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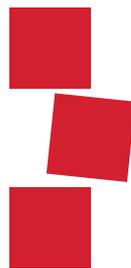
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LETTER FROM THE PUBLISHER



Share your holiday recipes

Share with us your favorite holiday recipe!!

As soon as late October I'm already thinking about the Thanksgiving Day meal. I guess that's what November means to many of us. It also means the days having grown shorter, the school session back in full swing, and the holiday season gearing up toward the new year.

It's a rare family that doesn't love Thanksgiving? It's such a special opportunity to share and enjoy the culinary company and togetherness of friends and family. It's also an opportunity to bring the kids into the kitchen and have the multi-generational reality be instructional to the younger family members.



I myself learned to cook by being in the kitchen with my grandmother, mom and uncles. Yes, there were men in my family who were also cooks. It wasn't just women's turf, and in putting a feast together, and exchanging recipes and styles, all were brought closer.

Next month we're going to do a special focus on sharing food ideas for the holidays and I'm hoping that many of you are going to send us some of your favorite recipes. It can be a main course, a side dish or a dessert. Whatever you feel is special and that kids can learn too! We're going to print our favorites.

The best way to get it to us is to email it to family@nyparenting.com. Please give

us your first name, your borough and your email address so we can contact you in return. There will be prizes for the most popular recipes.

I'm really looking forward to seeing what our readers send as well as trying to make some of them in my own kitchen. Have a Happy Thanksgiving and a safe holiday in every way. Good appetite!

Thanks for reading.

Susan Weiss-Voskidis,
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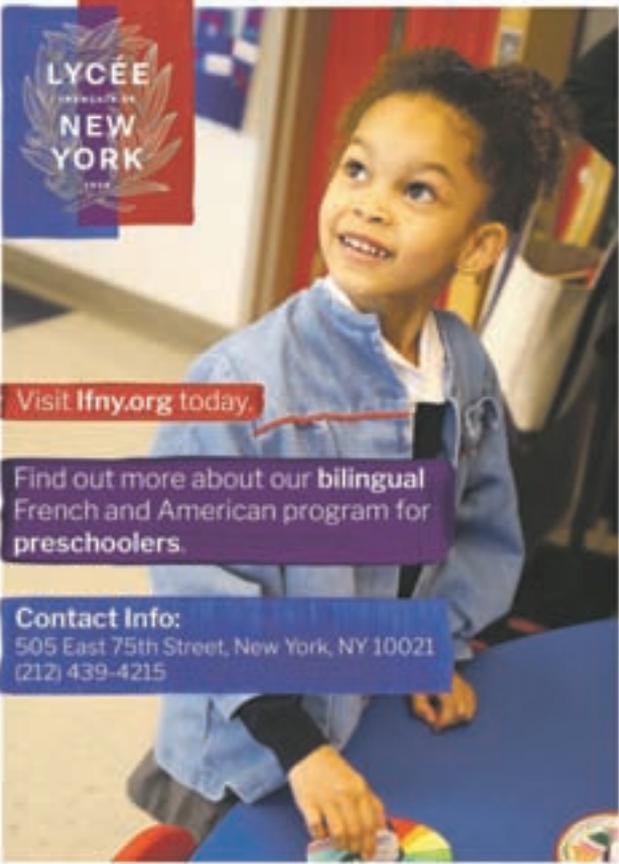
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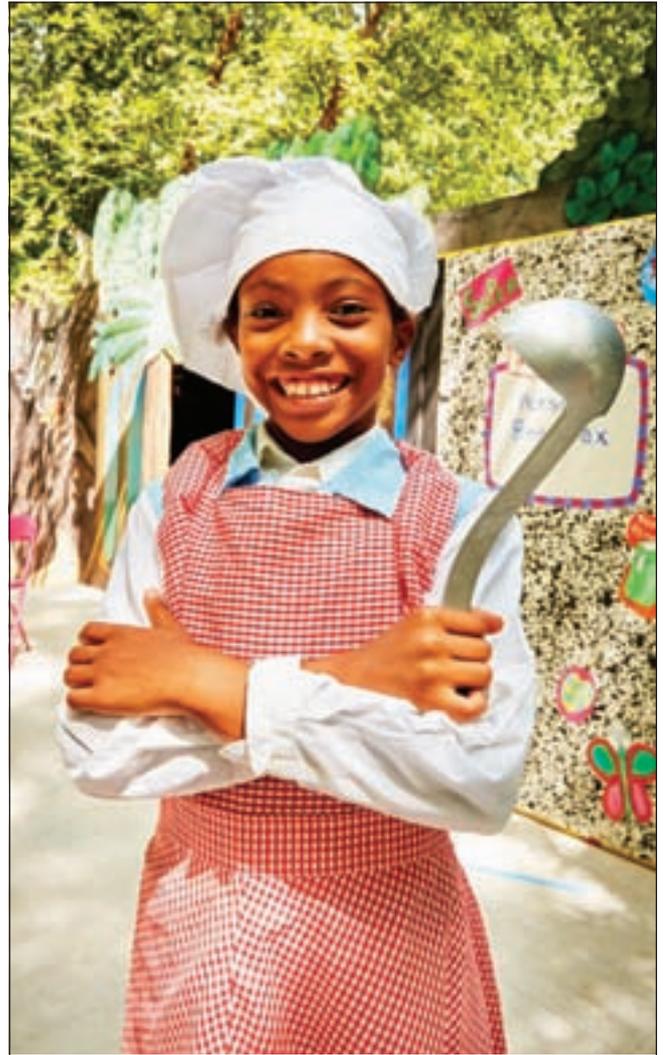


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Reasons to be thankful

For many of us, November ushers in the frenzied start of the holiday season. It's a time of preparation and mass hysteria for so many ... including myself. Just the thought of all the cooking, preparing, shopping, wrapping, and hosting is enough to make me pull the covers over my head and dream of Jan. 2.

Still, Thanksgiving is a good opening act if you ask me (slightly less if you're hosting). It's a time when we gather around the table just to be with the people we love — no presents, no pressure, nothing to do but sit there and enjoy each other's company — and try your best to avoid pulling out your phone, and actually talk.

With all of the horrendous happenings in our world, taking one day to just enjoy each other is a blessing. Most of us, including our children, keep up such a hectic daily pace that the majority of the days can easily become a series of chaotic to-do lists.

Yet the things I am most thankful for are the stark opposite, in fact.

I'm thankful for the times we share our

day over a pizza or talk about our frustration, which then turns into a much-needed release and hopefully a smile. I'm thankful for the days when one of us is struggling and the rest of us come together to help and comfort. Life is filled with challenges, but when you have a loving support system, you can get through it all.

I'm thankful for snuggling up with my loving Lab, Django, on cold nights after busy days. I'm thankful for Saturday afternoons with my parents when they joke and laugh and love my kids. I'm thankful each and every night when we all get home and are together again. I'm thankful for the never ending hearty laughs that make our eyes tear when something unexpectedly happens. Those are the memories we will carry with us.

When you think of what fills your heart, it is never going to be the new phone, jewelry, or car. It's not even going to be the big party or fancy vacation. It's just not.

Our most special moments lie in the common, everyday occurrences.

Jack Pearson on the popular show,



JUST WRITE MOM

DANIELLE SULLIVAN

"This Is Us," played by Milo Ventimiglia, perhaps said it best: "I am thankful for my family. I'm thankful that we're all safe, and there's no one in the world that I'd rather be too hot or too cold with."

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



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Children can show gratitude

As November begins, I always start to think about my early Thanksgivings. Before we could eat, my dad always made a sappy speech about how thankful he was. He would go on and on about us all being together, and healthy, and joined around a full table of food. He then made each person at the table share what they were thankful for. I always giggled at his speeches and rolled my eyes a bit when I had to share, annoyed that I had to wait before I could dig into the mashed potatoes.

As an adult, I look back on those moments, and it warms my heart. What a gift my dad gave me. Talking about the good, pointing out the positive, and occasionally shedding a tear at how good life can be. This is a gift that every child needs and every parent can give — ideally, more than once a year. In order for your children to be grateful, you need to model gratitude.

The exciting news is that gratitude is a behavior! Yup, with just three consistent actions, you can teach your children how to feel grateful.

First, talk about things that you are grateful for every day. Make it part of your casual conversation, just like you would the weather. At least three times a day make a

comment, “Wow, I am so grateful we made it to school on time” or “This picture is amazing. Thank you for showing it to me.”

Second, ask your small ones what they are grateful for just once a day. Make this a habit, and ask them at the same time each day. Perhaps you want to start dinner out with this question or it becomes part of your bedtime routine. Doing it at the same time each day helps you remember to ask the question. If your child does not have an answer (as sometimes they say they don’t), simply wait. Let them know you will wait for them to find their answer, because you know they have one.

Third, when your child acts ungrateful (throws a tantrum because you said “no dessert” or carries on when you won’t buy them a new toy), do not get into a long conversation about how good their life is. In this moment, just listen and restate your decision (i.e. “No dessert tonight”). There is no big conversation to remind them of all the sweets they already ate today. This moment, when they do not see how amazing their life is, you simply listen. No argument, no commentary, no convincing. You know that later that day or the next, you will find out what they are grateful for. You know they are learning the skills to



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& BEYOND**
DR. MARCIE BEIGEL

be thankful. So in this moment of problem behavior, you can be patient. Now, that is something to be grateful for!

Dr. Marcie Beigel is a behavior specialist based in Brooklyn with more than 20 years of experience. Her book “Love Your Classroom Again” was a bestseller, and her new book, “Love Your Family Again,” is available for purchase at Amazon.com on Nov. 15. Visit DrMarcie.com/freegift.



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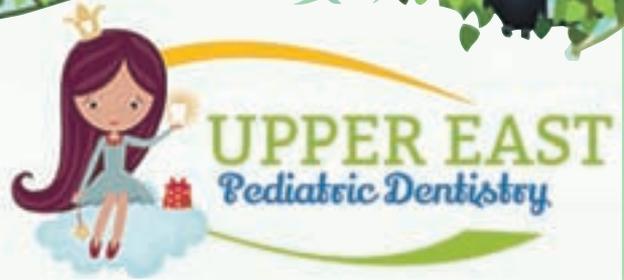
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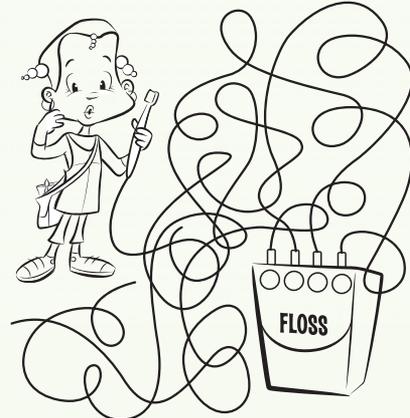
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Feeling grateful

Having a child changes a lot of things, but it doesn't need to change everything.

A picnic in the park might sound like an unpredictable and challenging outing — intimidating enough to keep everyone home. And taking the family on a trip? That can feel more like work than play!

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"Coach Parenting: Raising Teenagers with Advice from Pro Football's Greatest Head Coaches" by Erika Katz is a #Divamomsbookclub must-read book. Did you ever wonder why your teenagers listen to their coaches and not to you? It's because their coaches hold them accountable! Show up on time or get benched! If you want to turn your family into a championship team, take a page out of the playbook of the NFL's greatest head coaches and start parenting like a coach!

Between the constant texting, the crazy sleep habits, the insatiable appetite, and the pushback at every turn, it's easy to wonder how you're going to raise your sons and daughters to be responsible young adults. Grab your clipboard,

because Katz has sought the advice of Super Bowl-winning head coaches John Harbaugh, Tom Coughlin, and Jimmy Johnson, Hall-of-Famers Troy Aikman and Howie Long, and so many more! Katz took their coaching advice and developed a parenting technique that is life-changing for parents of teenagers.

Katz's unprecedented access to these renowned coaches provides parents with a guide to commanding the respect of their home and getting the whole family to work toward common goals! Through entertaining anecdotes and easy-to-follow tips, Coach Parenting gives parents the tools they need to put their teenage sons and daughters on the path to success! Every parent raising a tween today should read this book.

www.amazon.com/Coach-Parenting-Teenagers-Footballs-Greatest/dp/1632991438/ref=asap_bc?ie=UTF8

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I wish everyone a very happy, healthy Thanksgiving filled with lots of #DeLysscious food. If you are cooking, taking your kids to the Macy's Thanksgiving Day Parade, or watching it on TV, make sure to spend quality time with your loved ones.

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

Chocolate-Maple Pecan Tart

For many, the Thanksgiving holiday wouldn't be the same without pecan pie. In this recipe, Martha Stewart adds a delicious twist to the tradition by adding chunks of chocolate to the crust and maple sugar to the filling.

www.marthastewart.com/1133582/chocolate-crusted-pecan-tart

CRUST:

- Five tablespoons unsalted butter, room temperature
- 3 tablespoons granulated sugar
- 2 large eggs, separated
- 1 cup plus 2 tablespoons all-purpose flour

- 1 teaspoon coarse salt
- 3 ounces bittersweet chocolate, finely chopped (1/2 cup)

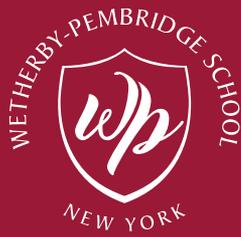
FILLING:

- One-half cup granulated maple sugar
- 1 tablespoon all-purpose flour
- 1/2 teaspoon coarse salt
- 2 large eggs, plus 2 large egg whites (reserved from yolks used in crust)
- 2 tablespoons unsalted butter, melted
- 1/4 cup light corn syrup
- 1 1/2 cups pecan halves, toasted

DIRECTIONS:

1. Crust: Preheat oven to 325 degrees. Combine butter and granulated sugar in a medium bowl. Stir in yolks, then flour

and salt until mixture resembles coarse meal and holds together when pinched. Fold in chocolate. Press evenly into bottom and up sides of a 13-by-4-inch, fluted tart pan with a removable bottom. Refrigerate until firm, about 20 minutes. 2. Bake crust until golden and set, 25 to 30 minutes. Let cool completely on a wire rack. Increase oven heat to 350 degrees. 3. Filling: Whisk together maple sugar, flour, and salt in a medium bowl. Whisk in eggs and whites, butter, and corn syrup until smooth. Place crust on a parchment-lined, rimmed baking sheet. Scatter pecans evenly onto crust. Slowly pour in filling. Bake tart until puffed slightly and set, 25 to 30 minutes. Let cool completely on a wire rack. Remove from pan; serve.



Happy Holidays from Wetherby-Pembridge School

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A helping hand

Online parent training gets A+ for convenience, results

BY MIKE CIVELLO

Ask any parent to name their biggest child-rearing challenge and nine times out of 10, you'll probably get the same answer — managing behavior.

All children have behavior issues — whether it is adhering to morning routines like brushing teeth, getting dressed, and getting out of the house in time for school, or playing cooperatively with their siblings, doing their chores without complaint, or even just sitting quietly in a chair throughout an entire special event. All can be wearing on parents.

Identifying triggers

The behavior challenges for children with special needs like autism can be significantly more difficult for parents and caregivers to manage. Children with developmental disabilities often have trouble navigating the basic mechanics of daily living and can often struggle with even simple social interactions and tasks. Break-downs happen, as they do with any child, but for children with special needs, they likely happen more often or are sparked by a host of unpredictable triggers.

Key, of course, is understanding that children with developmental disabilities rarely act out to simply garner parental attention or as a strategy to secure more video game time. More likely, outbursts are triggered by frustration — the inability to clearly communicate basic needs and desires, or by environmental prompts like moderate to extreme sensitivities to light, sound, or even touch.

Parents and caregivers typically are caught in the crosshairs. Moreover, because an individual child's behavior triggers can be hard to identify and even more complicated to manage (or which require adaptation on the part of a caregiver), successfully navigating these situations can take enormous time, creativity, and patience. And the situations often feel overwhelming.

Training vs. education

Every parent and every caregiver has moments of feeling overwhelmed — and isolation. Parents of children with special needs, in particular, often feel like they



are the only one struggling to bail a sinking ship.

The good news is that training to develop productive strategies does help. A recent study of parents of children with developmental disabilities reports that parents who received training in behavioral intervention techniques saw a 57 percent decline in problem behaviors associated with their special needs child compared to a parent who was simply educated about interventions. Trained parents, the study reported, have more than 20 percent better outcomes in managing their child's behavior than those without training.

The challenge, however, is that training parents of children with disabilities can be very expensive and resources — such as skilled and geographically convenient behavioral therapists — are quite scarce. Support systems do exist, but may not be easy to identify or be readily accessible. Finding a quality behavior therapist for your child can be — and often is — a seemingly insurmountable challenge for many

parents in the US and globally.

Do the numbers

According to the Centers for Disease Control, one in every six children (or nearly 450 million worldwide) is diagnosed with a developmental disability. However, even in the U.S. and in large metropolitan areas like New York City, getting the right support — even when covered by an employer's benefit plan — is a challenge.

With only 18,000 board certified Behavior Analysts worldwide, finding an expert provider to treat your child — not just in smaller, or non-urban locales, but even in New York, the city that never sleeps, the city with everything — is, at best, extremely difficult. Finding someone willing and able to go above and beyond to train you consistently to reinforce and manage behavioral plans in the home is nearly impossible.

Technology matters

Technology — not robots, but videos, chat rooms, online guides, etc. — is step-

ping in to fill the void for millions of parents seeking the tools, resources, and skills to implement basic behavioral intervention therapy and help their children. Technology is addressing the problem of how to serve so many children by too few behavioral experts by making it possible to cost-effectively and cost-efficiently scale parent-training resources and tele-consultative services to parents wherever they live.

Increasingly companies (and their employees) are rethinking the delivery of (and access to) effective behavioral intervention and caregiver-support services and looking to the cloud to turn the behavioral therapy delivery model on its head.

Rather than bemoan the one (therapist) to many (children/families) ratio, employers, educators, and healthcare providers are leveraging technology to deliver support services to enable many (families) to benefit from a single evidence-based resource.

These services can include instructional e-learning videos offering step-by-step training to help parents teach their child the art of daily living and human interaction, develop daily routines like brushing teeth independently, or socialization strategies, like making eye contact when prompted, or develop such long-term life skills as how to help the child prepare for a job interview.

Parents of children with special needs often feel like they are the only one struggling to bail a sinking ship. The good news is that training to develop productive strategies does help.

Companies like Amazon and Pfizer are tapping into low- or no-cost (to employees) third-party services to deliver needed support and training to their employees caring for children with special needs. Altruism aside, employers benefit from improved productivity (reduced stress, greater focus, less absenteeism) and greater employee loyalty. The unspoken understanding is that your best interest is in their best interests.

Stepping forward matters

Human resources and benefits executives, who want to do more to help employees care for their children with disabilities, also understand how crucial this support can be to bolstering employee morale. But to make the cost-benefit case to management, they need to know how many employees are impacted. At issue is that few parents with special needs children are brave enough to step forward. Many fear

stigmatization or lack of employer support that could jeopardize their careers, so most human resources departments have only anecdotal evidence to evaluate.

Managing challenges at home along with the fear that promotions will be held back and projects will be passed on to other colleagues is not a healthy approach to work. And employers may not know the cause, but they do notice when productivity suffers. So step forward. Let them know you (and your unique family) exist. And don't just ask for help. Ask for training.

Mike Civello (mike@rethinkfirst.com) is vice president of employee benefits for Rethink Benefits (www.rethinkbenefits.com), a leading global online solution delivering a comprehensive video-based treatment program, behavior intervention planning tools, training for caregivers, individualized assessments, and online skills-based activities for individuals caring for those with developmental disabilities.



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Why can't my child read?

BY JAN PIERCE

One of the most basic benchmarks in your child's academic development is learning to read. And reading is the skill that opens the doors to all other learning. So what can you do when it becomes apparent that your child is struggling to become a good reader?

read?

How to help overcome the struggle

Never too late

It's never too late to add read-alouds to your daily life. Kids love stories, and there are endless choices for topics. If you've "failed" to read to your kids, begin today. In short order, you'll find you enjoy reading together as much as your children do.

And the more time children spend in reading activities, the easier it is for them to become readers, too.

Aside from lack of exposure to reading experiences, there are many reasons why children do not learn to read easily. These can range from simple understandings about letters and sounds to processing problems that may require professional interventions.

It's important to know that the earlier reading problems are diagnosed and treated, the better the results.

