SUN, OCT. 1

IN MANHATTAN

Rise Up Against Addiction 5K 2017:

Pier 84, West 44th Street and 12th Avenue; <https://5knewyork.shatterproofgetinvolved.org>; 8:30 am.

Shatterproof, a national nonprofit dedicated to ending the stigma of addiction, will host a 5K Run/Walk as part of its Rise Up Against Addiction campaign. Participants are invited to run/walk 5 kilometers to show support for anyone who has been touched by addiction and bring the disease of addiction into the light. Guests will have the opportunity to engage in activities geared towards uniting the community.

Yorkville Kids Carnival: Seabury Playground, Lexington Ave. and E. 96th Street; 11 am to 3 pm; Free.

Free food! Free Drinks! Free games! Presented by the Yorkville Youth Athletic Association in celebration of their 50th anniversary of serving the families of New York.

Urban Farm Exploration Day: Randall's Island Park, Randall's Island; www.nycgovparks.org; 11 am to 5 pm; Free.

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

Medieval Festival: Fort Tryon Park (Margaret Corbin Drive and Lawns), Henry Hudson Parkway and W. 190th Street; (212) 795-1388; www.nycgovparks.org; 11:30 am to 6 pm; Free.

The park is transformed into a medieval market town decorated with bright banners and processional flags. Performers, guests, and festival-goers dress in costume. Visitors are greeted by authentic period music, dance, magic, and minstrels, as well as jugglers and jesters. The afternoon is concluded with a thrilling joust between four knights on horseback. Please note: There will be no cash dispensers at the festival. Most areas are wheelchair accessible; however, those with mobility issues may experience difficulty maneuvering on lawn areas.

"The Quest for the Seven Teeth:" Near Belvedere Castle, 79th Street and the



All's fair in Fort Tryon Park

Damsels in distress, knights in shining armor, and jugglers and jesters descend on Fort Tryon Park on Oct. 1 for the Medieval Festival.

Take a trip back in time and experience the excitement of jousting and juggling.

Costumed vendors and characters stroll through the grounds to sell a

wide variety of period items, food, and drink, and artisans will demonstrate their crafts.

Medieval Festival, Oct. 1 from 11:30 am to 6 pm. Admission is free.

Fort Tryon Park [Margaret Corbin Drive between Henry Hudson Parkway and Broadway in Inwood, (212) 795-1388; www.nycgovparks.org].

Transverse; (347) 559-6223; www.AccomplishTheShow.com; Noon; \$65 (one child, one adult).

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

"Swan Lake": Lincoln Center of the Performing Arts, 10 Lincoln Center Plaza; (212) 875-5374; www.lincolncenter.org; 3 pm; Tickets start at \$30.

The stunning romantic ballet is shaped by Tchaikovsky's heartbreakingly beautiful score and the central role of Odette/Odile, an interpretation that is both technically and emotionally demanding.

Vegetable Prints: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; 4:30 pm; Free with general admission.

Inspired by the work of the contemporary textile designer Lotta Jansdotter, young artists will explore the art of printmaking using vegetables! Museum visitors will practice

making repetitive shapes on paper and fabric to create vibrant printed pattern.

TUES, OCT. 3

IN MANHATTAN

Eloise Storytime: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 10 am to 4 pm; Free with museum admission.

Come to the Eloise at the museum corner and listen to the exploits of the Plaza's most famous resident.

WED, OCT. 4

IN MANHATTAN

Palisades in Plaster: Cloisters Lawn at Fort Tryon Park, Margaret Corbin Drive and Fort Tryon Place; (212) 795-1388; RSVP@FortTryonParkTrust.org; www.nycgovparks.org; 10 am to 11:30 am; Free.

Join artist Jenae Schwartz in making rock sculptures inspired by the magnificent formations of the Palisades. Use plaster strips made from mineral gypsum to create your own relief or rock sculpture and add color to tint. Suitable for children ages 5 to 12. Space is limited and RSVP is required.

Calendar

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

Eloise Storytime: 1 pm to 4 pm. New-York Historical Society. See Tuesday, Oct. 3.

THURS, OCT. 5

IN MANHATTAN

New York Comic Con: Javits Center, 655 West 34th St. and 11th Avenue; www.newyorkcomiccon.com/Home; Noon; \$45 per day; per person.