Some basic reading problems

Letter sound awareness: In order to read, children must have the understanding that words are made up of smaller bits called phonemes. Phonemes are the sound chunks made by letters. For example the word cat has three phonemes: the k sound of c, the vowel a, and the "t" sound of t. While a child hears the word cat as a whole, it's important to be able to break the word into sound chunks for the purpose of learning to read.

Decoding: Decoding is the process of seeing the letters and then "saying" the sounds aloud. (Of course silent reading comes later.) Decoding is a complex skill

that requires knowing all of the alphabet sounds plus the combinations they make, plus understanding reading rules such as a silent e at the end of "bike."

Vocabulary: A healthy, growing vocabulary is one of the best indicators of success in learning. Knowing the meaning of words and being able to learn new words regularly is a great plus in becoming a fluent reader. The more a child reads, the bigger the vocabulary.

Fluency: Once decoding skills are developed, we expect children to be able to read aloud fluently. A strong reader should sound as if he or she is talking naturally with the proper ups and downs in tone, and with the impression that there is strong understanding.

Comprehension: It is fairly common for children to read as if they understand, but upon further questioning, it becomes apparent that they really haven't made sense of the words. Comprehension is more than just remembering facts; it's being able to discuss the information in meaningful ways. For example the color of Cinderella's ballgown isn't nearly as important to know as the fact that she's leaving her scullery position to capture the heart of the prince.

Other issues

Auditory or visual processing: These problems require specific testing by professionals and therapy to help the brain identify sounds or visuals correctly and be able to interpret them.

Attention problems: Children with significant attention problems find it difficult to focus on reading skills long enough to be successful.

Memory: Some children have difficulty remembering the shape of a letter or the sound it makes. They require extra practice to become successful in learning.

Second language: For the child learning English as a second language, it is important to know that it takes approximately six years to become fluent in English speaking and reading skills.

Vision problems: Some children have difficulty with focusing on words even though they may test 20-20 on basic reading tests. If there is blurring or double vision, or difficulty in "tracking" along the lines, children can be helped by reading therapies.

It's extremely important for parents to request testing by their school if reading difficulties are evident. The stigma that develops when a child is placed in a "slow" reading group or the self-confidence problems that arise when the child knows he "can't do it" are detrimental to learning in themselves. Early diagnosis and intentional interventions can make all the difference for a struggling reader.

What parents can do

Your home and the life you live with your family is your child's first and most important school. There are many ways



you can support your struggling reader at home.

Have fun with books, leading your child to an appreciation of the printed word. Find books, comics, or any other printed material that your child loves and read them together.

Develop awareness of letters, sounds, and word parts in daily life. Notice the stop sign at the corner and the McDonald's sign as you buy your Happy Meal.

Learn the alphabet in many ways such as magnetic letters, by singing songs, using letter blocks, reciting the alphabet as you climb stairs, doing dot-to-dots, tracing the letter in cornmeal.

Build word awareness. Teach your child to recognize and write his or her name, and then expand known words such as the names of siblings, common food items, color words, etc.

Play rhyming games and sing songs to-

It's important to know that the earlier reading problems are diagnosed and treated, the better the results.

gether. Play "I'm thinking of a word that begins with the letter b."

Sound out words and learn word patterns. "Let's think of all the -ill words we can."

Take time to talk about and reflect on the meaning of the stories you read. "Why do you think Goldilocks went into the Three Bears' house?" "Why does Curious George get into so much trouble?"

Finally, there is no substitute for lots and lots of reading. Enjoy old favorites, and find exciting new titles. Even struggling readers will work hard to succeed if they're motivated. Make the most of your child's current interests. If dinosaurs are

the new topic of interest, be sure to find lots of books about them.

An excellent resource for all things related to reading and reading success is the website www.readingrockets.org.

Reading is a very complex skill, and there is no "one size fits all" when it comes to solving reading problems. Be sure to contact your child's teacher and the school's professional staff to diagnose and begin to solve your child's reading issues.

*Jan Pierce is a retired teacher and reading specialist. She is the author of *Homegrown Readers and Homegrown Family Fun: Unplugged*. Find Jan at www.janpierce.net.*

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Continued on page 18

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www.meetup.com/new-york-autism-community/events

A new organization creating a community in NYC for families with autistic children. Parents will offer mutual support and the children will benefit from interaction with one another. Their first event is a family gathering and fundraiser on Sunday, November 19th from 3-7pm at Joshua Tree, 513 Third Avenue in Manhattan (btwn 34th & 35th Streets). \$20.00 per family at the door, \$15 online. An afternoon of fun, fellowship and information sharing, football, kids games, food and drinks, with experts on hand to provide information and a special screening at 5:00pm of the award-winning movie **Swim Team**, about autistic teenagers who form a swim team in NJ. Benefits will go to Autism Research through Autism Speaks.

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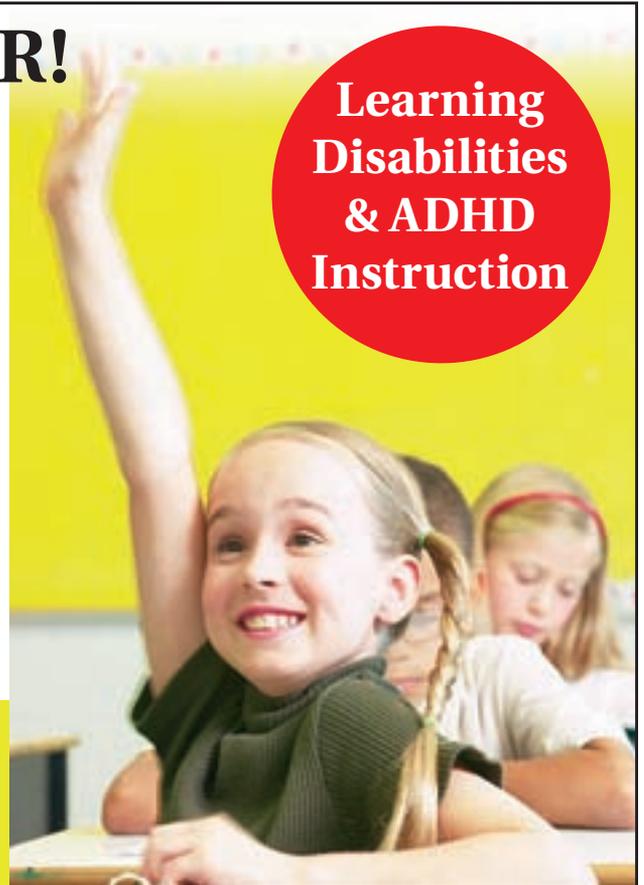
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HEALTHY LIVING

DANIELLE SULLIVAN

The science of calming tantrums

Tantrums can rattle even the calmest of parents. Your child is screaming, overwhelmed, and in anguish, and he or she may be acting out toward you directly. Nothing you are doing is helping. If you are in public, you might feel even more compelled to quiet this storm inside your child, and that combination of pressure and helplessness on both your part and theirs is the perfect brew for you to lose your temper. Who among us hasn't lost it when their child just would not stop screaming?

The first thing we need to do is forgive ourselves, and then we have to try to understand exactly what is happening inside our child when a tantrum overtakes them.

In "The Science of Parenting: How today's brain research can help you raise happy, emotionally balanced children," author Margot Sunderland explains how what a child needs the absolute most in that flurry of emotion is patience and understanding, not time outs. Tantrums, and distress tantrums in particular, are a biological function.

"Distress tantrums happen because essential brain pathways between a child's higher brain and his lower brain haven't developed yet," writes Sunderland. "These

brain pathways are necessary to enable a child to manage his big feelings. As a parent, your role is to soothe your child while he experiences the huge hormonal storms in his brain and body.

"If you get angry with a child for having a distress tantrum, he may stop crying, but this may also mean that the fear system in his brain has triggered, overriding his separation system. Or he may simply have shifted into silent crying, which means his level of the stress chemical cortisol will remain sky-high. As we have seen throughout brain research, uncomforted distress can leave a child with toxic levels of stress hormones washing over the brain."

No one wants his or her child to suffer emotionally, yet we all want to help ease our child out of the tantrum as soon as possible, too. Here are five things you can do to help your child in the heat of the moment:

Remain calm

This is the most important thing you can do and it has nothing to do with your child. It is up to you to set the tone, and it's vital that you not inflame the already stressful moment with yelling or anger.

Stay with your child

Do not walk away to leave all the building emotions toppling over by themselves. You can offer a soothing hug, if they will let you, or you can simply sit next to them, which allows them a certain amount of freedom if they need it. Every child and every tantrum is different. Take their cue.

Allow choices

If the tantrum is centered on wearing a piece of clothing or eating a certain food, calmly offer them an option, instead of demanding them to do as you say. Even very young children need to feel they have some control over their body and wishes.

Educate yourself

Read about the science of tantrums even if your child is not currently having them. The more you can understand the biology behind the behavior, the easier it will be to adopt a clear and calm approach when they occur.

Take it seriously

Remember that he or she needs you to help him or her calm down. A child's frontal brain lobes are not yet fully developed. When they are, your child will be able to control their emotions, but right now, they need you to show them the way and be their safe place to fall.

"It is important that you take a genuine distress tantrum seriously and meet your child's pain of loss, frustration, or acute disappointment with sympathy and understanding," says Sunderland. "When you do this, you will be helping your child to develop vital stress-regulating systems in his higher brain."

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

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Should women wait to collect Social Security?

In my previous column, I discussed how Social Security benefits can be an important part of a person's retirement income. Determining what age to claim your Social Security benefits should be determined by age, health, and amount of other savings earmarked to retirement income, among other factors. This is especially important for women planning their retirement.

Some of the reasons are demographic. Women tend to live longer than men, and according to AARP, are more likely than men to be widowed and single when they are older. According to the Department of Health and Human Services, in 2012 only 45 percent of women over 65 years old were married, compared with 75 percent of men.

Another factor to consider is that women tend to take time out of the workforce to care for children or aging parents, and historically have earned less than men, on average. This combination could lead to lower overall career earnings and savings when compared to men of similar age.

Therefore, it's important for women to ensure they receive the most they're able from Social Security. Here are some things to keep in mind when making these decisions.

It can pay to delay. Although people can start receiving reduced benefits at age 62, it might be wise to wait until your full retirement age — ages 65 to 67 depending on your birth date — if you're able to.

If you take Social Security benefits before your full retirement age (FRA), the amount of your monthly benefit payment will be reduced. If you delay collecting benefits beyond your FRA, the amount of your monthly benefit will increase until you reach age 70. Factors such as health and other retirement savings should be considered when deciding what age to claim benefits, so it's always best to consult a financial advisor before making these permanent decisions.



You can collect Social Security even if you are still working or earning self-employed income — but of course, there are a few rules to remember. If you collect before your full retirement age, your benefits will be decreased by \$1 for every \$2 you earn over \$16,920 (the 2017 limit). The year after you reach full retirement, there is no penalty for working and claiming Social Security at the same time, and your benefits will not be adjusted for earned income. Social Security earnings rules can be very complicated, and again, consulting a financial advisor before making these decisions is recommended.

Social Security may not cover all of your needs in retirement. Historically, Social Security benefits compose half of the total income of unmarried women — including widows — age 65 and older. And according to the same study by the Nationwide Retirement Institute working with a financial advisor helped most women better prepare for their retirement. Only 13 percent of women say they received advice on Social Security from a financial advisor. However, 86 percent of



FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

women surveyed — who worked with an advisor — say their Social Security payment was as expected or more than they expected.

Make an informed decision on when to retire. According to the same Nationwide Retirement Institute study, 80 percent of retired women currently collecting Social Security benefits took those benefits early, locking in a lifetime of lower income. That may not be the best financial decision for them longer term. Working a few extra years until FRA could translate into thousands of extra dollars over the course of a person's retirement. Delaying Social Security benefits until age 70 would mean even more income during the remainder of your life. Consider working longer if you're able, and consult a professional about your best Social Security claiming strategies.

A careful review of Social Security regulations, your financial situation, and any health considerations you may have are crucial to developing a strategy to maximize income during retirement. Taking the time to review your options and making an informed decision can help you maximize your monthly retirement income and Social Security payments. It can make a dramatic difference in the long run.

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

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Protecting digital data after you die

I have all of these digital online accounts, between my Apple ID and music, e-books, my Facebook account, and Google Photos. What happens to all of that data when I am disabled or die?

A newly adopted law in New York State offers fiduciaries a tool to access online digital assets of another person who has done their estate planning documents. The law says that if a user has used an “online tool” to administer digital assets, the online designation will have control even over a Will or Power of Attorney giving a contrary directive.

So take the following example: Oscar is a 32-year-old basketball player with a wife and two children. He does all of his banking online, has an Instagram account with 342,000 followers, a Facebook account for his public likeness and a more private one within his inner circle of 1,000 close friends and family, a Flickr and Google Photos (formerly Picasa) account where he stores all his photos (no backups), and, of course, a Twitter feed.

He was playing “War of the Worlds” on his iPad tablet and ranked third on the game board, and was at level 1,107 in Candy Crush. His password-protected laptop is in his home office when he suddenly dies in a boating accident. Can his wife legally access his computer and online accounts? Can his attorney? Probably not. What’s more, depending on what steps Oscar took before he died when he set up his personal settings, a lot of that material might not be recoverable.

But many services now offer the ability to store passwords in a “vault” and designate a person to have access if something happens to the user. Last Pass, Legacy Locker, and Entrustenet are a few examples. Giving someone your passwords or leaving a list is not a viable solution. First of all, most people are uncomfortable leaving a printed list or a computer list of all their passwords. Also, everyone changes their passwords frequently — usually be-

cause they forgot the password in the first place — so a list of that sort doesn’t usually help.

Services like Last Pass will update the password and save it in your designated devices. There is a blog called “The Digital Beyond,” that maintains a list of online services that are designed to help users plan for their digital death and afterlife or to have loved ones memorialize them after their death.

Here are some of the options on the most popular sites:

Facebook: Facebook devotes an entire page to the topic of “Here’s what happens to your account when you die.” You can designate a “legacy contact.” And Facebook really does have an app for that: Facebook offers an app called “If I die,” that you can set up at any point before your death to help put your social accounts in order and send out a last message if you wish. Instagram allows you to memorialize an account.

Google: Google allows you to “plan your digital afterlife” by allowing you to select “trusted contacts” to receive data from Gmail or Google. It also offers an “Inactive Account Manager” feature that lets you designate up to 10 trusted contacts to be notified if your account goes inactive, and gives them access to your data with your permission.

Apple: In a recent case, a widow was unable to use her late husband’s iPad because she did not know his Apple ID password, and Apple refused to reset it even with the death certificate. Of all passwords, the Apple ID is probably the most critical: It contains a lifetime’s collection of music, books, and other material.

Hotmail lets relatives order a CD of all the messages in a deceased user’s account if they provide a death certificate and proof of power of attorney.

Flickr will keep an account up and mostly open to the public, but if a user had marked any photos as private, the site won’t let family or friends into the account.



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ALISON ARDEN BESUNDER, ESQ.

There are other services like GhostMemo — which allows you to prepare messages to be sent to loved ones with videos or just documents. After a set period of inactivity, the service sends a “proof of life” link to reset the timer; if there is no response, the service sends out your messages. With the service Afternote, it allows you to designate one or more digital “trustees” who report your death to the service, after which they are given access. The password savers offer encrypted space to store passwords and other account information to give to designated recipients after a user dies. Each site has a system in place to verify a user’s death before distributing any digital assets.

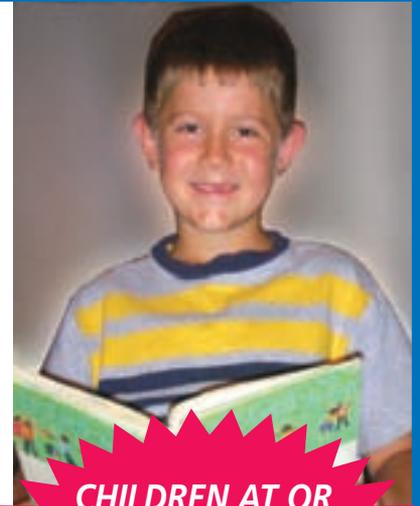
US Trust put out a Wealth and Worth Study in 2013 that found that 45 percent of high-net worth people it polled had not organized passwords and account info for their digital lives in a place where heirs or executors would find them, although 87 percent said they had a will and knew where their important documents were. While it is not exactly the way anyone wants to spend their Saturday, it is worth devotion of a few hours to organize your digital life and explore the options many of these services offer for doing so.

Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists 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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Wolk this way

Mom has advice on raising girls in the age of social media

BY TAMMY SCILEPPI

“**C**oncerned about your daughter’s need for ‘likes’ and her addiction to her smart phone?...I’ve got the antidote,” says author, educator, and girls’ leadership guru Laurie Wolk, who is a Westchester mom raising young teens — two daughters and a son.

She advises parents on how to speak with children about the do’s and don’ts of social media, and her new book — “Girls Just Want to Have Likes: How to Raise Confident Girls in the Face of Social Media Madness” — is a back-to-basics approach to parenting in the digital age.

“Parents want help. Raising kids in the iGeneration is totally new. We have no role models, because nobody has been here before,” says Wolk. “And even though many of us already know which valuable life skills we want our kids to learn, and we’re aware of those old-school parenting techniques, we’re often too busy with our day-to-day lives to implement them!”

Did you know that an average 12- to 15-year-old sends over 40 texts a day? And that 78 percent of teens check their mobile device hourly?

Wolk’s goal is to help parents like you “reclaim the power in their homes away from social media, the uninvited guest, and go back to the basics of creating a stable and loving home, accepting and encouraging their daughters and gently nudging them to take risks and experience real accomplishments.”

And she hopes that parents can “step (back) into their roles as mentor and guide and stand side by side with their daughters, helping them unwind and decode the different messages that social media is sending them.” As this begins to take shape in the home, Wolk predicts that social media “will start to blend into the background, allowing the things that matter most to stand front and center — your daughter!”

Wouldn’t it be nice if families went back to a simpler time — when “like” meant that you were really liked — and not by 155 strangers? And feelings were expressed with an actual hug or kiss ... and not by texting cute emojis? That said, perhaps

parents should look at devices and social media through a less gloomy and more positive lens, so they can learn to embrace today’s digital reality and teach their children how to monitor themselves and stay safe online.

“It’s important to speak with your children about what is appropriate and safe to post ... and how to become a good digital citizen,” says Wolk.

As a proactive parent, she also feels that other parents shouldn’t get distracted by their own devices and busy lifestyle, but knows it’s easier said than done.

Building a healthy family connection takes work. And Wolk is hands-on when it comes to her brood. Her book helps parents with powerful communication and leadership skill lessons, providing real-life examples. Hopefully, your efforts will yield confident, capable young women (and men) who can communicate and interact with different people effectively ... in the real world (despite opposing views, for example).

With an increase in teen anxiety, protecting them from the harsh realities of life may not be the best way to go. In a scary, unpredictable world, Wolk believes “we must expose our kids and ourselves to the hard stuff. Not easy, I know,” she admits.

As parents, we shouldn’t underestimate the power of social media ... and the media for that matter. So, when you’re ready for action and want to take your power back, you’ll find helpful templates, exercises, and worksheets that you can use as valuable tools to deal with your device-addicted teen, who may be somewhat brainwashed by what she has been exposed to via screens.

In her roles as educator and motivational speaker, Wolk helps parents and young girls learn how to communicate and connect with themselves, each other, and the outside world. She works directly with companies, schools, organizations, and individuals on building confidence and leadership skills.

She points out that girls are learning “valuable life lessons from mentors like the Kardashians and Instagram ‘stars,’ whose heavily edited photos and videos leave them feeling badly about themselves and second-guessing their own lives.

“Physical and psychological changes in her adolescent brain mixed with the impact of the media, most importantly social media, has girls feeling lackluster about themselves and uncomfortable communicating in real life,” she explains.

Wolk works hard to get the word out about raising balanced kids in our madcap — and sometimes dangerous — digital age.

Tammy Scileppi: So, how did your timely book come about?

Laurie Wolk: From the day I was told, “It’s a boy and a girl,” — yes, twins! — I told myself I was going to build a better me because of them. I felt that with unconditional love, strong values, and my hard-won life experiences, my kids would grow up to be a confident, capable, and kind young man and woman.

Up until my kids were eight, everything was going pretty much according to plan. Sure, the preschool and early elementary school years had their challenges, but nothing notable to speak of.

During those early years, I was a life coach and girls’ leadership educator, working with parents and kids. I attended conferences, took advanced certification classes, and pored over parenting books into the wee hours of the night. I tested out everything I was learning in real time on my children and my clients.