New York Comic Con, the East Coast's biggest and most exciting popular culture convention, is back. The show will feature events, panels, screenings and more at the Javits Center, Madison Square Garden, the Hammerstein Ballroom and other spaces across New York City. Throughout the convention fans can expect programming from AMC's "The Walking Dead," Universal's "Pacific Rim: Uprising" featuring John Boyega and Scott Eastwood, "Marvel's Agents of S.H.I.E.L.D.," and more. Fans will also have a chance to interact with some of the biggest names in entertainment including William Shatner, Mark Hamill, Felicity Jones, and more Keanu Reeves, John Krasinski, Rosario Dawson, and more!

Eloise Storytime: 1 pm to 4 pm. New-York Historical Society. See Tuesday, Oct. 3.

In the studio: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; 2 pm to 6 pm; Free with general admission.

Lisa Marie Ludwig is a New York-based artist who creates installations that encourage collaboration with the community. Lisa will work on site with families.

Sukkah Decorating Party: 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 3:30 pm; \$18.

Learn about the joyous festival of Sukkot as you help to bring the 92nd Street Y's rooftop sukkah to life. Create colorful craft projects, sing, and celebrate with family and friends.

FRI, OCT. 6

IN MANHATTAN

New York Comic Con: Noon. Javits Center. See Thursday, Oct. 5.

Eloise Storytime: 1 pm to 4 pm. New-York Historical Society. See Tuesday, Oct. 3.

SAT, OCT. 7

IN MANHATTAN

Story Pirates: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am and 2 pm; \$17 (\$14 members).

Using stories submitted by children, the Story Pirates create outlandishly funny sketches and mini-musicals that leave kids and their parents howling in the aisles. Whether it's following the adventures of a superhero baby, or reminiscing about dispos-



Halloween murder mystery

It's tricks, treats, and mystery at the Halloween Murder Mystery whodunnit at the Mount Vernon Hotel Museum and Garden on Oct. 21, 27, 28.

In this fictional mystery game, loosely based on an historic newspaper account, an unidentified skeleton has been discovered at the Mount Vernon Hotel. Families will explore the museum by candlelight and collect clues to unravel the mystery and solve the

case. Appropriate for adults and families with children 10 and older.

Halloween Murder Mystery, Oct. 21, 27, 28 at 6:15 pm and 7:30 pm. Tickets \$25, \$15 for children under 12 and museum members. Reservations required.

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

able rain ponchos at a baseball game, the songs and stories explode with the creative energy that only a child could possess.

The Happy Racers: Lincoln Center of the Performing Arts, 10 Lincoln Center Plaza; (212) 875-5374; www.lincolncenter.org; 11 am; Free.

Live onstage is where the real fun happens for this fast-moving, adventurous band that will get your kids dancing to every groove and singing along to every catchy lyric. For children ages 2-5. Seating is available on a first-come, first-served basis.

Urban Farm Exploration Day: 11 am to 5 pm. Randall's Island Park. See Sunday, Oct. 1.

Little Red Lighthouse Festival: Little Red Lighthouse at Fort Washington Park, W. 181st Street and Plaza Lafayette; 311; www.nycgovparks.org; Noon to 4 pm; Free.

Celebrate Manhattan's only remaining lighthouse with Urban Park Ranger educational presentations, visits to the lighthouse interior, readings of eponymous children's book, fishing clinics, live music, food vendors, and fun family activities!

New York Comic Con: Noon. Javits Center. See Thursday, Oct. 5.

Watson Adventures' Secrets of Central Park Family Scavenger Hunt: Central Park, Fifth Avenue and 64th Street, (877) 946-4868; (877-9GO-HUNT); rsvp@watsonadventures.com; www.watsonadventures.com/public/event/the-secrets-of-central-park-family-scamper-hunt; 10:30 am; \$17.50-\$21.50.

Kids and adults work together to explore the park below 72nd Street. To score points, you'll have to find Stuart Little, stick your tongue out at a rude animal, learn the motto of a hidden eagle, decipher a secret code by the pond seen in "Home Alone 2," find a witch turned to stone, and more. For ages 7 and up. Kids must be accompanied by an adult. Advance purchase is required.

FURTHER AFIELD

SUN, OCT. 8

IN MANHATTAN

Urban Farm Exploration Day: 11 am to 5 pm. Randall's Island Park. See Sunday, Oct. 1.

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

Indigenous Peoples Celebration:

Randall's Island Park, Randall's Island; www.nycgovparks.org; 11 am to 5 pm; Free.