And then the world of iPhones, Instagram, Netflix, and Snapchat came a-knockin’. Instead of feeling like I had this whole “parenting” thing down, I had a pervasive feeling of fear, doubt, and powerlessness. Quite often, I felt paralyzed and incapable of taking any kind of action at all. These screens that had innocently come into our home had slowly taken over our lives.

I began talking about social media, and its influence on family life with my clients and their children in my workshops. I began researching the effects of social media and digital devices on our brains and development. I noticed that everyone focused on the doom and gloom aspect of social media, but nobody offered any tools or advice on what to do.

So, I set about finding the antidote, and I did, [and it] informs my book. It’s all about clear rules, family connections, and teach-



Laurie Wolk advises parents on how to speak with children about the dos and don'ts of social media. Her new book — “Girls Just Want to Have Likes: How to Raise Confident Girls in the Face of Social Media Madness” — is a back-to-basics approach to parenting in the digital age.

ing life skills to our kids.

TS: So, how do parents raise confident girls amidst the social media madness?

LW: We parents and society give our girls (and boys) mixed messages, and we need to pay closer attention to our actions and our words. We tell them to be leaders, but we call them out for being “bossy.” We tell them that they are capable and strong, but then we jump in and solve their problems for them. We encourage them to be assertive, but then we inundate them with our pleas to be nice and respectful. We tell them to take risks and make mistakes, but then we mitigate their failures, so they don't feel the hurt.

We need to teach our kids not to rely on the external world for validation. Sure, good grades in school or being on an elite sports team offer confidence boosts during those early years, but research shows that these are not enough to sustain a feeling of true confidence in one's whole self. It's the same for social media. Those

online “likes” and comments aren't going to give them the same happiness that an in-person compliment or a true “real life” connection would.

Having report cards that are covered with A's alone is not doing our girls justice. In fact, along with those A's, we want to be focusing on a whole lot of C's, too: Communication, collaboration, contribution, character, and creativity.

TS: How do we teach our children to be brave and use their voices?

LW: Being able to share freely how you feel in exchange for the opportunity to make change in your world (or a situation) is freedom. Freedom is the ability to share your truth, knowing that you will be okay whatever the outcome is. Intimacy comes when you share how you feel — that's how relationships get stronger. And relationships are the cornerstone of happiness.

Sharing how you feel also brings the truth to the surface. Even if your true feelings are not as well-received as you

would've liked, you'll still find you feel relief in having expressed them. When feelings are kept inside and not voiced, that's when we see unhealthy and problematic behaviors develop. Those “hurt” feelings often get buried, and later in life (whether in work or in relationships), we tend to see that people fail to speak up yet again, having carried with them this default way of being. This can come at tremendous personal cost to their careers, marriages, and friendships.

That feeling of confidence that we all so desperately want for our kids is only created from the inside, and it's hard-earned. No parental life lesson, academic achievement, social media stardom, empowerment rally, or brilliant ad campaign can give it to her. That confidence starts with girls learning to speak up and ask for what they want and need. It takes courage, but it's a skill they (and even we adults) can learn with experience.

TS: Parents want to help their anxious teens, but many feel that it means protecting them from life's challenges. That said, how can these kids deal with bumps in the road head on? Share your recipe for raising balanced kids in a digitally-obsessed world.

LW: One-half cup — Firm boundaries (set around the behavior you expect from them as well as their use of digital devices)

One-quarter cup — Understanding that social media and technology are here to stay and that it's a way of life for kids today

12 heaping spoonfuls — Unconditional love

Continuous role modeling of the behavior you want to see in your kids, like kindness, respect, clear communication, taking risks, making mistakes, and bouncing back

Sprinkle throughout — Opportunities to practice the important life skills that they aren't necessarily learning due to a busy after-school lifestyle and digital distractions

These types of skills — like being brave, caring, resilient, organized, honest, and creative — are what they need to find lasting happiness.

Knead repeatedly — This last step can be accomplished through a method I call “Life Skill Lessons From Your Living Room” in which you regularly allow your kids to cultivate these skills by planning things, volunteering, negotiating, taking risks, and more!

Part 2 will appear in our December issue.

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



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Battle nut allergies — with peanuts

It's not often that a health organization makes a complete 180-degree turn with a long-standing recommendation. But the National Institute of Allergy and Infectious Diseases did just that earlier this year with their advice about preventing peanut allergies.

Rather than avoiding peanuts, the new guidelines recommend exposing infants to peanuts early — as young as four to six months of age — to prevent or reduce the chance of developing a peanut allergy later.

“This is a significant change in practice, as parents were previously told to avoid peanuts until age 3,” says Rachael Costello at Rachael Costello Nutrition.

The landmark study that influenced the reversal, “Learning Early About Peanut Allergy” clinical trial, showed that introduction of peanut products into the diets of infants at high risk of developing peanut allergy is safe. Not only that, but the study showed that early peanut introduction reduced later development of peanuts allergy by a whopping 81 percent.

The trial was the first and only large, randomized prevention trial for peanut allergies. Its findings are considered definitive.

Peanut allergies affect fewer children than most people suspect: only two percent of kids in the U.S. Peanut-allergic chil-

dren, their parents, and caregivers must be constantly vigilant against even a trace of peanut exposure. It is thought as many as 20 percent of children will outgrow their peanut allergy.

Three risk categories

In order to reduce the risk of peanut allergy in high risk infants, introduce peanuts as early as 4 months of age. But don't wait too long. Your baby could develop peanut allergies at 6 months. Sure, it can be scary for a mom to introduce these foods when peanut allergies run in the family.

The specific timing depends upon which of the three risk categories your infant falls under.

Group 1: This group is the smallest percentage but has the greatest potential for peanut allergy. The infant suffers from severe eczema, egg allergy, or both. Start introducing peanut at four to six months of age. Parents should discuss how to introduce peanut with their pediatrician; the infant may need to have a supervised feeding in the medical office.

Group 2: This group has mild to moderate eczema but no egg allergy. Introduce peanut-containing foods around the age 6 months.

Group 3: Everybody else; no eczema or any known food allergy. Introduce peanut-

containing foods any time after 6 months.

The panel's recommendation is to introduce peanuts by mixing 2 teaspoons peanut butter or powdered peanut butter into a food the child is already eating. You can add it to applesauce or infant cereal or even thin it out with formula or breast milk. In all cases, infants should start other solid foods before they are introduced to peanut-containing foods.

When introducing peanuts, always keep safety top of mind. Whole peanuts are a choking hazard even if the child has teeth.

Prevention tips:

In order to prevent peanut allergies, are there guidelines for peanut consumption for an expectant mother? Costello says there are no recommendations to restrict peanut intake while pregnant as there is no strong evidence to support avoiding peanuts will prevent an allergy. Ditto for breastfeeding.

“Waiting to start solids until 4 to 6 months and exclusive breastfeeding up until that time have shown to reduce food allergy development in children,” adds Costello.

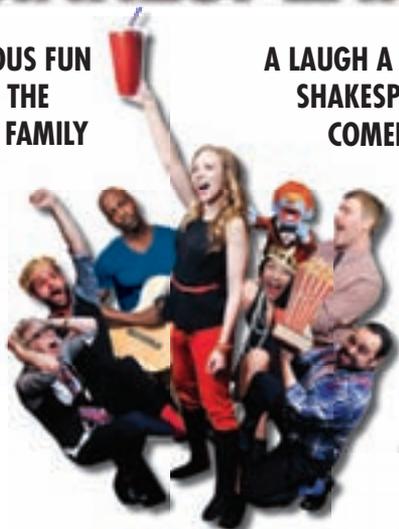
With early introduction there are no guarantees we can prevent peanut allergies in every child. But we will see a lot of reduction in the next five to 10 years. Be sure to always discuss your child's diet with your health provider.

Christine Palumbo is a Naperville, Ill.-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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Calendar

NOVEMBER



Carol Rossegg

Still hungry after all these years

The Very Hungry Caterpillar Show will be making its debut at the DR2 Theater in Union Square now through Feb. 2, 2018

The production of the Very Hungry Caterpillar show features 75 puppets and adapts four of Eric Carle's stories, "Brown Bear, Brown Bear," "10 Little Rubber Ducks," "The Very Lonely Firefly," and "the Very Hungry Caterpillar." The show is suitable for children of all

ages.

The Very Hungry Caterpillar Show, Now through Feb. 2, 2018; Thursdays, 10 am, Fridays, 10 am and noon, Saturdays, 10 am, noon, 2 pm and 4 pm, Sundays, 10 am, noon, and 2 pm; Tickets range from \$25 to \$100.

Reservations not required.

DR2 Theater (Union Square) [103 East 15th St. in Union Square; (800) 982-2787]

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Calendar

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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!

WED, NOV. 1

IN MANHATTAN

Believe, Breathe, Birth: Kids at Work, 2e, 123 W. 20th St, between Sixth and Seventh avenues; (917) 576-1624; <https://www.birthyourownway.com/blog/breastfeeding-schmooze>; Noon; 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 & Lactation services. This program is for women only. Pregnant women are encouraged to come. Support is key. Come find your village. Led by Liza Maltz — birth and postpartum doula — CLC — Certified In-HynoBirthing.

THURS, NOV. 2

IN MANHATTAN

Let's Dance: Children's Museum of Manhattan, 212 W. 83rd St. (212) 721-1223; www.cmom.org; 10:30am; Free with admission: \$14.

Children can celebrate dance, movement and community at this morning program that lets them move their bodies in creative ways. Dance stories, bubble wrap and music help creative movement happen!

SAT, NOV. 4

IN MANHATTAN

"Edna the Stomper:" The Tank, 312 West 36th St. www.thetanknyc.org; 10 am; \$35 (\$25 children).

The Tank in association with Rebel Playhouse presents the New York premiere. Seven-year-old Edna stomps everywhere and stomps a lot. It is driving her very talented family crazy! The musical is suitable for all ages complete with songs, stomps, and some puny monster puppets! This heartfelt tale deals with the issues of self worth, creative expression, and finding one's place in the family. Rebel Playhouse's production gets audiences moving and grooving along with Edna as she sets off to find out just what makes her unique!



Immersed in history

Celebrate Veterans Day at the New York Historical Society by immersing yourself in a Veterans Day weekend special on Nov. 10, 11, and 12.

Visit the museum to remember the service of veterans past and present! Each day immerses you in the history of African Americans serving in different wars throughout American history, as portrayed by living historians. Listen to stories about life on and off the battlefield throughout American history, discover uniforms and equipment, or try out an army drill!

Join the First Rhode Island Regiment in the struggle for Independence on Nov. 10. The company portrays the Continental Army's historic "Black Regiment," which was formed in part by African or First Nation slaves when they reinforced a dwindling Continental Army in 1778.

On Nov. 11, fight for the Union with the Sixth Regiment of Infantry, United States Colored Troops. It honors African Americans who joined the Army, like many others, after Abraham Lincoln's Emancipation Proclamation in 1863.

Then on Nov. 12, jump into the trenches with the Ebony Doughboys. You might know them as the "Harlem Hellfighters," but the Ebony Doughboys portray the real 369th Regiment U.S. Infantry. They originally named themselves "the Rattlers" and shipped out to France in 1917.

And don't forget to explore more recent military service by checking out The Vietnam War Exhibition Family Guide (recommended for ages 11 and up), available daily through the run of the show.

Veterans Day Weekend, Nov. 10, from 10 am to 8 pm; Nov. 11, 10 am to 6 pm; and Nov. 12, 11 am to 5 pm. Adults: \$21; \$16 those 65 and up; educators, active-duty military, and students, \$13; \$6 kids ages 5-13; free for active-duty military in uniform and children under 5. Free for all on Nov. 12.

Museum admission is pay-as-you-wish on Friday evenings (6-8 pm).

New York Historical Society [170 Central Park West at W. 77th Street on the Upper West Side; (212) 873-3400; www.nyhistory.org].

Calendar

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

Watson Adventures' Secrets of Central Park Family Scavenger Hunt:

Central Park, 5th Avenue and 64th Street, NY NY 10021; (877) 946-4868; rsvp@watsonadventures.com; <https://www.watsonadventures.com/public/event/the-secrets-of-central-park-family-scamenger-hunt>; 10:30 am; \$17.50-\$21.50.

Join Watson Adventures on a unique scavenger hunt for families in Central Park! 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, spot Cupid at the Carousel, unscramble a message in the sky, and find a witch turned to stone. For ages 7 and up. Kids must be accompanied by an adult. Advance purchase is required. Questions? Call 877-9GO-HUNT.

SUN, NOV. 5

IN MANHATTAN

Community Rowing: Pier 40, Houston St. and the Hudson River Greenway; (212) 229-2059; www.nycgovparks.org; Noon to 6 pm; 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.

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

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

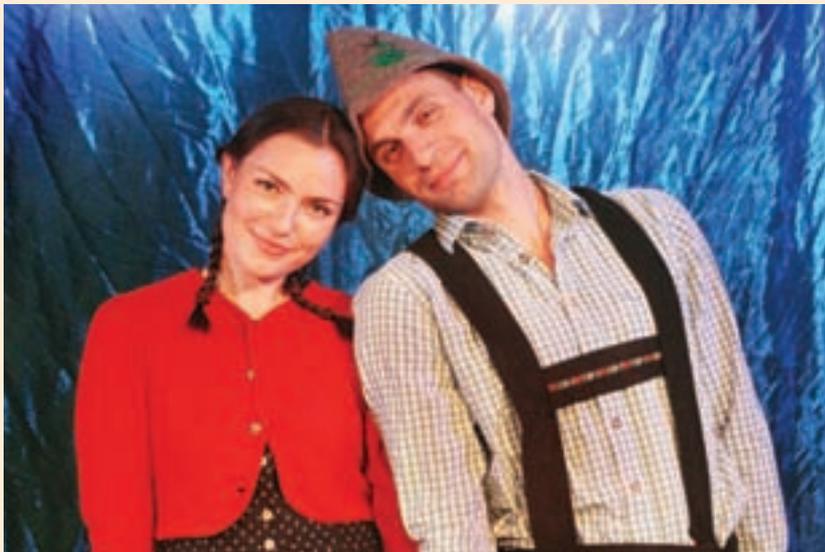
"Edna the Stomper:" 2 pm. The Tank. See Saturday, Nov. 4.

MON, NOV. 6

IN MANHATTAN

Believe, Breathe, Birth: Citibabes - 3rd Floor, 52 Mercer St. between Grand and Broome streets; (917) 576-1624; <https://www.birthisyourway.com/blog/breast-feeding-schmooze>; 11 am; 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 & Lactation services. This program is for women only. Pregnant women are encouraged to come. Support is key. Come find your village. Led by Liza Maltz - birth



Beware the gingerbread!

Follow the cookie crumbs to the new Galli Theater and see the perennial favorite fairy tale "Hansel & Gretel," Nov. 4-26.

Hansel and Gretel are brought into the woods and cannot find their way back!

A witch lures them into her little house with all kinds of tasty treats.

Can clever Gretel trick the witch and get themselves safely back home? For children 5 years and older.

"Hansel & Gretel," weekends, Saturdays and Sundays, 2 pm; Nov. 4-26. Tickets are \$20 and \$15 for children.

Galli Theater [357 W. 36th St. #202, Midtown; (212) 731-0668; www.gallitheatermy.com/shows]

and postpartum doula - CLC - Certified In HypnoBirthing.

Salt Water: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 8 pm; \$15.

Director/Choreographer Abe Abraham presents the premiere of Salt Water, a dance film set to JT Bullit's seismographic recordings of the Earth's vibrations. The piece features more than 20 dancers, cinematography by Frankie DeMarco and Frank Prinzi), and a conversation with author Tom Santopietro and Q&A will follow the screening. For older teens.

TUES, NOV. 7

IN MANHATTAN

Community Rowing: 5:30 pm. Pier 40. See Sunday, Nov. 5.

WED, NOV. 8

IN MANHATTAN

Believe, Breathe, Birth: Noon. Kids at Work, 2e. See Wednesday, Nov. 1.

THURS, NOV. 9

IN MANHATTAN

Storytime: Museum of Jewish Heritage, 36 Battery Place 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, NOV. 10

IN MANHATTAN

Veterans weekend!: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 10 am to 8 pm; General museum admission (Free for all on Veterans Day).

Visit the Museum to remember the service of veterans past and present! Each day immerses you in the history of African Americans serving in different wars throughout American history, as portrayed by Living Historians. Listen to stories about life on and off the battlefield throughout American his-

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tory, discover uniforms and equipment, or try out an army drill! (11/10) - Join the 1st Rhode Island Regiment in the struggle for Independence! The 1st RI portrays the Continental Army's historic "Black Regiment," which was formed in part by African or First Nation slaves when they reinforced a dwindling Continental Army in 1778. (11/11) Fight for the Union with the 6th Regiment of Infantry, United States Colored Troops! The 6th USCT honors African Americans who joined the Army, like many others, after Abraham Lincoln's Emancipation Proclamation in 1863. (11/12) Jump into the trenches with the Ebony Doughboys! You might know them as the 'Harlem Hellfighters,' but the Ebony Doughboys portray the real 369th Regiment U.S. Infantry. They originally named themselves 'the Rattlers' and shipped out to France in 1917—100 years ago! And don't forget to explore more recent military service by checking out The Vietnam War Exhibition Family Guide (recommended for ages 11+), available daily through the run of the show.

SAT, NOV. 11

IN MANHATTAN

Veterans weekend!: 10 am to 6 pm. New-York Historical Society. See Friday, Nov. 10.

"Edna the Stomper:" 10 am. The Tank. See Saturday, Nov. 4.

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

Frogtown Mountain Puppeteers: "Everybody Loves Pirates" An innocent search for buried treasure is complicated by a gang of bumbling pirates in this hilarious, rollicking puppetry extravaganza!

History Detective Briefcase: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 1 pm to 4 pm; Free with museum admission.

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

Chalk: The Kraine Theater, 85 E. 4th St. Phone: (212) 460-0982; www.horsetrade.info/the-kraine-theater; 2:30 pm; \$15 (\$5 for children under 12).

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



Meeting historical heroes

Come take a musical time travel adventure at TADA when "The History Mystery" checks in from Nov. 3 to Nov. 19.

Three "history-haters" wander through American history and meet the people who have had to fight for freedom, women's rights, and racial equality. Along the way, the three time-travelers meet such history greats as the Wright Brothers, Laura Ingalls Wilder, Martin Luther King, Jr., and

Eleanor Roosevelt as kids, influencing their futures to help make the world better for us today!

"The History Mystery," Nov. 3 through Nov. 19, Tuesdays, Saturdays and Sundays, 2 pm and 4 pm; Wednesdays, 10 am and noon; Fridays, 7 pm. Tickets are \$25 adults and \$15 children.

TADA! Youth Theater [15 W. 28th St. between Broadway and Fifth Avenue in Chelsea, (212) 252-1619 X 4; www.tadatheat.com].

good romantic romp sure to "Draw You In."

Family Fun: Exploring Identity in Portraits: Whitney Museum of American Art, 99 Gansvoort St. (212) 570-3600; familyprograms@whitney.org; whitney.org; 2:30pm-4:30pm; Tickets are required (\$25 adults; \$10 children; \$17 seniors. Museum admission is free for members and children under 18).

Families create hands-on art projects inspired by discussion and activities in the galleries. In her life-size drawings Toyin Ojih Odutola explores the complexity of identity. Learn about Ojih Odutola's work and other portraits, then create your own artwork inspired by people you know. For children 6 to 10 years old.

Fall Blaze: Harlem School of the Arts, 645 St. Nicholas Ave. (212) 926-4100; <https://hsafallblaze2017.brownpapertickets.com>; 7 pm; \$25 (\$15 students and seniors).

Dance concert by the Harlem School of the Arts Dance Ensemble. Featuring guest artist Erica Lall and hosted by Jordan Hall.

SUN, NOV. 12

IN MANHATTAN

5K Run: Riverside Park, West 109th St. and Henry Hudson Parkway; <https://www.generosityseries.com/events/generosity-nyc-new-york>; 7:30 am; See registration requirements.

Join with Rosie's Theater Kids and Generosity NYC for a multi-charity 5K Run/Walk. Whether you are a charity or someone looking to participate on behalf of one of our Charity Partners, you will not want to miss Generosity NYC. Generosity NYC features a professional pre-race warm-up and stretch, professional announcer, one of a kind race gear and just an amazing time with friends, family, neighbors, co-workers and other charitable individuals like yourself. Registration required to participate in race. Race begins at 9 am.