Pow wows and festival.

New York Comic Con: Noon. Javits Center. See Thursday, Oct. 5.

MON, OCT. 9

IN MANHATTAN

Indigenous Peoples Celebration: 11 am to 5 pm. Randall's Island Park. See Sunday, Oct. 8.

THURS, OCT. 12

IN MANHATTAN

In the studio: 2 pm to 6 pm. Children's Museum of the Arts. See Thursday, Oct. 5.

FRI, OCT. 13

IN MANHATTAN

Thalia Kids' Book Club: Leonard Nimoy Thalia, 2537 Broadway at W. 94th Street; (212) 316-4962; www.symphonyspace.org; 6 pm; \$17 (\$14 members).

Join the winner of the National Book Award for Young People's Literature, Sherman Alexie, to celebrate the 10th anniversary of his iconic young adult novel "Sherman Alexie: The Absolutely True Diary of a Part-Time Indian." Ages 12 and up.

"Beauty and the Beast:" Highbridge Recreation Center, 2301 Amsterdam Ave. at W. 173rd Street; (212) 927-2012; www.nycgovparks.org; 6:30 pm to 9:30 pm; Free.

In this modern retelling of a Disney classic, a bright, beautiful, and independent young woman named Belle is taken prisoner by a beast in his castle. Despite her fears, she befriends the castle's enchanted staff and learns to look beyond the Beast's hideous exterior and realize the kind heart and soul of the true Prince within. Bring a blanket to sit on, there will be a limited supply of chairs available. Bottled water is OK, but no glass. Space is available on a first-come, first-served basis.

SAT, OCT. 14

IN MANHATTAN

Shababa Saturdays: 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am; Free.

A playful and soulful Shabbat experience for the whole family, filled with music, puppets, art and creative prayer. No experience celebrating Shabbat necessary!

The Moonlights: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$17 (\$14 members).

Songwriters and family music luminaries, Rachel Loshak (who has performed and

Magic tales

It's a day of wizards, witches, warriors and fun at a book signing at the Thalia Kids' Book Club on Oct. 15.

Cressida Cowell, the author of "How to Train Your Dragon," presents her enchanting new novel, an exciting adventure filled with giants, witches, wizards, warriors, and the mysterious wildwoods.

Cowell will be joined by author Claire Legrand ("Foxheart") for an afternoon of conversation, art, fun activities, and a reading from "The Wizards of Once!" Appropriate for children 8 to 12-years-old.

Cressida Cowell at the Thalia Kids' Book Club, Oct. 15 at 12 pm; Admission \$17, \$14 for members.

Leonard Nimoy Thalia [2537 Broadway at W. 94th Street on the Upper West Side; (212) 316-4962; www.symphonyspace.org]



collaborated on projects with Norah Jones, Moby, and Natalie Merchant) and Grammy-winning producer and Dog on Fleas performer Dean Jones perform their sophisticated and spare musical arrangements. Using guitars, marimba, English horn, recorders, organ pipes, strings, mbira, trombone, French horn, and bass, layers of beautiful voicings bring close the messages of each of their songs.

Urban Farm Exploration Day: 11 am to 5 pm. Randall's Island Park. See Sunday, Oct. 1.

"Peter and the Wolf and Other Stories": Carnegie Hall's Perelman Stage, 154 W. 57th St. at Seventh Avenue; (212) 247-7800; carnegiehall.org; 2 pm; \$10 to \$22.

Orchestra of St. Luke's returns to Carnegie Hall and performs three stories that are brought to life through music. Prokofiev's classic "Peter and the Wolf" and two new compositions: Caroline Shaw's adaptation of "The Mountain That Loved a Bird" by Alice McLerran, and "The Dot and the Line" by Norton Juster.

SUN, OCT. 15

IN MANHATTAN

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

Join the musical group Yellow Sneaker and their puppet pals for entertaining programs that nurture family bonds and bridge connections to Jewish life and traditions.

Harvest Festival: Fields 62-63 at Randall's Island Park, Randall's Island Park; 311; www.nycgovparks.org; Noon to 4 pm; Free.

Each fall, Randall's Island Park Alliance's annual Harvest Festival celebrates the bounty of the earth and the completion of another fruitful season at the Urban Farm. Enjoy live music, face painting, self-guided tours of the Urban Farm, and more fun fall activities!

Thalia Kids' Book Club: Leonard Nimoy Thalia, 2537 Broadway at W. 94th Street; (212) 316-4962; www.symphonyspace.org; 1 pm; \$17 (\$14 members).

The author of "How to Train Your Dragon" presents her enchanting new novel, an exciting adventure filled with giants, witches, wizards, warriors, and the mysterious wildwoods. Cressida Cowell will be joined by author Claire Legrand ("Foxheart") for an afternoon of conversation, art, fun activities, and a reading from "The Wizards of Once." For children 8 to 12 years of age.

TUES, OCT. 17

IN MANHATTAN

Family Party: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; 1familyparty@amnh.org; www.amnh.org; 5 pm; Individual tickets are \$85 for children and \$175 for adults.

One of the museum's best-loved traditions — features educational activities and entertainment for children ages 2-12. Go on an expedition of scientific discovery and join museum curators and other members of the community in discovering the wonders of the

Calendar

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

natural world. Highlights include the Museum Science Center, the Tiffany & Co. Gem Dig, the Cricket Cantina, and lots more!

THURS, OCT. 19

IN MANHATTAN

Storytime: Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; www.mjhnyc.org; 3:30 pm; Free with museum admission.

Our storyteller, Shawn, starts this season with new stories and songs to share. Feel free to bring friends and come make new ones. We look forward to welcoming everyone. Drop-in.

FRI, OCT. 20

IN MANHATTAN

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

Get ready 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, jumping and celebrating as a community!

In the studio: 2 pm to 6 pm. Children's Museum of the Arts. See Thursday, Oct. 5.

SAT, OCT. 21

IN MANHATTAN

Shababa Saturdays: 10:30 am. 92Y. See Saturday, Oct. 14.

The Celebration Team!: Peter Jay Sharp Theatre, 155 W. 65th St. at West End Avenue; (212) 864-5400; www.symphonyspace.org; 2 pm; \$17 (\$14 members).

See the magic and spectacle of more 100 children dancing their hearts out, in one of the highest energy performances you will ever witness! National Dance Institute's Celebration Team will perform excerpts from their 2017 Event of the Year, "Harlem Night Song," directed by Bianca Johnson. The Celebration Team dancers are kids ages 9 to 15, drawn from schools throughout the metro area.

Meet the artist: Field 62-63 at Randall's Island Park, Randall's Island Park; 311; www.nycgovparks.org; 2 pm to 3 pm; Free.

Join Randall's Island Park Alliance's selected 2017 FLOW artist Rose DeSiano to take some photographs of your own! We'll learn about this year's FLOW art pieces, discuss some of Randall's Island's history, and talk about photographic composition and story-telling. Bring your camera or camera phone (RIPA will also offer a few instant film cameras to borrow for the event) and spend the afternoon capturing images that you can take home with you.



Jewish family traditions

It's fun for the whole family at New Families, New Traditions at the Museum of Jewish Heritage on Oct. 15.

Join the musical group Yellow Sneaker and its puppet pals for entertaining programs that nurture family bonds and bridge connections to Jew-

ish life and traditions.

New Families, New Traditions, Oct. 15 at 10:30 am. Free with museum admission.

Museum of Jewish Heritage [36 Battery Pl. at First Place in Battery Park, (646) 437-4202; www.mjhnyc.org].

Halloween Murder Mystery: Mount Vernon Hotel Museum and Garden, 421 E. 61st Street between First and York avenues; (212) 838-6878; www.mvhm.org; 6:15 pm and 7:30 pm; \$25 (\$15 children under 12 and museum members).

In this fictional mystery game, loosely based on an historic newspaper account, an unidentified skeleton has been discovered at the Mount Vernon Hotel. Explore the museum by candlelight, and collect clues to unravel the mystery and solve the case. Appropriate for adults and families with children 10 and over. Reservations required.

FRI, OCT. 27

IN MANHATTAN

Shababa Fridays: 9:30 am to 10 am and 10:45 am to 11:30 am. 92Y. See Friday, Oct. 20.

Halloween Murder Mystery: 6:15 pm and 7:30 pm. Mt. Vernon Hotel Museum and Garden. See Saturday, Oct. 21.

SAT, OCT. 28

IN MANHATTAN

Shababa Saturdays: 10:30 am. 92Y. See Saturday, Oct. 14.

Joanie Leeds and the Nightlights:

Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$17 (\$14 members).