New families - New Traditions: Museum of Jewish Heritage, 36 Battery Place 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

Calendar

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that nurture family bonds and bridge connections to Jewish life and traditions.

Let's Dance: 10:30am. Children's Museum of Manhattan. See Thursday, Nov. 2.

Veterans weekend!: 11 am to 5 pm. New-York Historical Society. See Friday, Nov. 10.

Community Rowing: Noon to 6 pm. Pier 40. See Sunday, Nov. 5.

Youth Wheelchair Basketball: 1 pm to 3 pm. Gertrude Ederle Recreation Center. See Sunday, Nov. 5.

History Detective Briefcase: 1 pm to 4 pm. New-York Historical Society. See Saturday, Nov. 11.

Fall Blaze: 1 pm and 5 pm. Harlem School of the Arts. See Saturday, Nov. 11.

"Edna the Stomper:" 2 pm. The Tank. See Saturday, Nov. 4.

MON, NOV. 13

IN MANHATTAN

Believe, Breathe, Birth: 11 am. Citibabes — 3rd Floor. See Monday, Nov. 6.

WED, NOV. 15

IN MANHATTAN

Believe, Breathe, Birth: Noon. Kids at Work, 2e. See Wednesday, Nov. 1.

FRI, NOV. 17

IN MANHATTAN

Dance on a Shoestring: St. Mark's Church in the Bowery, 131 E. 10th St.; (212) 679-0401; admin@nytb.org. 7 pm; \$15.

Dance on a Shoestring is an intimate evening of dance held in the company's home at St. Mark's Church-in-the Bowery. The community series showcases ballets from New York Theatre Ballet's current season, works in progress by contemporary and emerging choreographers, and children of Ballet School NY.

SAT, NOV. 18

IN MANHATTAN

Stroller Tour: Where We Are: Whitney Museum of American Art, 99 Gansvoort St. (212) 570-3600; familyprograms@whitney.org; whitney.org; 9:30-10:30; \$25 per adult, plus Museum admission (\$22 adults, \$17 seniors, free for members and children under 18).

Join Whitney Teaching Fellows, PhD candidates in art history, on engaging tours that highlight works in the exhibition Where We Are: Selections from the Whitney's Collection, 1900-1960. Tours are for new moms and dads when the Museum is closed to the public. Crying babies are welcome! This pro-



Now everybody dance!

Celebrate dance, movement, and community at the Children's Museum of Manhattan on Nov. 2 and 12 in Let's Dance!

Children participate in dance and movement programs and find creative ways to move their bodies.

Programs include Dance Stories;

Mecha Machine Robot Dance; Bubble Wrap Pop Snap; Cue the Theme Music; and Wild about Dance.

Let's Dance, Nov. 2 and 12, 10:30 am; free with admission (\$14). For all ages.

Children's Museum of Manhattan [212 West 83rd St. on the Upper East Side; (212) 721-1223; www.cmom.org]

gram is just for parents and caregivers with babies ages 0-18 months. Tickets are required; every adult in your party must reserve a ticket to attend. Members: please log-in to view and reserve discounted tickets. \$25 per adult, plus Museum admission (\$22 adults, \$17 seniors, free for members and children under 18). Tickets cannot be refunded or exchanged. If you have any questions, please email familyprograms@whitney.org before purchasing your tickets.

Jump With Santa Photo Session: Big Apple Portraits, 143 W 72nd St 2nd Floor; (212) 600-4457; info@bigappleportraits.com; www.bigappleportraits.com/holiday_nyc_photography_upper_west_side-2017/#2786; 8:30am-7:00pm; \$135.00.

Everyone knows that a fake beard and big red suit is just creepy. And while every Jersey mall has a Santa, New York City kids (big and small) expect something better. And we are not just talking whether Santa is a member of The Fraternal Order of Real Bearded Santas. Who wants to actually stand in line just to sit the lap of an old guy and maybe shed a tear? Now there is an alternative that will make New York City kids actually jump for joy. And Santa will jump too. Santa Chester takes getting his photo taken with kids to new heights. He gets off his butt to celebrate with kids and adults. Touch his beard, give him a hug or high five, tangle him up in

lights... just don't get stuck with the big bag of coal. Because he really does bring his bag of coal to the studio. There is no waiting to sit on Santa's lap during these fast paced 10 minute photo sessions.

Early Morning Opening - for children (ages 3-17) with Autism and Their Families: Intrepid Sea, Air & Space Museum, 12th Avenue and 46th Street, NY, NY 10036; (646) 381-5158; access@intrepidmuseum.org; <https://www.intrepidmuseum.org/access.aspx#5>; 9 am to 11am; Free.

Early Morning Opening - On select weekends and school breaks, the Museum opens its doors one hour early for families with children on the autism spectrum. Educators lead short, interactive tours designed for the whole family as well as drop-in art activities and structured play opportunities. These programs are free, but space is limited. Please register beforehand at our website. Our Solar System and Beyond - Discover Intrepid's connection to space exploration. Families will visit the space shuttle Enterprise and learn how the shuttles helped us to explore our solar system and universe!

Elizabeth Mitchell and You Are My Flower: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$17 (\$14 members).

Homespun versions of classics by Bob Mar-

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

ley, Neil Young, the Velvet Underground, and more.

Family Day: Skyscrapers: Center for Architecture, 536 LaGuardia Place; (212) 358-6133; info@cfafoundation.org; <https://cfafoundation.org/index.php?section=events&evtid=1106>; 11 am; \$12 (\$6 adults).

Bring your building crew and get ready for skyscrapers - the ultimate challenge! Around the world, skyscrapers are being built taller than ever before, in shapes that have never been seen. Learn about some of the new innovative projects and then work with your building team to design and build your own model skyscraper. For children ages 5 - 13 years old, accompanied by an adult.

History Detective Briefcase: 1 pm to 4 pm. New York Historical Society. See Saturday, Nov. 11.

Dance on a Shoestring: 7 pm. St. Mark's Church in the Bowery. See Friday, Nov. 17.

SUN, NOV. 19

IN MANHATTAN

Youth Wheelchair Basketball: 1 pm to 3 pm. Gertrude Ederle Recreation Center. See Sunday, Nov. 5.

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.

The Yucks start here - Local talented teens 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 including, Julian Gerber, Sophia Harber, Spencer Kahn, Martin Kramer, Ben Jenkins, Avery Lender, Evan Oberstein, Carson Spuma, Molly Winiarski, Eric Zhu plus new faces. Hosts include stand-up comedians and teachers: Ashley Brooke Roberts, Nick Maritato and Robert Dean. Suitable for children 9 to 18.

History Detective Briefcase: 1 pm to 4 pm. New-York Historical Society. See Saturday, Nov. 11.

We are not alone!: Joshua Tree, 513 Third Avenue between East 34th and East 35th streets; www.meetup.com/New-York-Autism-Community; 3 pm to 7 pm; \$15 per family at the door (\$10 in advance).

An Autism family gathering and fundraiser. An afternoon of fun, fellowship and information sharing, football, a movie, food and drinks. Families and providers share and enjoy as do the kids. Proceeds will go for Autism research. There will also be a screening of "Swim Team," a documentary about autistic children on a swimming team.



Richard Termine

Great dancing, up close

Come to the Bowery on Nov. 17 and 18 for a special performance of Dance on a Shoestring, by members of the New York Theatre Ballet.

Dance on a Shoestring is an intimate evening of dance held in the company's home at St. Mark's Church-in-the-Bowery. The community series showcases ballets from New York Theatre Ballet's

current season, works in progress by contemporary and emerging choreographers, and children of Ballet School NY.

Dance on a Shoestring; No. 17 and 18 at 7 pm; tickets are \$15.

St. Mark's Church in the Bowery [131 East 10th St. in the Bowery; (212) 679-0401; admin@nytb.org].

The Suite Sounds of Christmas: Stern Auditorium/Perelman Stage, Carnegie Hall, 881 7th Avenue (at 57th Street), New York, NY 10019; (212) 707-8566 ext. 330; BoxOffice@DCINY.org; <https://www.carnegiehall.org/Calendar/2017/11/19/0830/PM/Distinguished-Concerts-Orchestra-and-Distinguished-Concerts-Singers-International>; 8:30 pm; \$20-\$100.

The New York premiere of composer and conductor Mark Hayes's International Carol Suites weaves together familiar and lesser-known Christmas carols in a multicultural celebration of the season. Maestro Jonathan Griffith conducts The Night Before Christmas, Gloria, and A Feast of Carols narrated by composer Randol Bass. Both acts feature the Distinguished Concerts Singers International and Distinguished Concerts Orchestra.

MON, NOV. 20

IN MANHATTAN

Believe, Breathe, Birth: 11 am. Citib-

abes — 3rd Floor. See Monday, Nov. 6.

WED, NOV. 22

IN MANHATTAN

Believe, Breathe, Birth: Noon. Kids at Work, 2e. See Wednesday, Nov. 1.

THURS, NOV. 23

IN MANHATTAN

Macy's Thanksgiving Day Parade: Macy's Herald Square, 77th St. and Central Park South to Herald Square; (212) 494-4495; www.macys.com/parade; 9am; Free.

Bundle up and plan on staking out a spot early in the morning if you want to see your favorite balloons fly by! Whether you catch it in person or on TV, the parade is a fabulous show of giant balloons, one-of-a-kind floats and amazing performances. Miss Kitty, SpongeBob Squarepants and the Ninja Turtles all make an appearance! See the website

Calendar

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

for viewing details.

FRI, NOV. 24

IN MANHATTAN

"Kris Kringle:" The Town Hall, 123 W. 43rd St. (800) 982-2787; <http://ticketmaster.com>; 3 pm and 8 pm; \$35 to \$110.

The musical performance features Andrew Keenan-Bolger as Kris and Kim Crosby as Mrs. Claus. Cathy Rigby and Pamela Myers also star.

SAT, NOV. 25

IN MANHATTAN

History Detective Briefcase: 1 pm to 4 pm. New-York Historical Society. See Saturday, Nov. 11.

"Little Red Riding Hood:" Galli Theater, 357 W. 36th St. #202; (212) 731-0668; www.gallitheaternyc.com/shows; 2 pm; \$20 (\$15 children).

On the way to visit her sick grandmother, Little Red Riding Hood encounters the wolf. The wolf tricks her into revealing the location of grandmother's house. Just when Little Red thinks it will be dark forever, suddenly, there appears a ray of light. Appropriate for children ages 4 and up. The show is filled with music and songs delighting audiences young and old.

SUN, NOV. 26

IN MANHATTAN

Youth Wheelchair Basketball: 1 pm to 3 pm. Gertrude Ederle Recreation Center. See Sunday, Nov. 5.

History Detective Briefcase: 1 pm to 4 pm. New-York Historical Society. See Saturday, Nov. 11.

Messiah-Refreshed!: Stern Auditorium/Perelman Stage, Carnegie Hall, 881 7th Ave. (at 57th Street), (212) 707-8566 ext. 330; BoxOffice@DCINY.org; <https://www.carnegiehall.org/Calendar/2017/11/26/0200/PM/Distinguished-Concerts-Orchestra-and-Distinguished-Concerts-Singers-International>; 2:00PM; \$20-\$100.

DCINY celebrates the holiday season with the seventh annual presentation of its version of Handel's Messiah, the Beecham-Goossens's 1959 re-orchestration for full symphony orchestra. The performance is led by Maestro Jonathan Griffith, featuring an international choir made up of singers from three different continents. Performers.

"Little Red Riding Hood:" 2 pm. Galli Theater. See Saturday, Nov. 25.

MON, NOV. 27

IN MANHATTAN

Believe, Breathe, Birth: 11 am. Citibabes — 3rd Floor. See Monday, Nov. 6.



Animated delight at BAM

The BAMKids Movie Matinee series concludes with "Ernest & Celestine" on Nov. 26 at BAM Rose Cinemas.

This animated charmer — about the surprising friendship between a gentle bear and an imaginative mouse — spins a captivating tale of tolerance and acceptance.

BAMKids curates a selection of international, independent, and classic movies perfect for film-loving families. With programming geared toward a range of

ages from silent film to 3D and everything in between, BAMkids gives young cinephiles and parents an enriching, entertaining alternative to the standard multiplex kids' fare.

"Ernest & Celestine", Nov. 26 at 2 pm; tickets \$10, \$7 members and children 12.

BAM Rose Cinemas [30 Lafayette Ave. between Lafayette Avenue and Hanson Place in Fort Greene; (718) 636-4100; www.bam.org]

WED, NOV. 29

IN MANHATTAN

Believe, Breathe, Birth: Noon. Kids at Work, 2e. See Wednesday, Nov. 1.

THURS, NOV. 30

IN MANHATTAN

Storytime: 3:30 pm. Museum of Jewish Heritage. See Thursday, Nov. 9.

LONG-RUNNING

IN MANHATTAN

Drones: Is the Sky the Limit?: Intrepid Sea, Air & Space Museum, Pier 86 (46th St. 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; Ret. & Active Duty Military,

Free).

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

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

Discovery room: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; www.amnh.org.

Calendar

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

org; Mondays – Thursdays, 1:30 pm to 5: 10 pm, Free with museum admission.

Families, and especially children ages 5-12, enjoy an interactive gateway to the wonders of the Museum and a hands-on, behind-the-scenes look at its science. Children, accompanied by adults, can explore an array of artifacts and specimens, puzzles, and scientific challenges. Hunt for animals in a majestic two-story replica of an African baobab tree filled with specimens of birds, insects, reptiles, and small mammals. Create your own collection of minerals, skulls, or arthropods from a cabinet full of fascinating specimens. 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. Grades 7-12.

Here Now: Lincoln Center of the Performing Arts, 10 Lincoln Center Plaza; (212) 875-5374; <http://www.lincolncenter.org>; Tuesdays – Thursdays, 7:30 pm, Fridays, 8 pm, Saturdays, 2 pm, Sundays, 3 pm, \$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."

"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, until Sun, Feb. 4, 2018; \$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.

Little New-Yorkers: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; Tuesdays and Fridays, 3:30 pm, Fri, Nov. 3 – Tues, Nov. 28; Free with museum admission.

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

"The History Mystery:" TADA! Youth Theater, 15 West 28th St. between Broadway and Fifth Avenue; (212) 252-1619 X4; www.tadatheater.com; Tuesdays, Saturdays and Sundays, 2 pm and 4 pm, Wednesdays, 10 am and noon, Fridays, 7 pm, Fri, Nov. 3 – Sun, Nov. 19; \$25 (\$15 children).

Three "history-haters" wander through

American history and meet the people who have had to fight for freedom, women's rights, and racial equality. Along the way, the three time-travelers meet such history greats as the Wright Brothers, Laura Ingalls Wilder, Martin Luther King, Jr., and Eleanor Roosevelt as kids, influencing their futures to help make the world better for us today!

"Hansel & Gretel:" Galli Theater, 357 W. 36th St. #202; (212) 731-0668; www.gallitheaternyc.com/shows; Saturdays and Sundays, 2 pm, Sat, Nov. 4 – Sun, Nov. 26; \$20 (\$15 children).

Hansel and Gretel are brought into the woods and cannot find their way back! A witch lures them into her little house with all kinds of tasty treats. Can clever Gretel trick the witch and get them safely back home? For children 5 years and older.

FURTHER AFIELD

Treetop Adventures: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; www.bronxzoo.com; Daily, appointments between 10am-5pm; 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. One experience — called Climb — is an aerial adventure course consisting of rope bridges, rope walks, ladders, wobbly bridges and swinging elements. There are various levels of difficulty. The other adventure offered is Zipline, allowing guests to zip across the Bronx River 50 feet up in the air. Both adventures require a ticket in addition to an All Experience Ticket and there are participation requirements (some of which are: weighing between 50 and 75 pounds, and being able to reach 5-feet-6-inch (from flat feet). Check website for more information. Tickets are sold by time and appointment.

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New & Noteworthy

BY LISA J. CURTIS



Flex their creativity

The new, wearable kit from Wowwee's Magnaflex enables kids to learn through play as they follow the instruction booklet to make a necklace, bracelet, bow tie, and more with these unique, flexible, magnetic pieces. It's a winning combination of form and function with its contrasting aqua and red pieces that make a satisfying "snap!" when they attract each other. Kids can follow along with the booklet of ideas or exercise their imaginations and assemble their own creations from the 14-piece set which includes eight Magnaflex strips, two big connectors, and four small connectors.

The flexible pieces can connect in other ways, too, and they can be combined with other Magnaflex kits. When removed from their packaging, they can easily fit in a small, sandwich-size bag for play on road trips or in a restaurant. Recommended for kids ages 3 and older, this is a magna-ficent gift idea.

Magnaflex Wearable kit by WowWee, \$19.95, www.barnesandnoble.com.

'Seek' laughter

When you need an icebreaker to help shy cousins put away the screens and interact with each other this Thanksgiving, check out Mattel Games's scavenger hunt card game, Card 'N' Go Seek. Fun for kids ages 7 and older, this game can even be enjoyed by younger kids who have a designated reader. The deck has green, blue, and orange cards, and the winner is the first player to get one of each color — or three of the same color. The cards describe a type of item the

players must find. The dealer puts a number of cards on the table that is one less than the number of players, like musical chairs. The players count to three, then make a break for it. Speed helps. The first player to get back with the correct object — or animal — wins the

matching card. There are some additional rules to keep the game interesting, and there's lots of room for negotiation when bringing back a grandmother to match a card that says "sparkles" or a spoonful of mashed potatoes to match "bumpy texture." When the whole clan is laughing and talking, all the players will feel like winners.

Card 'N' Go Seek card game, \$7.99, www.walmart.com.



Kudos for kids

Kudo Banz are a wearable, mobile reward system that can be used to reinforce good behavior whether you and your unruly tot are in the supermarket or at home, attempting toilet training or getting ready for school. The Kudos are attachable charms that the parent adds to the child's rubber wristband each time they achieve the sought-after behavior. When the child earns his third Kudo, he scans it with the free app, and watches as the charm — embedded with an AR code — unlocks their customized reward wheel, so the child can earn an easy — yet special — perk like extra time outside or an additional story at bedtime.

The starter pack includes: two wristbands; six Kudo charms (four stars and two scannable charms); "The Adventures of Drago and George" book; and a carrying pouch for the charms and bands.

Recommended for kids ages 3 to 10, the Kudo Banz set rewards kids for conducting themselves well, and helps parents replace yelling and time-outs with encouragement.

Kudo Banz Starter Pack, \$29.95, www.kudobanz.com.

Type cast

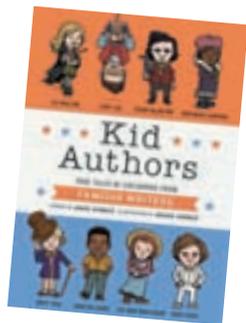
Brooklyn biographer David Stabler has penned a collection of inspiring "true tales" drawn from 16 renowned writers' childhoods that just might inspire budding authors to put pen to paper, too.

Each chapter of "Kid Authors: True Tales of Childhood from Famous Writers" (Quirk Books) is devoted to a single scribe — from the recently famed Jeff Kinney ("Diary of a Wimpy Kid") to Mark Twain ("The Adventures of Huckleberry Finn").

"Kid Authors" is sure to be a riveting read for ages 8 to 12 — and anyone that loves children's literature.

The color illustrations by Doogie Horner add humor to the entertaining book. And even if a "Kid Authors" reader doesn't feel compelled to pen the next "Anne of Green Gables" — like featured novelist Lucy Maud Montgomery — she will certainly be spurred to seek out the books written by these former kids.

"Kid Authors: True Tales of Childhood from Famous Writers" book by David Stabler, \$13.95, www.amazon.com.