At this special Halloween Hootenanny, Joanie and harmony-driven trio will perform in costume, singing "Confusing Costume" and other hits, plus new songs from the latest album "Brooklyn Baby." Fans are invited to come in costume for a chance to win a copy of the CD.

Halloween Festival: Harlem Grown, 118 W. 134th St. and Malcolm X Boulevard; (212) 870-0113; www.nycgovparks.org; 11 am to 2 pm; Free.

This is an end of year celebration and the funnest day of the year! We end our season with a bang, and our community comes out in their best costumes! There will be family friend fun, games, and healthy treats!

LC Trick or Treat: Lincoln Center of the Performing Arts, 10 Lincoln Center Plaza; (212) 875-5374; www.lincolncenter.org; 11 am to 2 pm; Free.

Our fabulous Halloween celebration returns for a fun-filled day of costumes, candy, spooky stories, and seasonal fun.

The Thunder and Sunshine Monster Mash: Joe's Pub, 425 Lafayette Street; (212) 539-8778; www.joespub.com; Noon; \$12

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

(\$8 children 12 and younger.

Families are invited to join the band for a spooktacular, rockin' "Monster Mash" Halloween show. There are plenty of treats in store for this concert, with puppets, prizes, and spooky surprises galore. Kids are encouraged to come in costume, and they'll be invited to jump onstage for a special "Monster Mash" dance party at the end of the show.

Laurie Berkner Monster Boogie Halloween Concert: New York Society for Ethical Culture, 2 W. 64th St. (877) 987-6487; www.laurieberkner.com; 3 pm; \$39.

Laurie Berkner's Band is going to boogie in full Halloween mode, at this concert featuring songs for the Halloween season, including "Monster Boogie" and "The Cat Came Back." Everyone is encouraged to come in costume, ready to dance.

Halloween Murder Mystery: 6:15 pm and 7:30 pm. Mt. Vernon Hotel Museum and Garden. See Saturday, Oct. 21.

FURTHER AFIELD

Nostalgia Ride: Green-Wood Cemetery, Fifth Avenue and 25th Street, Brooklyn; (718) 210-3080; www.green-wood.com; 4 pm; \$50 (\$25 child; \$35, and \$20 museum members).

Take a trip into the past on our BMT Standards and D-Type cars for an evening ride to explore Brooklyn's Green-Wood Cemetery. During a three-hour layover, enjoy a picnic dinner and take a guided tour to learn the fascinating stories of Green-Wood's permanent residents, including baseball legends, politicians, artists, entertainers, inventors, and Civil War generals.

SUN, OCT. 29

IN MANHATTAN

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

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. Suitable for children ages 9 to 18.

Haunted Halloween party: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3 pm to 5 pm; \$12 (\$10 members).

Join us for our annual Hallowe'en extravaganza to experience the spookier side of the DiMenna Children's History Museum! Kids and their families summon the spirits of the past through historical fortune-telling, ghost stories, creepy crafts, and, of course, candy! Please note: This event takes place at DiMenna Children's History Museum on the lower level of the New-York Historical



Marc Geresh

Harvest time fun for all

They have planted, they have weeded, and they have nurtured — now it is time to reap the harvest at the Randall's Island Harvest Festival on Oct. 15.

Each fall, Randall's Island Park Alliance hosts its annual Harvest Festival that celebrates the bounty of the earth and the completion of another fruitful season at the Urban Farm. Families are invited to enjoy live music, face painting, self-guided tours of the Urban

Farm, and more fun fall activities!

Additionally, join in for the Randall's Island Chef Showdown! Local chefs will use ingredients from the farm to create healthy and delicious food in the Urban Farm Kitchen.

Harvest Festival, Oct. 15 from noon to 4 pm. Free and suitable for all ages.

Randall's Island Urban Farm (Wards Meadow Loop off Hell Gate Circle on Randall's Island, randallsisland.org/visit/urban-farm/).

Society. The DiMenna Children's History Museum will close to the public at 2 pm and will reopen at 3 pm for party ticket holders only. Haunted Hallowe'en Party tickets grant ticketholders access to the party itself only; families who wish to visit the rest of the museum must purchase separate general admission tickets.

TUES, OCT. 31

IN MANHATTAN

Spooky City – Halloween Party: Museum of the City of New York, 1220 Fifth Ave. between 103rd and 104th streets; (212) 534-1672; www.mcny.org; 2 pm to 5 pm; Free with museum admission.

Come for the treats, stay for the tricks! Wear your costume or make a mask with us to join in the celebration. "Trick or treat" on our haunted scavenger hunt to find spooky tales throughout the museum. Decorate a pumpkin to take home with you, along with other original New York City treats. Family programs are aimed at children ages 6-12 and are designed for adults and children to

complete the activities together.

Trick or Treat: Tramway Plaza, 59th Street and Second Avenue; 3 pm; Free.

Trick-or-treat New York City-style by swinging by East Midtown's Tramway Plaza for spooky photo shoots, face painting and treat bags. Afterward, go on a hunt for treats at participating businesses in the neighborhood. All ages.

LONG-RUNNING

IN MANHATTAN

Drones – Is the Sky the Limit?: Intrepid Sea, Air & Space Museum, Pier 86 (46th Street and 12th Avenue); www.intrepidmuseum.org; 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 and retired and active military members).

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, fash-

Calendar

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ion, and art.

"The Very Hungry Caterpillar Show:"

DR2 Theater (Union Square), 103 E. 15th St.; (800) 982-2787; Thursdays, 10 am; Fridays, 10 am and noon; Saturdays, 10 am, noon, 2 pm and 4 pm; Sundays, 10 am, noon, and 2 pm; \$25-\$100.

The production features 75 puppets, adapting four of Eric Carle's stories — "Brown Bear, Brown Bear," "10 Little Rubber Ducks," "The Very Lonely Firefly," and "the Very Hungry Caterpillar." For all ages.

Seaport Exhibit: South Street Seaport Museum, 12 Fulton St. (212) 748-8600; www.southstreetseaportmuseum.org; Wednesdays – Sundays, 11 am–5 pm, until Sun, Jan. 7, 2018; \$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.

Community Rowing: Pier 40, Houston Street and the Hudson River Greenway; (212) 229-2059; www.nycgovparks.org; Tuesdays, 5:30 pm, Sundays, Noon to 6 pm, until Sun, Nov. 12; Free.

Join the Village Community Boathouse for Community Rowing in traditional Whitehall gigs, captained by experienced New York Harbor coxswains. Open to all; no experience or reservations necessary, and lifejackets will be provided. Children (under 18) must be accompanied by a parent. For every rower under 12 one parent or adult guardian must be present. All participants must sign a liability waiver.

In the Studio with Ezra Wube: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; www.cmany.org; Sunday, Oct. 1, Noon to 5 pm; Saturday, Oct. 7, Noon to 5pm; Sunday, Oct. 8, Noon to 5pm; Saturday, Oct. 14, Noon to 5pm; Sunday, Oct. 15, Noon to 5 pm; Saturday, Oct. 21, Noon to 5 pm; Sunday, Oct. 22, Noon to 5 pm; \$12.

Ezra Wube is a Brooklyn-based artist, originally from Addis Ababa, Ethiopia, who works in mixed media; encompassing drawing, painting, installation, performance, photography and animation. Wube will explore a new direction, color mythology, which is the study of the psyche of colors. Collectively over time, the painting and animation will illustrate a map of ideas and reflections about color. In this interactive stop-motion animation painting, Wube will continue to evolve the painting by focusing on one color every two weeks.

Youth Wheelchair Basketball: Gertrude Ederle Recreation Center, 232 W. 60th St.; (212) 360-3341; www.nycgovparks.org; Sundays, 1 pm to 3 pm, until Sat, Dec. 16; Free with Recreation membership.



Party with some monsters

Witches, and gourds, and monsters — oh, my!

You are invited to stomp at Joe's Pub when Thunder and Sunshine put on a Monster Mash on Oct. 28.

Families are invited to join the band for a spooktacular, rockin' "Monster Mash" Halloween show. There are plenty of treats in store for this concert, with puppets, prizes, and spooky surprises galore.

Halloween songs include the super funky giant grasshopper hit, "Mister Grasshopper," and a riotous rap titled "The Monster in the Closet," along with such perennial picks for the

Halloween season as "The Monster Mash" and "Ghostbusters."

Kids are encouraged to come in costume, and they'll be invited to jump onstage for a special "Monster Mash" dance party at the end of the show.

Thunder and Sunshine put on a Monster Mash, Oct. 28, beginning at noon. Tickets are \$12 adults, and \$8 children 12 and younger.