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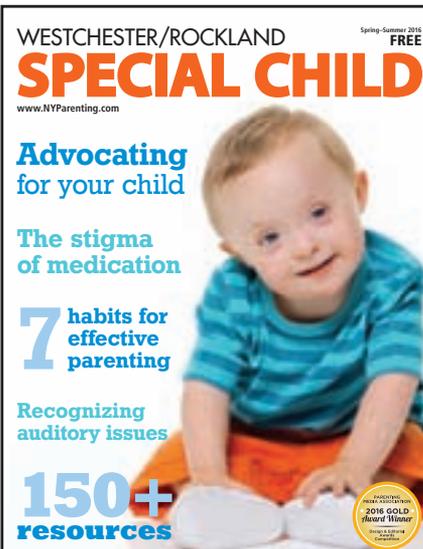
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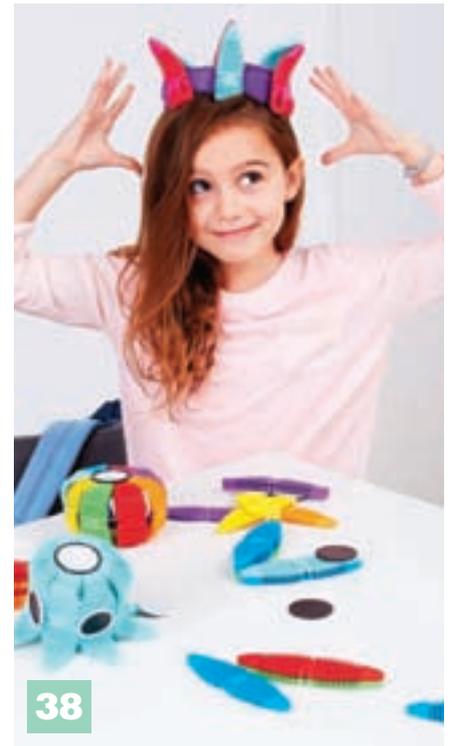
NEW YORK Parenting

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November 2017

Where every child matters



14



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Share your holiday recipes

Share with us your favorite holiday recipe!! As soon as late October I'm already thinking about the Thanksgiving Day meal. I guess that's what November means to many of us. It also means the days having grown shorter, the school session back in full swing, and the holiday season gearing up toward the new year.



It's a rare family that doesn't love Thanksgiving? It's such a special opportunity to share and enjoy the culinary company and togetherness of friends and family. It's also an opportunity to bring the kids into the kitchen and have the multi-generational reality be instructional to the younger family members.

I myself learned to cook by being in the kitchen with my grandmother, mom and uncles. Yes, there were men in my family who were also cooks. It wasn't just women's turf, and in putting a feast together, and exchanging recipes and styles, all were brought closer.

Next month we're going to do a special focus on sharing food ideas for the holidays and I'm hoping that many of you are going to send us some of your favorite recipes. It can be a main course, a side dish or a dessert. Whatever you feel is special and that kids can learn too! We're going to print our favorites.

The best way to get it to us is to either post it on our FACEBOOK page at NYPar-

enting or email it to family@nyparenting.com. Please give us your first name, your borough and your email address so we can contact you if we need to. There will be prizes for the most popular recipes.

I'm really looking forward to seeing what our readers send as well as trying to make some of them in my own kitchen. Have a Happy Thanksgiving and a safe holiday in every way. Good appetite!

Thanks for reading.

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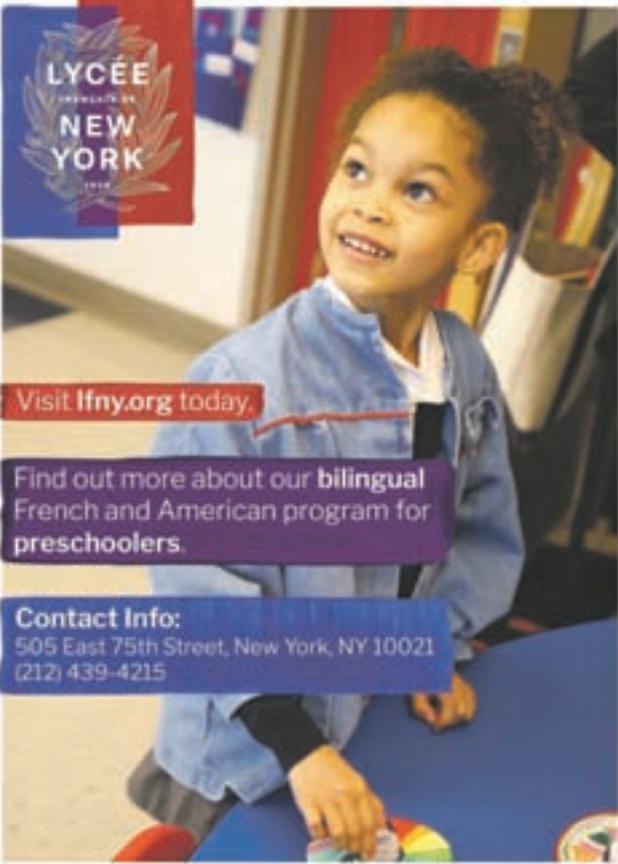
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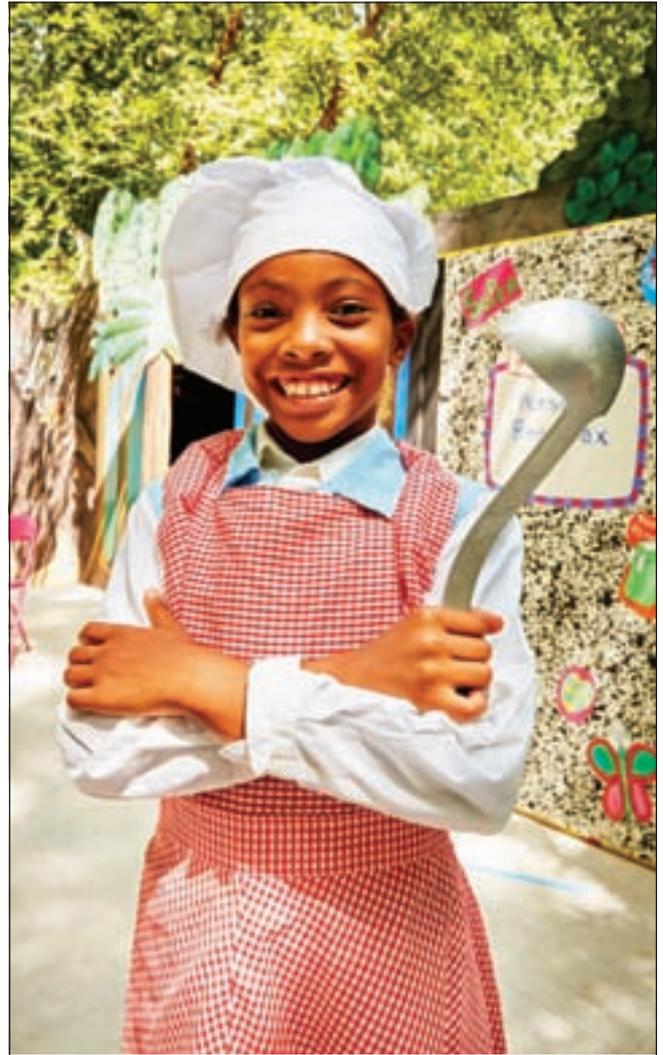


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Reasons to be thankful

For many of us, November ushers in the frenzied start of the holiday season. It's a time of preparation and mass hysteria for so many ... including myself. Just the thought of all the cooking, preparing, shopping, wrapping, and hosting is enough to make me pull the covers over my head and dream of Jan. 2.

Still, Thanksgiving is a good opening act if you ask me (slightly less if you're hosting). It's a time when we gather around the table just to be with the people we love — no presents, no pressure, nothing to do but sit there and enjoy each other's company — and try your best to avoid pulling out your phone, and actually talk.

With all of the horrendous happenings in our world, taking one day to just enjoy each other is a blessing. Most of us, including our children, keep up such a hectic daily pace that the majority of the days can easily become a series of chaotic to-do lists.

Yet the things I am most thankful for are the stark opposite, in fact.

I'm thankful for the times we share our

day over a pizza or talk about our frustration, which then turns into a much-needed release and hopefully a smile. I'm thankful for the days when one of us is struggling and the rest of us come together to help and comfort. Life is filled with challenges, but when you have a loving support system, you can get through it all.

I'm thankful for snuggling up with my loving Lab, Django, on cold nights after busy days. I'm thankful for Saturday afternoons with my parents when they joke and laugh and love my kids. I'm thankful each and every night when we all get home and are together again. I'm thankful for the never ending hearty laughs that make our eyes tear when something unexpectedly happens. Those are the memories we will carry with us.

When you think of what fills your heart, it is never going to be the new phone, jewelry, or car. It's not even going to be the big party or fancy vacation. It's just not.

Our most special moments lie in the common, everyday occurrences.

Jack Pearson on the popular show,



JUST WRITE MOM

DANIELLE SULLIVAN

"This Is Us," played by Milo Ventimiglia, perhaps said it best: "I am thankful for my family. I'm thankful that we're all safe, and there's no one in the world that I'd rather be too hot or too cold with."

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



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Children can show gratitude

As November begins, I always start to think about my early Thanksgivings. Before we could eat, my dad always made a sappy speech about how thankful he was. He would go on and on about us all being together, and healthy, and joined around a full table of food. He then made each person at the table share what they were thankful for. I always giggled at his speeches and rolled my eyes a bit when I had to share, annoyed that I had to wait before I could dig into the mashed potatoes.

As an adult, I look back on those moments, and it warms my heart. What a gift my dad gave me. Talking about the good, pointing out the positive, and occasionally shedding a tear at how good life can be. This is a gift that every child needs and every parent can give — ideally, more than once a year. In order for your children to be grateful, you need to model gratitude.

The exciting news is that gratitude is a behavior! Yup, with just three consistent actions, you can teach your children how to feel grateful.

First, talk about things that you are grateful for every day. Make it part of your casual conversation, just like you would the weather. At least three times a day make a

comment, “Wow, I am so grateful we made it to school on time” or “This picture is amazing. Thank you for showing it to me.”

Second, ask your small ones what they are grateful for just once a day. Make this a habit, and ask them at the same time each day. Perhaps you want to start dinner out with this question or it becomes part of your bedtime routine. Doing it at the same time each day helps you remember to ask the question. If your child does not have an answer (as sometimes they say they don’t), simply wait. Let them know you will wait for them to find their answer, because you know they have one.

Third, when your child acts ungrateful (throws a tantrum because you said “no dessert” or carries on when you won’t buy them a new toy), do not get into a long conversation about how good their life is. In this moment, just listen and restate your decision (i.e. “No dessert tonight”). There is no big conversation to remind them of all the sweets they already ate today. This moment, when they do not see how amazing their life is, you simply listen. No argument, no commentary, no convincing. You know that later that day or the next, you will find out what they are grateful for. You know they are learning the skills to



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be thankful. So in this moment of problem behavior, you can be patient. Now, that is something to be grateful for!

Dr. Marcie Beigel is a behavior specialist based in Brooklyn with more than 20 years of experience. Her book “Love Your Classroom Again” was a bestseller, and her new book, “Love Your Family Again,” is available for purchase at Amazon.com on Nov. 15. Visit DrMarcie.com/freegift.



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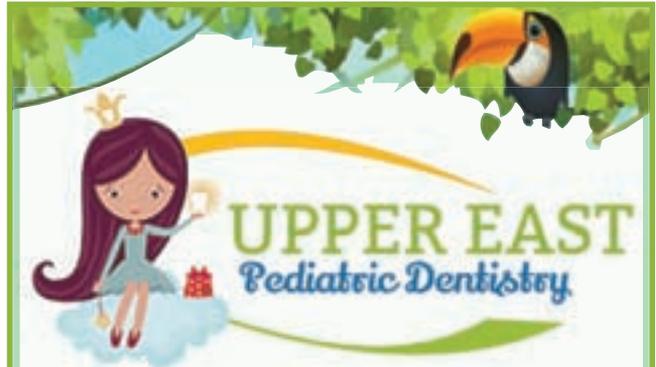


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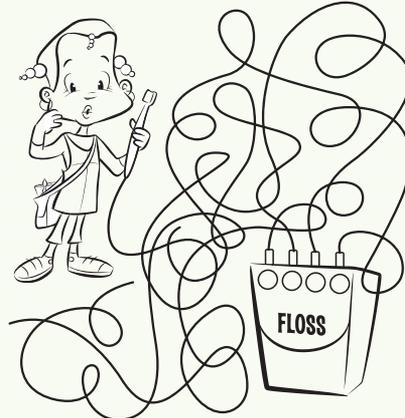
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Feeling grateful

Having a child changes a lot of things, but it doesn't need to change everything.

A picnic in the park might sound like an unpredictable and challenging outing — intimidating enough to keep everyone home. And taking the family on a trip? That can feel more like work than play!

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"Coach Parenting: Raising Teenagers with Advice from Pro Football's Greatest Head Coaches" by Erika Katz is a #Divamomsbookclub must-read book. Did you ever wonder why your teenagers listen to their coaches and not to you? It's because their coaches hold them accountable! Show up on time or get benched! If you want to turn your family into a championship team, take a page out of the playbook of the NFL's greatest head coaches and start parenting like a coach!

Between the constant texting, the crazy sleep habits, the insatiable appetite, and the pushback at every turn, it's easy to wonder how you're going to raise your sons and daughters to be responsible young adults. Grab your clipboard,

because Katz has sought the advice of Super Bowl-winning head coaches John Harbaugh, Tom Coughlin, and Jimmy Johnson, Hall-of-Famers Troy Aikman and Howie Long, and so many more! Katz took their coaching advice and developed a parenting technique that is life-changing for parents of teenagers.

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www.amazon.com/Coach-Parenting-Teenagers-Footballs-Greatest/dp/1632991438/ref=asap_bc?ie=UTF8

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I wish everyone a very happy, healthy Thanksgiving filled with lots of #DeLysscious food. If you are cooking, taking your kids to the Macy's Thanksgiving Day Parade, or watching it on TV, make sure to spend quality time with your loved ones.

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

Chocolate-Maple Pecan Tart

For many, the Thanksgiving holiday wouldn't be the same without pecan pie. In this recipe, Martha Stewart adds a delicious twist to the tradition by adding chunks of chocolate to the crust and maple sugar to the filling.

www.marthastewart.com/1133582/chocolate-crusted-pecan-tart

CRUST:

- Five tablespoons unsalted butter, room temperature
- 3 tablespoons granulated sugar
- 2 large eggs, separated
- 1 cup plus 2 tablespoons all-purpose flour

- 1 teaspoon coarse salt
- 3 ounces bittersweet chocolate, finely chopped (1/2 cup)

FILLING:

- One-half cup granulated maple sugar
- 1 tablespoon all-purpose flour
- 1/2 teaspoon coarse salt
- 2 large eggs, plus 2 large egg whites (reserved from yolks used in crust)
- 2 tablespoons unsalted butter, melted
- 1/4 cup light corn syrup
- 1 1/2 cups pecan halves, toasted

DIRECTIONS:

1. Crust: Preheat oven to 325 degrees. Combine butter and granulated sugar in a medium bowl. Stir in yolks, then flour

and salt until mixture resembles coarse meal and holds together when pinched. Fold in chocolate. Press evenly into bottom and up sides of a 13-by-4-inch, fluted tart pan with a removable bottom. Refrigerate until firm, about 20 minutes. 2. Bake crust until golden and set, 25 to 30 minutes. Let cool completely on a wire rack. Increase oven heat to 350 degrees. 3. Filling: Whisk together maple sugar, flour, and salt in a medium bowl. Whisk in eggs and whites, butter, and corn syrup until smooth. Place crust on a parchment-lined, rimmed baking sheet. Scatter pecans evenly onto crust. Slowly pour in filling. Bake tart until puffed slightly and set, 25 to 30 minutes. Let cool completely on a wire rack. Remove from pan; serve.



Happy Holidays from Wetherby-Pembridge School

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A helping hand

Online parent training gets A+ for convenience, results

BY MIKE CIVELLO

Ask any parent to name their biggest child-rearing challenge and nine times out of 10, you'll probably get the same answer — managing behavior.

All children have behavior issues — whether it is adhering to morning routines like brushing teeth, getting dressed, and getting out of the house in time for school, or playing cooperatively with their siblings, doing their chores without complaint, or even just sitting quietly in a chair throughout an entire special event. All can be wearing on parents.

Identifying triggers

The behavior challenges for children with special needs like autism can be significantly more difficult for parents and caregivers to manage. Children with developmental disabilities often have trouble navigating the basic mechanics of daily living and can often struggle with even simple social interactions and tasks. Break-downs happen, as they do with any child, but for children with special needs, they likely happen more often or are sparked by a host of unpredictable triggers.

Key, of course, is understanding that children with developmental disabilities rarely act out to simply garner parental attention or as a strategy to secure more video game time. More likely, outbursts are triggered by frustration — the inability to clearly communicate basic needs and desires, or by environmental prompts like moderate to extreme sensitivities to light, sound, or even touch.

Parents and caregivers typically are caught in the crosshairs. Moreover, because an individual child's behavior triggers can be hard to identify and even more complicated to manage (or which require adaptation on the part of a caregiver), successfully navigating these situations can take enormous time, creativity, and patience. And the situations often feel overwhelming.

Training vs. education

Every parent and every caregiver has moments of feeling overwhelmed — and isolation. Parents of children with special needs, in particular, often feel like they



are the only one struggling to bail a sinking ship.

The good news is that training to develop productive strategies does help. A recent study of parents of children with developmental disabilities reports that parents who received training in behavioral intervention techniques saw a 57 percent decline in problem behaviors associated with their special needs child compared to a parent who was simply educated about interventions. Trained parents, the study reported, have more than 20 percent better outcomes in managing their child's behavior than those without training.

The challenge, however, is that training parents of children with disabilities can be very expensive and resources — such as skilled and geographically convenient behavioral therapists — are quite scarce. Support systems do exist, but may not be easy to identify or be readily accessible. Finding a quality behavior therapist for your child can be — and often is — a seemingly insurmountable challenge for many

parents in the US and globally.

Do the numbers

According to the Centers for Disease Control, one in every six children (or nearly 450 million worldwide) is diagnosed with a developmental disability. However, even in the U.S. and in large metropolitan areas like New York City, getting the right support — even when covered by an employer's benefit plan — is a challenge.

With only 18,000 board certified Behavior Analysts worldwide, finding an expert provider to treat your child — not just in smaller, or non-urban locales, but even in New York, the city that never sleeps, the city with everything — is, at best, extremely difficult. Finding someone willing and able to go above and beyond to train you consistently to reinforce and manage behavioral plans in the home is nearly impossible.

Technology matters

Technology — not robots, but videos, chat rooms, online guides, etc. — is step-

ping in to fill the void for millions of parents seeking the tools, resources, and skills to implement basic behavioral intervention therapy and help their children. Technology is addressing the problem of how to serve so many children by too few behavioral experts by making it possible to cost-effectively and cost-efficiently scale parent-training resources and tele-consultative services to parents wherever they live.

Increasingly companies (and their employees) are rethinking the delivery of (and access to) effective behavioral intervention and caregiver-support services and looking to the cloud to turn the behavioral therapy delivery model on its head.

Rather than bemoan the one (therapist) to many (children/families) ratio, employers, educators, and healthcare providers are leveraging technology to deliver support services to enable many (families) to benefit from a single evidence-based resource.

These services can include instructional e-learning videos offering step-by-step training to help parents teach their child the art of daily living and human interaction, develop daily routines like brushing teeth independently, or socialization strategies, like making eye contact when prompted, or develop such long-term life skills as how to help the child prepare for a job interview.

Parents of children with special needs often feel like they are the only one struggling to bail a sinking ship. The good news is that training to develop productive strategies does help.

Companies like Amazon and Pfizer are tapping into low- or no-cost (to employees) third-party services to deliver needed support and training to their employees caring for children with special needs. Altruism aside, employers benefit from improved productivity (reduced stress, greater focus, less absenteeism) and greater employee loyalty. The unspoken understanding is that your best interest is in their best interests.

Stepping forward matters

Human resources and benefits executives, who want to do more to help employees care for their children with disabilities, also understand how crucial this support can be to bolstering employee morale. But to make the cost-benefit case to management, they need to know how many employees are impacted. At issue is that few parents with special needs children are brave enough to step forward. Many fear

stigmatization or lack of employer support that could jeopardize their careers, so most human resources departments have only anecdotal evidence to evaluate.

Managing challenges at home along with the fear that promotions will be held back and projects will be passed on to other colleagues is not a healthy approach to work. And employers may not know the cause, but they do notice when productivity suffers. So step forward. Let them know you (and your unique family) exist. And don't just ask for help. Ask for training.

Mike Civello (mike@rethinkfirst.com) is vice president of employee benefits for Rethink Benefits (www.rethinkbenefits.com), a leading global online solution delivering a comprehensive video-based treatment program, behavior intervention planning tools, training for caregivers, individualized assessments, and online skills-based activities for individuals caring for those with developmental disabilities.



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Why can't my child read?

BY JAN PIERCE

One of the most basic benchmarks in your child's academic development is learning to read. And reading is the skill that opens the doors to all other learning. So what can you do when it becomes apparent that your child is struggling to become a good reader?

read?

How to help overcome the struggle

Never too late

It's never too late to add read-alouds to your daily life. Kids love stories, and there are endless choices for topics. If you've "failed" to read to your kids, begin today. In short order, you'll find you enjoy reading together as much as your children do.

And the more time children spend in reading activities, the easier it is for them to become readers, too.

Aside from lack of exposure to reading experiences, there are many reasons why children do not learn to read easily. These can range from simple understandings about letters and sounds to processing problems that may require professional interventions.

It's important to know that the earlier reading problems are diagnosed and treated, the better the results.

Some basic reading problems

Letter sound awareness: In order to read, children must have the understanding that words are made up of smaller bits called phonemes. Phonemes are the sound chunks made by letters. For example the word cat has three phonemes: the k sound of c, the vowel a, and the "t" sound of t. While a child hears the word cat as a whole, it's important to be able to break the word into sound chunks for the purpose of learning to read.

Decoding: Decoding is the process of seeing the letters and then "saying" the sounds aloud. (Of course silent reading comes later.) Decoding is a complex skill

that requires knowing all of the alphabet sounds plus the combinations they make, plus understanding reading rules such as a silent e at the end of "bike."

Vocabulary: A healthy, growing vocabulary is one of the best indicators of success in learning. Knowing the meaning of words and being able to learn new words regularly is a great plus in becoming a fluent reader. The more a child reads, the bigger the vocabulary.

Fluency: Once decoding skills are developed, we expect children to be able to read aloud fluently. A strong reader should sound as if he or she is talking naturally with the proper ups and downs in tone, and with the impression that there is strong understanding.

Comprehension: It is fairly common for children to read as if they understand, but upon further questioning, it becomes apparent that they really haven't made sense of the words. Comprehension is more than just remembering facts; it's being able to discuss the information in meaningful ways. For example the color of Cinderella's ballgown isn't nearly as important to know as the fact that she's leaving her scullery position to capture the heart of the prince.

Other issues

Auditory or visual processing: These problems require specific testing by professionals and therapy to help the brain identify sounds or visuals correctly and be able to interpret them.

Attention problems: Children with significant attention problems find it difficult to focus on reading skills long enough to be successful.

Memory: Some children have difficulty remembering the shape of a letter or the sound it makes. They require extra practice to become successful in learning.

Second language: For the child learning English as a second language, it is important to know that it takes approximately six years to become fluent in English speaking and reading skills.

Vision problems: Some children have difficulty with focusing on words even though they may test 20-20 on basic reading tests. If there is blurring or double vision, or difficulty in "tracking" along the lines, children can be helped by reading therapies.

It's extremely important for parents to request testing by their school if reading difficulties are evident. The stigma that develops when a child is placed in a "slow" reading group or the self-confidence problems that arise when the child knows he "can't do it" are detrimental to learning in themselves. Early diagnosis and intentional interventions can make all the difference for a struggling reader.

What parents can do

Your home and the life you live with your family is your child's first and most important school. There are many ways



you can support your struggling reader at home.

Have fun with books, leading your child to an appreciation of the printed word. Find books, comics, or any other printed material that your child loves and read them together.

Develop awareness of letters, sounds, and word parts in daily life. Notice the stop sign at the corner and the McDonald's sign as you buy your Happy Meal.

Learn the alphabet in many ways such as magnetic letters, by singing songs, using letter blocks, reciting the alphabet as you climb stairs, doing dot-to-dots, tracing the letter in cornmeal.

Build word awareness. Teach your child to recognize and write his or her name, and then expand known words such as the names of siblings, common food items, color words, etc.

Play rhyming games and sing songs to-

It's important to know that the earlier reading problems are diagnosed and treated, the better the results.

gether. Play "I'm thinking of a word that begins with the letter b."

Sound out words and learn word patterns. "Let's think of all the -ill words we can."

Take time to talk about and reflect on the meaning of the stories you read. "Why do you think Goldilocks went into the Three Bears' house?" "Why does Curious George get into so much trouble?"

Finally, there is no substitute for lots and lots of reading. Enjoy old favorites, and find exciting new titles. Even struggling readers will work hard to succeed if they're motivated. Make the most of your child's current interests. If dinosaurs are

the new topic of interest, be sure to find lots of books about them.

An excellent resource for all things related to reading and reading success is the website www.readingrockets.org.

Reading is a very complex skill, and there is no "one size fits all" when it comes to solving reading problems. Be sure to contact your child's teacher and the school's professional staff to diagnose and begin to solve your child's reading issues.

*Jan Pierce is a retired teacher and reading specialist. She is the author of *Homegrown Readers and Homegrown Family Fun: Unplugged*. Find Jan at www.janpierce.net.*

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Continued on page 18

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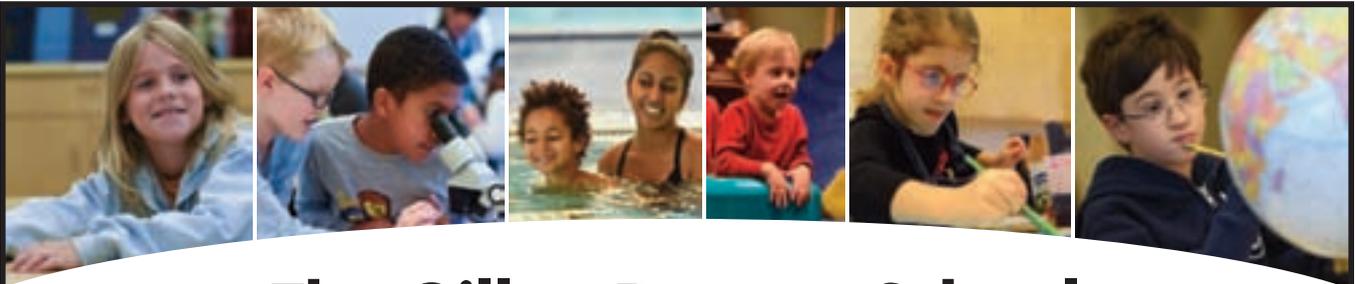
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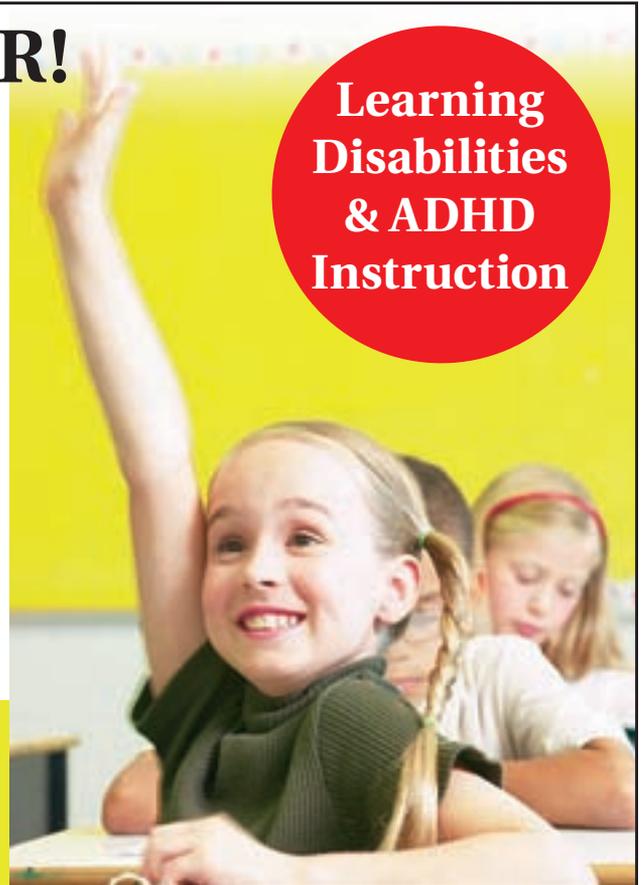
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HEALTHY LIVING

DANIELLE SULLIVAN

The science of calming tantrums

Tantrums can rattle even the calmest of parents. Your child is screaming, overwhelmed, and in anguish, and he or she may be acting out toward you directly. Nothing you are doing is helping. If you are in public, you might feel even more compelled to quiet this storm inside your child, and that combination of pressure and helplessness on both your part and theirs is the perfect brew for you to lose your temper. Who among us hasn't lost it when their child just would not stop screaming?

The first thing we need to do is forgive ourselves, and then we have to try to understand exactly what is happening inside our child when a tantrum overtakes them.

In "The Science of Parenting: How today's brain research can help you raise happy, emotionally balanced children," author Margot Sunderland explains how what a child needs the absolute most in that flurry of emotion is patience and understanding, not time outs. Tantrums, and distress tantrums in particular, are a biological function.

"Distress tantrums happen because essential brain pathways between a child's higher brain and his lower brain haven't developed yet," writes Sunderland. "These

brain pathways are necessary to enable a child to manage his big feelings. As a parent, your role is to soothe your child while he experiences the huge hormonal storms in his brain and body.

"If you get angry with a child for having a distress tantrum, he may stop crying, but this may also mean that the fear system in his brain has triggered, overriding his separation system. Or he may simply have shifted into silent crying, which means his level of the stress chemical cortisol will remain sky-high. As we have seen throughout brain research, uncomforted distress can leave a child with toxic levels of stress hormones washing over the brain."

No one wants his or her child to suffer emotionally, yet we all want to help ease our child out of the tantrum as soon as possible, too. Here are five things you can do to help your child in the heat of the moment:

Remain calm

This is the most important thing you can do and it has nothing to do with your child. It is up to you to set the tone, and it's vital that you not inflame the already stressful moment with yelling or anger.

Stay with your child

Do not walk away to leave all the building emotions toppling over by themselves. You can offer a soothing hug, if they will let you, or you can simply sit next to them, which allows them a certain amount of freedom if they need it. Every child and every tantrum is different. Take their cue.

Allow choices

If the tantrum is centered on wearing a piece of clothing or eating a certain food, calmly offer them an option, instead of demanding them to do as you say. Even very young children need to feel they have some control over their body and wishes.

Educate yourself

Read about the science of tantrums even if your child is not currently having them. The more you can understand the biology behind the behavior, the easier it will be to adopt a clear and calm approach when they occur.

Take it seriously

Remember that he or she needs you to help him or her calm down. A child's frontal brain lobes are not yet fully developed. When they are, your child will be able to control their emotions, but right now, they need you to show them the way and be their safe place to fall.

"It is important that you take a genuine distress tantrum seriously and meet your child's pain of loss, frustration, or acute disappointment with sympathy and understanding," says Sunderland. "When you do this, you will be helping your child to develop vital stress-regulating systems in his higher brain."

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

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Should women wait to collect Social Security?

In my previous column, I discussed how Social Security benefits can be an important part of a person's retirement income. Determining what age to claim your Social Security benefits should be determined by age, health, and amount of other savings earmarked to retirement income, among other factors. This is especially important for women planning their retirement.

Some of the reasons are demographic. Women tend to live longer than men, and according to AARP, are more likely than men to be widowed and single when they are older. According to the Department of Health and Human Services, in 2012 only 45 percent of women over 65 years old were married, compared with 75 percent of men.

Another factor to consider is that women tend to take time out of the workforce to care for children or aging parents, and historically have earned less than men, on average. This combination could lead to lower overall career earnings and savings when compared to men of similar age.

Therefore, it's important for women to ensure they receive the most they're able from Social Security. Here are some things to keep in mind when making these decisions.

It can pay to delay. Although people can start receiving reduced benefits at age 62, it might be wise to wait until your full retirement age — ages 65 to 67 depending on your birth date — if you're able to.

If you take Social Security benefits before your full retirement age (FRA), the amount of your monthly benefit payment will be reduced. If you delay collecting benefits beyond your FRA, the amount of your monthly benefit will increase until you reach age 70. Factors such as health and other retirement savings should be considered when deciding what age to claim benefits, so it's always best to consult a financial advisor before making these permanent decisions.



You can collect Social Security even if you are still working or earning self-employed income — but of course, there are a few rules to remember. If you collect before your full retirement age, your benefits will be decreased by \$1 for every \$2 you earn over \$16,920 (the 2017 limit). The year after you reach full retirement, there is no penalty for working and claiming Social Security at the same time, and your benefits will not be adjusted for earned income. Social Security earnings rules can be very complicated, and again, consulting a financial advisor before making these decisions is recommended.

Social Security may not cover all of your needs in retirement. Historically, Social Security benefits compose half of the total income of unmarried women — including widows — age 65 and older. And according to the same study by the Nationwide Retirement Institute working with a financial advisor helped most women better prepare for their retirement. Only 13 percent of women say they received advice on Social Security from a financial advisor. However, 86 percent of



FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

women surveyed — who worked with an advisor — say their Social Security payment was as expected or more than they expected.

Make an informed decision on when to retire. According to the same Nationwide Retirement Institute study, 80 percent of retired women currently collecting Social Security benefits took those benefits early, locking in a lifetime of lower income. That may not be the best financial decision for them longer term. Working a few extra years until FRA could translate into thousands of extra dollars over the course of a person's retirement. Delaying Social Security benefits until age 70 would mean even more income during the remainder of your life. Consider working longer if you're able, and consult a professional about your best Social Security claiming strategies.

A careful review of Social Security regulations, your financial situation, and any health considerations you may have are crucial to developing a strategy to maximize income during retirement. Taking the time to review your options and making an informed decision can help you maximize your monthly retirement income and Social Security payments. It can make a dramatic difference in the long run.

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

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Protecting digital data after you die

I have all of these digital online accounts, between my Apple ID and music, e-books, my Facebook account, and Google Photos. What happens to all of that data when I am disabled or die?

A newly adopted law in New York State offers fiduciaries a tool to access online digital assets of another person who has done their estate planning documents. The law says that if a user has used an “online tool” to administer digital assets, the online designation will have control even over a Will or Power of Attorney giving a contrary directive.

So take the following example: Oscar is a 32-year-old basketball player with a wife and two children. He does all of his banking online, has an Instagram account with 342,000 followers, a Facebook account for his public likeness and a more private one within his inner circle of 1,000 close friends and family, a Flickr and Google Photos (formerly Picasa) account where he stores all his photos (no backups), and, of course, a Twitter feed.

He was playing “War of the Worlds” on his iPad tablet and ranked third on the game board, and was at level 1,107 in Candy Crush. His password-protected laptop is in his home office when he suddenly dies in a boating accident. Can his wife legally access his computer and online accounts? Can his attorney? Probably not. What’s more, depending on what steps Oscar took before he died when he set up his personal settings, a lot of that material might not be recoverable.

But many services now offer the ability to store passwords in a “vault” and designate a person to have access if something happens to the user. Last Pass, Legacy Locker, and Entrustenet are a few examples. Giving someone your passwords or leaving a list is not a viable solution. First of all, most people are uncomfortable leaving a printed list or a computer list of all their passwords. Also, everyone changes their passwords frequently — usually be-

cause they forgot the password in the first place — so a list of that sort doesn’t usually help.

Services like Last Pass will update the password and save it in your designated devices. There is a blog called “The Digital Beyond,” that maintains a list of online services that are designed to help users plan for their digital death and afterlife or to have loved ones memorialize them after their death.

Here are some of the options on the most popular sites:

Facebook: Facebook devotes an entire page to the topic of “Here’s what happens to your account when you die.” You can designate a “legacy contact.” And Facebook really does have an app for that: Facebook offers an app called “If I die,” that you can set up at any point before your death to help put your social accounts in order and send out a last message if you wish. Instagram allows you to memorialize an account.

Google: Google allows you to “plan your digital afterlife” by allowing you to select “trusted contacts” to receive data from Gmail or Google. It also offers an “Inactive Account Manager” feature that lets you designate up to 10 trusted contacts to be notified if your account goes inactive, and gives them access to your data with your permission.

Apple: In a recent case, a widow was unable to use her late husband’s iPad because she did not know his Apple ID password, and Apple refused to reset it even with the death certificate. Of all passwords, the Apple ID is probably the most critical: It contains a lifetime’s collection of music, books, and other material.

Hotmail lets relatives order a CD of all the messages in a deceased user’s account if they provide a death certificate and proof of power of attorney.

Flickr will keep an account up and mostly open to the public, but if a user had marked any photos as private, the site won’t let family or friends into the account.



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ALISON ARDEN BESUNDER, ESQ.

There are other services like GhostMemo — which allows you to prepare messages to be sent to loved ones with videos or just documents. After a set period of inactivity, the service sends a “proof of life” link to reset the timer; if there is no response, the service sends out your messages. With the service Afternote, it allows you to designate one or more digital “trustees” who report your death to the service, after which they are given access. The password savers offer encrypted space to store passwords and other account information to give to designated recipients after a user dies. Each site has a system in place to verify a user’s death before distributing any digital assets.

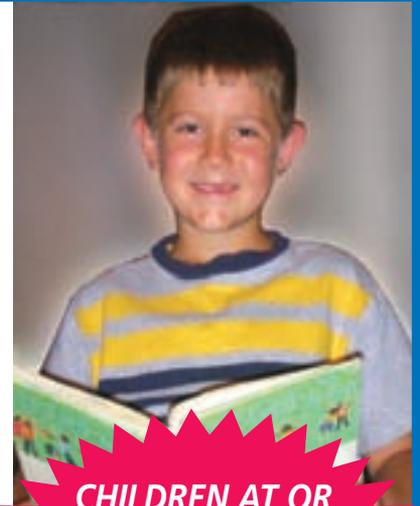
US Trust put out a Wealth and Worth Study in 2013 that found that 45 percent of high-net worth people it polled had not organized passwords and account info for their digital lives in a place where heirs or executors would find them, although 87 percent said they had a will and knew where their important documents were. While it is not exactly the way anyone wants to spend their Saturday, it is worth devotion of a few hours to organize your digital life and explore the options many of these services offer for doing so.

Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists 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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Wolk this way

Mom has advice on raising girls in the age of social media

BY TAMMY SCILEPPI

“**C**oncerned about your daughter’s need for ‘likes’ and her addiction to her smart phone?...I’ve got the antidote,” says author, educator, and girls’ leadership guru Laurie Wolk, who is a Westchester mom raising young teens — two daughters and a son.

She advises parents on how to speak with children about the do’s and don’ts of social media, and her new book — “Girls Just Want to Have Likes: How to Raise Confident Girls in the Face of Social Media Madness” — is a back-to-basics approach to parenting in the digital age.

“Parents want help. Raising kids in the iGeneration is totally new. We have no role models, because nobody has been here before,” says Wolk. “And even though many of us already know which valuable life skills we want our kids to learn, and we’re aware of those old-school parenting techniques, we’re often too busy with our day-to-day lives to implement them!”

Did you know that an average 12- to 15-year-old sends over 40 texts a day? And that 78 percent of teens check their mobile device hourly?

Wolk’s goal is to help parents like you “reclaim the power in their homes away from social media, the uninvited guest, and go back to the basics of creating a stable and loving home, accepting and encouraging their daughters and gently nudging them to take risks and experience real accomplishments.”

And she hopes that parents can “step (back) into their roles as mentor and guide and stand side by side with their daughters, helping them unwind and decode the different messages that social media is sending them.” As this begins to take shape in the home, Wolk predicts that social media “will start to blend into the background, allowing the things that matter most to stand front and center — your daughter!”

Wouldn’t it be nice if families went back to a simpler time — when “like” meant that you were really liked — and not by 155 strangers? And feelings were expressed with an actual hug or kiss ... and not by texting cute emojis? That said, perhaps

parents should look at devices and social media through a less gloomy and more positive lens, so they can learn to embrace today’s digital reality and teach their children how to monitor themselves and stay safe online.

“It’s important to speak with your children about what is appropriate and safe to post ... and how to become a good digital citizen,” says Wolk.

As a proactive parent, she also feels that other parents shouldn’t get distracted by their own devices and busy lifestyle, but knows it’s easier said than done.

Building a healthy family connection takes work. And Wolk is hands-on when it comes to her brood. Her book helps parents with powerful communication and leadership skill lessons, providing real-life examples. Hopefully, your efforts will yield confident, capable young women (and men) who can communicate and interact with different people effectively ... in the real world (despite opposing views, for example).

With an increase in teen anxiety, protecting them from the harsh realities of life may not be the best way to go. In a scary, unpredictable world, Wolk believes “we must expose our kids and ourselves to the hard stuff. Not easy, I know,” she admits.

As parents, we shouldn’t underestimate the power of social media ... and the media for that matter. So, when you’re ready for action and want to take your power back, you’ll find helpful templates, exercises, and worksheets that you can use as valuable tools to deal with your device-addicted teen, who may be somewhat brainwashed by what she has been exposed to via screens.