Reservations are strongly suggested.

Joe's Pub [425 Lafayette St. at E. Fifth Street in the East Village, (212) 539-8778; www.joespub.com].

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

Pre-school play: Wagner Park, 20 Battery Place; (212) 267-9700; www.google.com/search?client=safari&rls=en&q=battery-park-city+-wagner-park&ie=UTF-8&oe=UTF-8; Mondays, Tuesdays, Thursdays and Fridays, 10 am to noon, Mon, Oct. 2 – Tues, Oct. 31;

Free.

Play is the cornerstone of early childhood development. Meet other toddlers, parents, and caregivers for interactive play on a grassy lawn. Sing and hear stories, too! Carefully selected play equipment and toys are provided — plus water play!

Believe, Breathe, Birth: Citibabes 52 Mercer St. between Grand and Broome streets; (917) 576-1624; [44 MANHATTAN FAMILY • October 2017](http://www.birthy-</p></div><div data-bbox=)

Calendar

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

ourownway.com/blog/breastfeeding-schmooze; Mondays, 11 am, until Mon, Dec. 4; Free.

This support group provides mothers with an opportunity to sit and nurse their babies, hang with other moms, ask questions, and get some answers in a non judgmental environment. Led by Birth Your Own Way Doula and Lactation services. This program is for women only. Pregnant women are encouraged to come. Led by Liza Maltz, a birth and postpartum doula, and certified in hynobirthing.

Discovery room: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; www.amnh.org; Mondays – Thursdays, 1:30 pm to 5: 10 pm, Free with museum admission.

Families, and especially children ages 5–12, can 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. Gather around an authentic Kwakiutl totem pole carved at the Museum in 1992. Assemble a life-sized cast skeleton of *Prestosuchus*, a 14-foot long reptile from the late Triassic Period and handle real fossils. Track real-time earthquakes anywhere in the world on a three-drum seismograph and explore the natural world with sophisticated microscopes.

Teen nights: Battery Park, 6 River Terrace; (212) 267-9700; bpcparks.org/whats-here/6-river-terrace; Weekdays, 4 pm, until Fri, Dec. 15; Free.

Drop by for a few hours to meet friends

and make new ones. Play table tennis, foosball, life-size chess, and more! Also introducing special activities, such as trivia, karaoke, and Community Center night. Great place to hang and relax! Check www.bpcparks.org for the latest information. For kids in grades seven to 12.

Little New-Yorkers: New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; nyhistory.org; Tuesdays and Fridays, 3:30 pm, Tues, Oct. 3 – Tues, Oct. 31; Free with museum admission.

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

Here Now: Lincoln Center of the Performing Arts, 10 Lincoln Center Plaza; (212) 875-5374; www.lincolncenter.org; Tuesdays – Thursdays, 7:30 pm, Fridays, 8 pm, Saturdays, 2 pm, Sundays, 3 pm, beginning Tues, Oct. 3; \$30 to \$185.

Reprising last season's Here/Now Festival, this 21st-century program combines breakthrough works and recent premieres. Peck's sneaker ballet, one of the most buzzed-about ballets of 2017, and the latest from Ratmansky, join two Wheeldon works: a contemplative pas de deux evoking an introspective mysticism, and an ensemble work for four couples who wind their way through eerily melodious piano selections, including music made famous by Stanley Kubrick's "Eyes Wide Shut."

Believe, Breathe, Birth: Kids at Work, 123 W. 20th St, between Sixth and Seventh avenues; (917) 576-1624; www.birthyourownway.com/blog/breastfeeding-schmooze; Wednesdays, Noon, until Mon, Dec. 4; Free.

History Detective Briefcase: New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; nyhistory.org; Saturdays and Sundays, 1 pm to 4 pm, Sat, Oct. 7 – Sun, Oct. 29; Free with museum admission.

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

FURTHER AFIELD

Treetop Adventures: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; www.bronxzoo.com; Daily, appointments between 10 am–5 pm; until Sun, Dec. 31; 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. 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.

Boo at the Zoo: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; www.bronxzoo.com; Saturdays and Sundays, Noon to 4 pm, until Sun, Oct. 29; \$36.95 (\$26.95 child; \$31.95 senior - total experience ticket).

The annual tradition has upped its spook factor with a revamped Haunted Forest, complete with lurking, crawling, and flying creepies; a Halloween hayride with scarecrows, snakes, and spikers; and a special Halloween nature hike.

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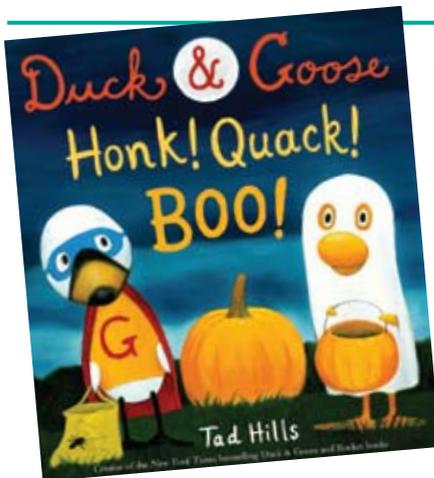
New & Noteworthy

BY LISA J. CURTIS

Gotham masquerade

Crafty kids can show off their hometown pride this Halloween with these New York City Coloring Masks from omy. The masks are cute black line drawings on heavy white paper that kids can color with markers, crayons, colored pencils, and any glitter or other embellishments they dream up. Recommended for kids ages 3 and older, the set of eight masks includes a hamburger and fries; the Empire State Building replete with King Kong; a trio of shopping bags; a hot dog truck; a taxi cab; the Statue of Liberty; a big apple sporting a baseball cap; and a coffee with everything bagel (or, a sprinkle-covered donut — depending on how the child chooses to color it in). The kit contains the masks and elastic bands. Markers, glitter, and other accoutrements are supplied by the parent; creative ideas are generated by your DIY trick-or-treater.

New York City Coloring Masks, set of 8, by omy, \$17, www.us.omy-maison.com.



'Duck' the fear

Open up and say “ahhhhh-dorable!” The latest picture book in Tad Hills’s Duck & Quack series, “Honk! Quack! Boo!” (Schwartz & Wade), tackles the jitters that kids ages 3–7 can develop around Halloween, especially when they are surrounded by masked pals, no matter how small. In their latest tale, Duck and Quack are excited about going trick-or-treating in their ghost and superhero costumes, but after they are warned by Thistle — “Beware the swamp monster!” — they are understandably apprehensive. The Brooklyn author-illustrator’s suspenseful book is so entertaining that you may find yourself buying copies for all the kids you know.

“Duck & Goose: Honk! Quack! Boo!” book by Tad Hills, \$16.99, www.barnesandnoble.com.

'Monster' mash

Readers ages 10 and up who love the idea of vampires, mummies, and all things Halloween will shiver with delight over James Crowley’s latest novel, “Monsterland” (G.P. Putnam’s Sons).

It’s the story of fifth grader Charlie Cooper, who is haunted by dreams of his cousin Billy, who had gone missing the previous year while attempting to swim across a cold river. On All Hallow’s Eve, Charlie thinks he sees his cousin and begins following the caped figure. But he wasn’t trailing Billy disguised as a vampire; he followed an actual vampire, who is revealed to be the Prime Minister of Monsterland, a reservation formed by the government to corral “the strange and unusual, the gruesome, the different, and the feared.” The land is teaming with unruly supernatural residents, and Charlie has to decide whether he’s going to flee or search this valley of creepiness for his dear cousin.

Crowley’s charming characters are a sweet Halloween treat.

“Monsterland” book by James Crowley, \$16.99, www.Amazon.com.



Nail it!

For a Halloween hue that will set a young witch’s heart aflutter, check out Nailmatic Kids’ dusky purple nail polish, “Piglou.”

The new water-and-soap-soluble polish from the Parisian brand gives girls the fun of a manicure without the harsh chemicals.

Nailmatic’s polish maintains its impressive opaque, shimmery sheen when it dries, and it doesn’t contain the usual frightening varnish ingredients such as: organic solvents, phthalates, formaldehyde, toluene, and fragrances. Instead, the .27-ounce glass bottle contains 100 percent light purple, which disappears from your child’s fingers with a bath or handwashing! (For longer wear, we applied a top coat to the Nailmatic Kids polish, but when we were ready to change colors, we had to use a typical polish remover.)

Recommended for gals ages 3 and older, the Nailmatic Kids bottle is adorned with silly and sweet drawings of faces. The polish is a fun stocking stuffer or a fantastic favor idea for a spa-themed birthday party.

Nail polish for children by Nailmatic Kids, \$10, NormanandJules.com.



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