In her roles as educator and motivational speaker, Wolk helps parents and young girls learn how to communicate and connect with themselves, each other, and the outside world. She works directly with companies, schools, organizations, and individuals on building confidence and leadership skills.

She points out that girls are learning “valuable life lessons from mentors like the Kardashians and Instagram ‘stars,’ whose heavily edited photos and videos leave them feeling badly about themselves and second-guessing their own lives.

“Physical and psychological changes in her adolescent brain mixed with the impact of the media, most importantly social media, has girls feeling lackluster about themselves and uncomfortable communicating in real life,” she explains.

Wolk works hard to get the word out about raising balanced kids in our madcap — and sometimes dangerous — digital age.

Tammy Scileppi: So, how did your timely book come about?

Laurie Wolk: From the day I was told, “It’s a boy and a girl,” — yes, twins! — I told myself I was going to build a better me because of them. I felt that with unconditional love, strong values, and my hard-won life experiences, my kids would grow up to be a confident, capable, and kind young man and woman.

Up until my kids were eight, everything was going pretty much according to plan. Sure, the preschool and early elementary school years had their challenges, but nothing notable to speak of.

During those early years, I was a life coach and girls’ leadership educator, working with parents and kids. I attended conferences, took advanced certification classes, and pored over parenting books into the wee hours of the night. I tested out everything I was learning in real time on my children and my clients.

And then the world of iPhones, Instagram, Netflix, and Snapchat came a-knockin’. Instead of feeling like I had this whole “parenting” thing down, I had a pervasive feeling of fear, doubt, and powerlessness. Quite often, I felt paralyzed and incapable of taking any kind of action at all. These screens that had innocently come into our home had slowly taken over our lives.

I began talking about social media, and its influence on family life with my clients and their children in my workshops. I began researching the effects of social media and digital devices on our brains and development. I noticed that everyone focused on the doom and gloom aspect of social media, but nobody offered any tools or advice on what to do.

So, I set about finding the antidote, and I did, [and it] informs my book. It’s all about clear rules, family connections, and teach-



Laurie Wolk advises parents on how to speak with children about the dos and don'ts of social media. Her new book — “Girls Just Want to Have Likes: How to Raise Confident Girls in the Face of Social Media Madness” — is a back-to-basics approach to parenting in the digital age.

ing life skills to our kids.

TS: So, how do parents raise confident girls amidst the social media madness?

LW: We parents and society give our girls (and boys) mixed messages, and we need to pay closer attention to our actions and our words. We tell them to be leaders, but we call them out for being “bossy.” We tell them that they are capable and strong, but then we jump in and solve their problems for them. We encourage them to be assertive, but then we inundate them with our pleas to be nice and respectful. We tell them to take risks and make mistakes, but then we mitigate their failures, so they don't feel the hurt.

We need to teach our kids not to rely on the external world for validation. Sure, good grades in school or being on an elite sports team offer confidence boosts during those early years, but research shows that these are not enough to sustain a feeling of true confidence in one's whole self. It's the same for social media. Those

online “likes” and comments aren't going to give them the same happiness that an in-person compliment or a true “real life” connection would.

Having report cards that are covered with A's alone is not doing our girls justice. In fact, along with those A's, we want to be focusing on a whole lot of C's, too: Communication, collaboration, contribution, character, and creativity.

TS: How do we teach our children to be brave and use their voices?

LW: Being able to share freely how you feel in exchange for the opportunity to make change in your world (or a situation) is freedom. Freedom is the ability to share your truth, knowing that you will be okay whatever the outcome is. Intimacy comes when you share how you feel — that's how relationships get stronger. And relationships are the cornerstone of happiness.

Sharing how you feel also brings the truth to the surface. Even if your true feelings are not as well-received as you

would've liked, you'll still find you feel relief in having expressed them. When feelings are kept inside and not voiced, that's when we see unhealthy and problematic behaviors develop. Those “hurt” feelings often get buried, and later in life (whether in work or in relationships), we tend to see that people fail to speak up yet again, having carried with them this default way of being. This can come at tremendous personal cost to their careers, marriages, and friendships.

That feeling of confidence that we all so desperately want for our kids is only created from the inside, and it's hard-earned. No parental life lesson, academic achievement, social media stardom, empowerment rally, or brilliant ad campaign can give it to her. That confidence starts with girls learning to speak up and ask for what they want and need. It takes courage, but it's a skill they (and even we adults) can learn with experience.

TS: Parents want to help their anxious teens, but many feel that it means protecting them from life's challenges. That said, how can these kids deal with bumps in the road head on? Share your recipe for raising balanced kids in a digitally-obsessed world.

LW: One-half cup — Firm boundaries (set around the behavior you expect from them as well as their use of digital devices)

One-quarter cup — Understanding that social media and technology are here to stay and that it's a way of life for kids today

12 heaping spoonfuls — Unconditional love

Continuous role modeling of the behavior you want to see in your kids, like kindness, respect, clear communication, taking risks, making mistakes, and bouncing back

Sprinkle throughout — Opportunities to practice the important life skills that they aren't necessarily learning due to a busy after-school lifestyle and digital distractions

These types of skills — like being brave, caring, resilient, organized, honest, and creative — are what they need to find lasting happiness.

Knead repeatedly — This last step can be accomplished through a method I call “Life Skill Lessons From Your Living Room” in which you regularly allow your kids to cultivate these skills by planning things, volunteering, negotiating, taking risks, and more!

Part 2 will appear in our December issue.

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



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Battle nut allergies — with peanuts

It's not often that a health organization makes a complete 180-degree turn with a long-standing recommendation. But the National Institute of Allergy and Infectious Diseases did just that earlier this year with their advice about preventing peanut allergies.

Rather than avoiding peanuts, the new guidelines recommend exposing infants to peanuts early — as young as four to six months of age — to prevent or reduce the chance of developing a peanut allergy later.

“This is a significant change in practice, as parents were previously told to avoid peanuts until age 3,” says Rachael Costello at Rachael Costello Nutrition.

The landmark study that influenced the reversal, “Learning Early About Peanut Allergy” clinical trial, showed that introduction of peanut products into the diets of infants at high risk of developing peanut allergy is safe. Not only that, but the study showed that early peanut introduction reduced later development of peanuts allergy by a whopping 81 percent.

The trial was the first and only large, randomized prevention trial for peanut allergies. Its findings are considered definitive.

Peanut allergies affect fewer children than most people suspect: only two percent of kids in the U.S. Peanut-allergic chil-

dren, their parents, and caregivers must be constantly vigilant against even a trace of peanut exposure. It is thought as many as 20 percent of children will outgrow their peanut allergy.

Three risk categories

In order to reduce the risk of peanut allergy in high risk infants, introduce peanuts as early as 4 months of age. But don't wait too long. Your baby could develop peanut allergies at 6 months. Sure, it can be scary for a mom to introduce these foods when peanut allergies run in the family.

The specific timing depends upon which of the three risk categories your infant falls under.

Group 1: This group is the smallest percentage but has the greatest potential for peanut allergy. The infant suffers from severe eczema, egg allergy, or both. Start introducing peanut at four to six months of age. Parents should discuss how to introduce peanut with their pediatrician; the infant may need to have a supervised feeding in the medical office.

Group 2: This group has mild to moderate eczema but no egg allergy. Introduce peanut-containing foods around the age 6 months.

Group 3: Everybody else; no eczema or any known food allergy. Introduce peanut-

containing foods any time after 6 months.

The panel's recommendation is to introduce peanuts by mixing 2 teaspoons peanut butter or powdered peanut butter into a food the child is already eating. You can add it to applesauce or infant cereal or even thin it out with formula or breast milk. In all cases, infants should start other solid foods before they are introduced to peanut-containing foods.

When introducing peanuts, always keep safety top of mind. Whole peanuts are a choking hazard even if the child has teeth.

Prevention tips:

In order to prevent peanut allergies, are there guidelines for peanut consumption for an expectant mother? Costello says there are no recommendations to restrict peanut intake while pregnant as there is no strong evidence to support avoiding peanuts will prevent an allergy. Ditto for breastfeeding.

“Waiting to start solids until 4 to 6 months and exclusive breastfeeding up until that time have shown to reduce food allergy development in children,” adds Costello.

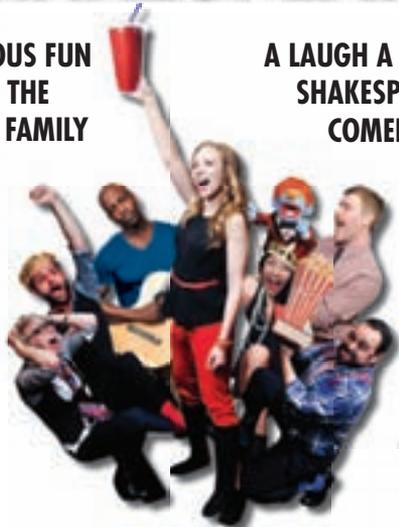
With early introduction there are no guarantees we can prevent peanut allergies in every child. But we will see a lot of reduction in the next five to 10 years. Be sure to always discuss your child's diet with your health provider.

Christine Palumbo is a Naperville, Ill.-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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TRAINING 

Calendar

NOVEMBER



Carol Rossegg

Still hungry after all these years

The Very Hungry Caterpillar Show will be making its debut at the DR2 Theater in Union Square now through Feb. 2, 2018

The production of the Very Hungry Caterpillar show features 75 puppets and adapts four of Eric Carle's stories, "Brown Bear, Brown Bear," "10 Little Rubber Ducks," "The Very Lonely Firefly," and "the Very Hungry Caterpillar." The show is suitable for children of all

ages.

The Very Hungry Caterpillar Show, Now through Feb. 2, 2018; Thursdays, 10 am, Fridays, 10 am and noon, Saturdays, 10 am ,noon, 2 pm and 4 pm, Sundays, 10 am , noon, and 2 pm starting; Tickets range from \$25 to \$100.

Reservations not required.

DR2 Theater (Union Square) [103 East 15th St. in Union Square; (800) 982-2787]

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Calendar

Submit a listing

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

Send your listing request to 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!

WED, NOV. 1

IN MANHATTAN

Believe, Breathe, Birth: Kids at Work, 2e, 123 W. 20th St, between Sixth and Seventh avenues; (917) 576-1624; <https://www.birthyourownway.com/blog/breastfeeding-schmooze>; Noon; 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 & Lactation services. This program is for women only. Pregnant women are encouraged to come. Support is key. Come find your village. Led by Liza Maltz — birth and postpartum doula — CLC — Certified In HypnoBirthing.

THURS, NOV. 2

IN MANHATTAN

Let's Dance: Children's Museum of Manhattan, 212 W. 83rd St. (212) 721-1223; www.cmom.org; 10:30am; Free with admission: \$14.

Children can celebrate dance, movement and community at this morning program that lets them move their bodies in creative ways. Dance stories, bubble wrap and music help creative movement happen!

SAT, NOV. 4

IN MANHATTAN

"Edna the Stomper:" The Tank, 312 West 36th St. www.thetanknyc.org; 10 am; \$35 (\$25 children).

The Tank in association with Rebel Playhouse presents the New York premiere. Seven-year-old Edna stomps everywhere and stomps a lot. It is driving her very talented family crazy! The musical is suitable for all ages complete with songs, stomps, and some puny monster puppets! This heartfelt tale deals with the issues of self worth, creative expression, and finding one's place in the family. Rebel Playhouse's production gets audiences moving and grooving along with Edna as she sets off to find out just what makes her unique!



Immersed in history

Celebrate Veterans Day at the New York Historical Society by immersing yourself in a Veterans Day weekend special on Nov. 10, 11, and 12.

Visit the museum to remember the service of veterans past and present! Each day immerses you in the history of African Americans serving in different wars throughout American history, as portrayed by living historians. Listen to stories about life on and off the battlefield throughout American history, discover uniforms and equipment, or try out an army drill!

Join the First Rhode Island Regiment in the struggle for Independence on Nov. 10. The company portrays the Continental Army's historic "Black Regiment," which was formed in part by African or First Nation slaves when they reinforced a dwindling Continental Army in 1778.

On Nov. 11, fight for the Union with the Sixth Regiment of Infantry, United States Colored Troops. It honors African Americans who joined the Army, like many others, after Abraham Lincoln's Emancipation Proclamation in 1863.

Then on Nov. 12, jump into the trenches with the Ebony Doughboys. You might know them as the "Harlem Hellfighters," but the Ebony Doughboys portray the real 369th Regiment U.S. Infantry. They originally named themselves "the Rattlers" and shipped out to France in 1917.

And don't forget to explore more recent military service by checking out The Vietnam War Exhibition Family Guide (recommended for ages 11 and up), available daily through the run of the show.

Veterans Day Weekend, Nov. 10, from 10 am to 8 pm; Nov. 11, 10 am to 6 pm; and Nov. 12, 11 am to 5 pm. Adults: \$21; \$16 those 65 and up; educators, active-duty military, and students, \$13; \$6 kids ages 5-13; free for active-duty military in uniform and children under 5. Free for all on Nov. 12.

Museum admission is pay-as-you-wish on Friday evenings (6-8 pm).

New York Historical Society [170 Central Park West at W. 77th Street on the Upper West Side; (212) 873-3400; www.nyhistory.org].

Calendar

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

Watson Adventures' Secrets of Central Park Family Scavenger Hunt:

Central Park, 5th Avenue and 64th Street, NY NY 10021; (877) 946-4868; rsvp@watsonadventures.com; <https://www.watsonadventures.com/public/event/the-secrets-of-central-park-family-scavenger-hunt>; 10:30 am; \$17.50-\$21.50.

Join Watson Adventures on a unique scavenger hunt for families in Central Park! 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, spot Cupid at the Carousel, unscramble a message in the sky, and find a witch turned to stone. For ages 7 and up. Kids must be accompanied by an adult. Advance purchase is required. Questions? Call 877-9GO-HUNT.

SUN, NOV. 5

IN MANHATTAN

Community Rowing: Pier 40, Houston St. and the Hudson River Greenway; (212) 229-2059; www.nycgovparks.org; Noon to 6 pm; 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.

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

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

"Edna the Stomper:" 2 pm. The Tank. See Saturday, Nov. 4.

MON, NOV. 6

IN MANHATTAN

Believe, Breathe, Birth: Citibabes - 3rd Floor, 52 Mercer St. between Grand and Broome streets; (917) 576-1624; <https://www.birthisyourway.com/blog/breast-feeding-schmooze>; 11 am; 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 & Lactation services. This program is for women only. Pregnant women are encouraged to come. Support is key. Come find your village. Led by Liza Maltz - birth



Beware the gingerbread!

Follow the cookie crumbs to the new Galli Theater and see the perennial favorite fairy tale "Hansel & Gretel," Nov. 4-26.

Hansel and Gretel are brought into the woods and cannot find their way back!

A witch lures them into her little house with all kinds of tasty treats.

Can clever Gretel trick the witch and get themselves safely back home? For children 5 years and older.

"Hansel & Gretel," weekends, Saturdays and Sundays, 2 pm; Nov. 4-26. Tickets are \$20 and \$15 for children.

Galli Theater [357 W. 36th St. #202, Midtown; (212) 731-0668; www.gallitheatermy.com/shows]

and postpartum doula - CLC - Certified In HypnoBirthing.

Salt Water: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 8 pm; \$15.

Director/Choreographer Abe Abraham presents the premiere of Salt Water, a dance film set to JT Bullit's seismographic recordings of the Earth's vibrations. The piece features more than 20 dancers, cinematography by Frankie DeMarco and Frank Prinzi), and a conversation with author Tom Santopietro and Q&A will follow the screening. For older teens.

TUES, NOV. 7

IN MANHATTAN

Community Rowing: 5:30 pm. Pier 40. See Sunday, Nov. 5.

WED, NOV. 8

IN MANHATTAN

Believe, Breathe, Birth: Noon. Kids at Work, 2e. See Wednesday, Nov. 1.

THURS, NOV. 9

IN MANHATTAN

Storytime: Museum of Jewish Heritage, 36 Battery Place 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, NOV. 10

IN MANHATTAN

Veterans weekend!: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 10 am to 8 pm; General museum admission (Free for all on Veterans Day).

Visit the Museum to remember the service of veterans past and present! Each day immerses you in the history of African Americans serving in different wars throughout American history, as portrayed by Living Historians. Listen to stories about life on and off the battlefield throughout American his-

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

tory, discover uniforms and equipment, or try out an army drill! (11/10) - Join the 1st Rhode Island Regiment in the struggle for Independence! The 1st RI portrays the Continental Army's historic "Black Regiment," which was formed in part by African or First Nation slaves when they reinforced a dwindling Continental Army in 1778. (11/11) Fight for the Union with the 6th Regiment of Infantry, United States Colored Troops! The 6th USCT honors African Americans who joined the Army, like many others, after Abraham Lincoln's Emancipation Proclamation in 1863. (11/12) Jump into the trenches with the Ebony Doughboys! You might know them as the 'Harlem Hellfighters,' but the Ebony Doughboys portray the real 369th Regiment U.S. Infantry. They originally named themselves 'the Rattlers' and shipped out to France in 1917—100 years ago! And don't forget to explore more recent military service by checking out The Vietnam War Exhibition Family Guide (recommended for ages 11+), available daily through the run of the show.

SAT, NOV. 11

IN MANHATTAN

Veterans weekend!: 10 am to 6 pm. New-York Historical Society. See Friday, Nov. 10.

"Edna the Stomper:" 10 am. The Tank. See Saturday, Nov. 4.

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

Frogtown Mountain Puppeteers: "Everybody Loves Pirates" An innocent search for buried treasure is complicated by a gang of bumbling pirates in this hilarious, rollicking puppetry extravaganza!

History Detective Briefcase: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 1 pm to 4 pm; Free with museum admission.

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

Chalk: The Kraine Theater, 85 E. 4th St. Phone: (212) 460-0982; www.horsetrade.info/the-kraine-theater; 2:30 pm; \$15 (\$5 for children under 12).

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



Meeting historical heroes

Come take a musical time travel adventure at TADA when "The History Mystery" checks in from Nov. 3 to Nov. 19.

Three "history-haters" wander through American history and meet the people who have had to fight for freedom, women's rights, and racial equality. Along the way, the three time-travelers meet such history greats as the Wright Brothers, Laura Ingalls Wilder, Martin Luther King, Jr., and

Eleanor Roosevelt as kids, influencing their futures to help make the world better for us today!

"The History Mystery," Nov. 3 through Nov. 19, Tuesdays, Saturdays and Sundays, 2 pm and 4 pm; Wednesdays, 10 am and noon; Fridays, 7 pm. Tickets are \$25 adults and \$15 children.

TADA! Youth Theater [15 W. 28th St. between Broadway and Fifth Avenue in Chelsea, (212) 252-1619 X 4; www.tadatheat.com].

Family Fun: Exploring Identity in Portraits: Whitney Museum of American Art, 99 Gansvoort St. (212) 570-3600; familyprograms@whitney.org; whitney.org; 2:30pm-4:30pm; Tickets are required (\$25 adults; \$10 children; \$17 seniors. Museum admission is free for members and children under 18).

Families create hands-on art projects inspired by discussion and activities in the galleries. In her life-size drawings Toyin Ojih Odutola explores the complexity of identity. Learn about Ojih Odutola's work and other portraits, then create your own artwork inspired by people you know. For children 6 to 10 years old.

Fall Blaze: Harlem School of the Arts, 645 St. Nicholas Ave. (212) 926-4100; <https://hsafallblaze2017.brownpapertickets.com>; 7 pm; \$25 (\$15 students and seniors).

Dance concert by the Harlem School of the Arts Dance Ensemble. Featuring guest artist Erica Lall and hosted by Jordan Hall.

SUN, NOV. 12

IN MANHATTAN

5K Run: Riverside Park, West 109th St. and Henry Hudson Parkway; <https://www.generosityseries.com/events/generosity-nyc-new-york>; 7:30 am; See registration requirements.

Join with Rosie's Theater Kids and Generosity NYC for a multi-charity 5K Run/Walk. Whether you are a charity or someone looking to participate on behalf of one of our Charity Partners, you will not want to miss Generosity NYC. Generosity NYC features a professional pre-race warm-up and stretch, professional announcer, one of a kind race gear and just an amazing time with friends, family, neighbors, co-workers and other charitable individuals like yourself. Registration required to participate in race. Race begins at 9 am.

New families - New Traditions: Museum of Jewish Heritage, 36 Battery Place 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

Calendar

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

that nurture family bonds and bridge connections to Jewish life and traditions.

Let's Dance: 10:30am. Children's Museum of Manhattan. See Thursday, Nov. 2.

Veterans weekend!: 11 am to 5 pm. New-York Historical Society. See Friday, Nov. 10.

Community Rowing: Noon to 6 pm. Pier 40. See Sunday, Nov. 5.

Youth Wheelchair Basketball: 1 pm to 3 pm. Gertrude Ederle Recreation Center. See Sunday, Nov. 5.

History Detective Briefcase: 1 pm to 4 pm. New-York Historical Society. See Saturday, Nov. 11.

Fall Blaze: 1 pm and 5 pm. Harlem School of the Arts. See Saturday, Nov. 11.

"Edna the Stomper:" 2 pm. The Tank. See Saturday, Nov. 4.

MON, NOV. 13

IN MANHATTAN

Believe, Breathe, Birth: 11 am. Citibabes — 3rd Floor. See Monday, Nov. 6.

WED, NOV. 15

IN MANHATTAN

Believe, Breathe, Birth: Noon. Kids at Work, 2e. See Wednesday, Nov. 1.

FRI, NOV. 17

IN MANHATTAN

Dance on a Shoestring: St. Mark's Church in the Bowery, 131 East 10th Street; (212) 679-0401; admin@nytb.org. 7 pm; \$15.

Dance on a Shoestring is an intimate evening of dance held in the company's home at St. Mark's Church-In-the-Bowery. The community series showcases ballets from New York Theatre Ballet's current season, works in progress by contemporary and emerging choreographers, and children of Ballet School NY.

SAT, NOV. 18

IN MANHATTAN

Stroller Tour: Where We Are: Whitney Museum of American Art, 99 Gansvoort St. (212) 570-3600; familyprograms@whitney.org; whitney.org; 9:30-10:30; \$25 per adult, plus Museum admission (\$22 adults, \$17 seniors, free for members and children under 18).

Join Whitney Teaching Fellows, PhD candidates in art history, on engaging tours that highlight works in the exhibition Where We Are: Selections from the Whitney's Collection, 1900-1960. Tours are for new moms and dads when the Museum is closed to the



Now everybody dance!

Celebrate dance, movement, and community at the Children's Museum of Manhattan on Nov. 2 and 12 in Let's Dance!

Children participate in dance and movement programs and find creative ways to move their bodies.

Programs include Dance Stories;

Mecha Machine Robot Dance; Bubble Wrap Pop Snap; Cue the Theme Music; and Wild about Dance.

Let's Dance, Nov. 2 and 12, 10:30 am; free with admission (\$14). For all ages.

Children's Museum of Manhattan [212 West 83rd St. on the Upper East Side; (212) 721-1223; www.cmom.org]

public. Crying babies are welcome! This program is just for parents and caregivers with babies ages 0-18 months. Tickets are required; every adult in your party must reserve a ticket to attend. Members: please log-in to view and reserve discounted tickets. \$25 per adult, plus Museum admission (\$22 adults, \$17 seniors, free for members and children under 18). Tickets cannot be refunded or exchanged. If you have any questions, please email familyprograms@whitney.org before purchasing your tickets.

Jump With Santa Photo Session: Big Apple Portraits, 143 W 72nd St 2nd Floor; (212) 600-4457; info@bigappleportraits.com; www.bigappleportraits.com/holiday_nyc_photography_upper_west_side-2017/#2786; 8:30am-7:00pm; \$135.00.

Everyone knows that a fake beard and big red suit is just creepy. And while every Jersey mall has a Santa, New York City kids (big and small) expect something better. And we are not just talking whether Santa is a member of The Fraternal Order of Real Bearded Santas. Who wants to actually stand in line just to sit the lap of an old guy and maybe shed a tear? Now there is an alternative that will make NYC kids actually jump for joy. And Santa will jump too. Santa Chester takes getting his photo taken with kids to new heights. He gets off his butt to celebrate with kids and adults. Touch his beard, give him

a hug or high five, tangle him up in lights... just don't get stuck with the big bag of coal. Because he really does bring his bag of coal to the studio. There is no waiting to sit on Santa's lap during these fast paced 10 minute photo sessions.

Early Morning Opening - for children (ages 3-17) with Autism and Their Families: Intrepid Sea, Air & Space Museum, 12th Avenue and 46th Street, NY, NY 10036; (646) 381-5158; access@intrepidmuseum.org; <http://www.intrepidmuseum.org/access.aspx#5>; 9am to 11am; Free.

Early Morning Opening - On select weekends and school breaks, the Museum opens its doors one hour early for families with children on the autism spectrum. Educators lead short, interactive tours designed for the whole family as well as drop-in art activities and structured play opportunities. These programs are free, but space is limited. Please register beforehand at our website. Our Solar System and Beyond - Discover Intrepid's connection to space exploration. Families will visit the space shuttle Enterprise and learn how the shuttles helped us to explore our solar system and universe!

Elizabeth Mitchell and You Are My Flower: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$17 (\$14 members).

Calendar

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Homespun versions of classics by Bob Marley, Neil Young, the Velvet Underground, and more.

Family Day: Skyscrapers: Center for Architecture, 536 LaGuardia Place; (212) 358-6133; info@cfafoundation.org; <https://cfafoundation.org/index.php?section=events&evtid=1106>; 11 am; \$12 (\$6 adults).

Bring your building crew and get ready for skyscrapers - the ultimate challenge! Around the world, skyscrapers are being built taller than ever before, in shapes that have never been seen. Learn about some of the new innovative projects and then work with your building team to design and build your own model skyscraper. For children ages 5 - 13 years old, accompanied by an adult.

History Detective Briefcase: 1 pm to 4 pm. New-York Historical Society. See Saturday, Nov. 11.

Dance on a Shoestring: 7 pm. St. Mark's Church in the Bowery. See Friday, Nov. 17.

SUN, NOV. 19

IN MANHATTAN

Youth Wheelchair Basketball: 1 pm to 3 pm. Gertrude Ederle Recreation Center. See Sunday, Nov. 5.

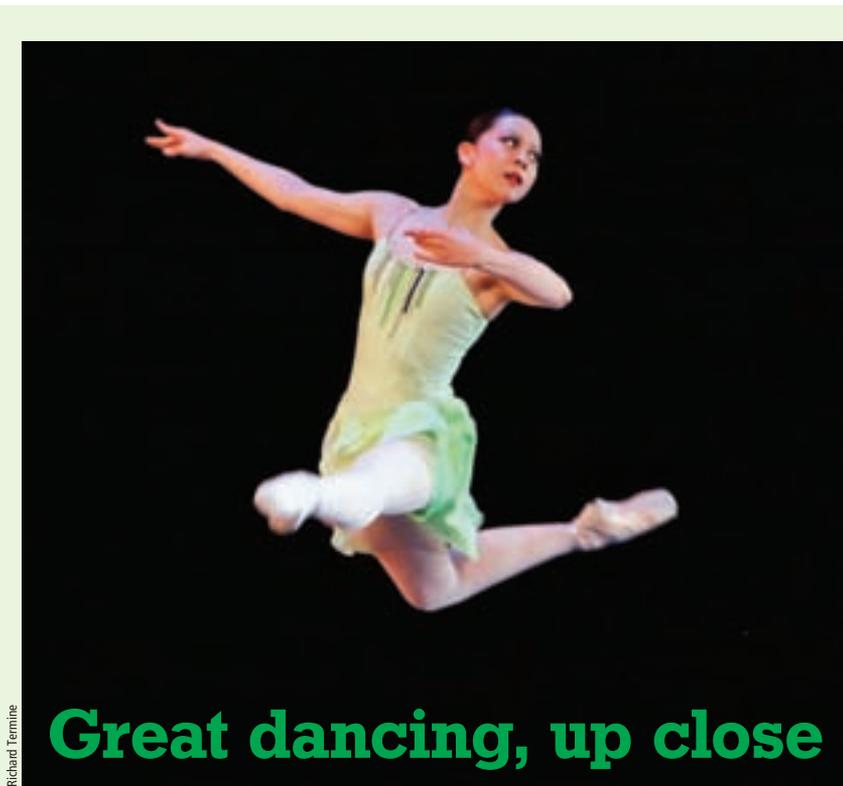
Kids 'N Comedy: Gotham Comedy Club, 208 W. 23rd St. and Seventh Avenue; (212) 877-6115; www.kidsncomedy.com; 1 pm; \$18 (Plus one item) Children's Menu available.

The Yucks start here - Local talented tweens and teens perform original material which is screened to be free of profanity and abrasive or cheap "low" humor (like fart jokes) and no knock/knock jokes. Topics on the table include politics, getting old, and even death. Each show features 6-10 kids from the troupe including, Julian Gerber, Sophia Harber, Spencer Kahn, Martin Kramer, Ben Jenkins, Avery Lender, Evan Oberstein, Carson Spuma, Molly Winiarski, Eric Zhu plus new faces. Hosts include stand-up comedians and teachers: Ashley Brooke Roberts, Nick Maritato and Robert Dean. Suitable for children 9 to 18.

History Detective Briefcase: 1 pm to 4 pm. New-York Historical Society. See Saturday, Nov. 11.

We are not alone!: Joshua Tree, 513 Third Avenue between East 34th and East 35th streets; www.meetup.com/New-York-Autism-Community; 3 pm to 7 pm; \$15 per family at the door (\$10 in advance).

An Autism family gathering and fundraiser. An afternoon of fun, fellowship and information sharing, football, a movie, food and drinks. Families and providers share and enjoy as do the kids. Proceeds will go for Autism research. There will also be a screening of "Swim Team," a documentary about a autistic



Great dancing, up close

Come to the Bowery on Nov. 17 and 18 for a special performance of Dance on a Shoestring, by members of the New York Theatre Ballet.

Dance on a Shoestring is an intimate evening of dance held in the company's home at St. Mark's Church-in-the-Bowery. The community series showcases ballets from New York Theatre Ballet's

current season, works in progress by contemporary and emerging choreographers, and children of Ballet School NY.

Dance on a Shoestring; No. 17 and 18 at 7 pm; tickets are \$15.

St. Mark's Church in the Bowery [131 East 10th St. in the Bowery; (212) 679-0401; admin@nytb.org].

tic children on a swimming team.

The Suite Sounds of Christmas: Stern Auditorium/Perelman Stage, Carnegie Hall, 881 7th Avenue (at 57th Street), New York, NY 10019; (212) 707-8566 ext. 330; BoxOffice@DCINY.org; <https://www.carnegiehall.org/Calendar/2017/11/19/0830/PM/Distinguished-Concerts-Orchestra-and-Distinguished-Concerts-Singers-International>; 8:30 pm; \$20-\$100.

The New York premiere of composer and conductor Mark Hayes's International Carol Suites weaves together familiar and lesser-known Christmas carols in a multicultural celebration of the season. Maestro Jonathan Griffith conducts The Night Before Christmas, Gloria, and A Feast of Carols narrated by composer Randol Bass. Both acts feature the Distinguished Concerts Singers International and Distinguished Concerts Orchestra.

MON, NOV. 20

IN MANHATTAN

Believe, Breathe, Birth: 11 am. Citibabes — 3rd Floor. See Monday, Nov. 6.

WED, NOV. 22

IN MANHATTAN

Believe, Breathe, Birth: Noon. Kids at Work, 2e. See Wednesday, Nov. 1.

THURS, NOV. 23

IN MANHATTAN

Macy's Thanksgiving Day Parade: Macy's Herald Square, 77th St. and Central Park South to Herald Square; (212) 494-4495; www.macys.com/parade; 9am; Free.

Bundle up and plan on staking out a spot early in the morning if you want to see your favorite balloons fly by! Whether you catch it in person or on TV, the parade is a fabu-

Calendar

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lous show of giant balloons, one-of-a-kind floats and amazing performances. Miss Kitty, SpongeBob Squarepants and the Ninja Turtles all make an appearance! See the website for viewing details.

FRI, NOV. 24

IN MANHATTAN

"Kris Kringle:" The Town Hall, 123 W. 43rd St. (800) 982-2787; <http://ticketmaster.com>; 3 pm and 8 pm; \$35 to \$110.

The musical performance features Andrew Keenan-Bolger as Kris and Kim Crosby as Mrs. Claus. Cathy Rigby and Pamela Myers also star.

SAT, NOV. 25

IN MANHATTAN

History Detective Briefcase: 1 pm to 4 pm. New-York Historical Society. See Saturday, Nov. 11.

"Little Red Riding Hood:" Galli Theater, 357 W. 36th St. #202; (212) 731-0668; www.gallitheaternyc.com/shows; 2 pm; \$20 (\$15 children).

On the way to visit her sick grandmother, Little Red Riding Hood encounters the wolf. The wolf tricks her into revealing the location of grandmother's house. Just when Little Red thinks it will be dark forever, suddenly, there appears a ray of light. Appropriate for children ages 4 and up. The show is filled with music and songs delighting audiences young and old.

SUN, NOV. 26

IN MANHATTAN

Youth Wheelchair Basketball: 1 pm to 3 pm. Gertrude Ederle Recreation Center. See Sunday, Nov. 5.

History Detective Briefcase: 1 pm to 4 pm. New-York Historical Society. See Saturday, Nov. 11.

Messiah-Refreshed!: Stern Auditorium/Perelman Stage, Carnegie Hall, 881 7th Ave. (at 57th Street), (212) 707-8566 ext. 330; BoxOffice@DCINY.org; <https://www.carnegiehall.org/Calendar/2017/11/26/0200/PM/Distinguished-Concerts-Orchestra-and-Distinguished-Concerts-Singers-International>; 2:00PM; \$20-\$100.

DCINY celebrates the holiday season with the seventh annual presentation of its version of Handel's Messiah, the Beecham/Goossens's 1959 re-orchestration for full symphony orchestra. The performance is led by Maestro Jonathan Griffith, featuring an international choir made up of singers from three different continents. Performers.

"Little Red Riding Hood:" 2 pm. Galli Theater. See Saturday, Nov. 25.



Animated delight at BAM

The BAMKids Movie Matinee series concludes with "Ernest & Celestine" on Nov. 26 at BAM Rose Cinemas.

This animated charmer — about the surprising friendship between a gentle bear and an imaginative mouse — spins a captivating tale of tolerance and acceptance.

BAMKids curates a selection of international, independent, and classic movies perfect for film-loving families. With programming geared toward a range of

ages from silent film to 3D and everything in between, BAMkids gives young cinephiles and parents an enriching, entertaining alternative to the standard multiplex kids' fare.

"Ernest & Celestine", Nov. 26 at 2 pm; tickets \$10, \$7 members and children 12.

BAM Rose Cinemas [30 Lafayette Ave. between Lafayette Avenue and Hanson Place in Fort Greene; (718) 636-4100; www.bam.org]

MON, NOV. 27

IN MANHATTAN

Believe, Breathe, Birth: 11 am. Citibabes — 3rd Floor. See Monday, Nov. 6.

WED, NOV. 29

IN MANHATTAN

Believe, Breathe, Birth: Noon. Kids at Work, 2e. See Wednesday, Nov. 1.

THURS, NOV. 30

IN MANHATTAN

Storytime: 3:30 pm. Museum of Jewish Heritage. See Thursday, Nov. 9.

LONG-RUNNING

IN MANHATTAN

Drones: Is the Sky the Limit?: Intrepid Sea,

Air & Space Museum, Pier 86 (46th St. 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; Ret. & Active Duty Military, Free).

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

Seaport Exhibit: Southstreet Seaport Museum, 12 Fulton St. (212) 748-8600; www.southstreetseaportmuseum.org; Wednesdays – Sundays, 11am–5pm, 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

Calendar

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between ship travel for millionaires in First Class and immigrants in Third Class.

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, 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. Grades 7-12.

Here Now: Lincoln Center of the Performing Arts, 10 Lincoln Center Plaza; (212) 875-5374; <http://www.lincolncenter.org>; Tuesdays – Thursdays, 7:30 pm, Fridays, 8 pm, Saturdays, 2 pm, Sundays, 3 pm, \$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."

"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, until Sun, Feb. 4, 2018; \$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.

Little New-Yorkers: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; Tuesdays and Fridays, 3:30 pm, Fri, Nov. 3 – Tues, Nov. 28; Free with museum admission.

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

"The History Mystery:" TADA! Youth Theater, 15 West 28th St. between Broadway and Fifth Avenue; (212) 252-1619 X4; www.tadatheater.com; Tuesdays, Saturdays and Sundays, 2 pm and 4 pm, Wednesdays, 10 am and noon, Fridays, 7 pm, Fri, Nov. 3 – Sun, Nov. 19; \$25 (\$15 children).

Three "history-haters" wander through

American history and meet the people who have had to fight for freedom, women's rights, and racial equality. Along the way, the three time-travelers meet such history greats as the Wright Brothers, Laura Ingalls Wilder, Martin Luther King, Jr., and Eleanor Roosevelt as kids, influencing their futures to help make the world better for us today!

"Hansel & Gretel:" Galli Theater, 357 W. 36th St. #202; (212) 731-0668; www.gallitheaternyc.com/shows; Saturdays and Sundays, 2 pm, Sat, Nov. 4 – Sun, Nov. 26; \$20 (\$15 children).

Hansel and Gretel are brought into the woods and cannot find their way back! A witch lures them into her little house with all kinds of tasty treats. Can clever Gretel trick the witch and get them safely back home? For children 5 years and older.

FURTHER AFIELD

Treetop Adventures: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; www.bronxzoo.com; Daily, appointments between 10am-5pm; 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. One experience — called Climb — is an aerial adventure course consisting of rope bridges, rope walks, ladders, wobbly bridges and swinging elements. There are various levels of difficulty. The other adventure offered is Zipline, allowing guests to zip across the Bronx River 50 feet up in the air. Both adventures require a ticket in addition to an All Experience Ticket and there are participation requirements (some of which are: weighing between 50 and 75 pounds, and being able to reach 5-feet-6-inch (from flat feet). Check website for more information. Tickets are sold by time and appointment.

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New & Noteworthy

BY LISA J. CURTIS



Flex their creativity

The new, wearable kit from Wowwee's Magnaflex enables kids to learn through play as they follow the instruction booklet to make a necklace, bracelet, bow tie, and more with these unique, flexible, magnetic pieces. It's a winning combination of form and function with its contrasting aqua and red pieces that make a satisfying "snap!" when they attract each other. Kids can follow along with the booklet of ideas or exercise their imaginations and assemble their own creations from the 14-piece set which includes eight Magnaflex strips, two big connectors, and four small connectors.

The flexible pieces can connect in other ways, too, and they can be combined with other Magnaflex kits. When removed from their packaging, they can easily fit in a small, sandwich-size bag for play on road trips or in a restaurant. Recommended for kids ages 3 and older, this is a magna-ficent gift idea.

Magnaflex Wearable kit by WowWee, \$19.95, www.barnesandnoble.com.

'Seek' laughter

When you need an icebreaker to help shy cousins put away the screens and interact with each other this Thanksgiving, check out Mattel Games's scavenger hunt card game, Card 'N' Go Seek. Fun for kids ages 7 and older, this game can even be enjoyed by younger kids who have a designated reader. The deck has green, blue, and orange cards, and the winner is the first player to get one of each color — or three of the same color. The cards describe a type of item the

players must find. The dealer puts a number of cards on the table that is one less than the number of players, like musical chairs. The players count to three, then make a break for it. Speed helps. The first player to get back with the correct object — or animal — wins the

matching card. There are some additional rules to keep the game interesting, and there's lots of room for negotiation when bringing back a grandmother to match a card that says "sparkles" or a spoonful of mashed potatoes to match "bumpy texture." When the whole clan is laughing and talking, all the players will feel like winners.

Card 'N' Go Seek card game, \$7.99, www.walmart.com.



Kudos for kids

Kudo Banz are a wearable, mobile reward system that can be used to reinforce good behavior whether you and your unruly tot are in the supermarket or at home, attempting toilet training or getting ready for school. The Kudos are attachable charms that the parent adds to the child's rubber wristband each time they achieve the sought-after behavior. When the child earns his third Kudo, he scans it with the free app, and watches as the charm — embedded with an AR code — unlocks their customized reward wheel, so the child can earn an easy — yet special — perk like extra time outside or an additional story at bedtime.

The starter pack includes: two wristbands; six Kudo charms (four stars and two scannable charms); "The Adventures of Drago and George" book; and a carrying pouch for the charms and bands.

Recommended for kids ages 3 to 10, the Kudo Banz set rewards kids for conducting themselves well, and helps parents replace yelling and time-outs with encouragement.

Kudo Banz Starter Pack, \$29.95, www.kudobanz.com.

Type cast

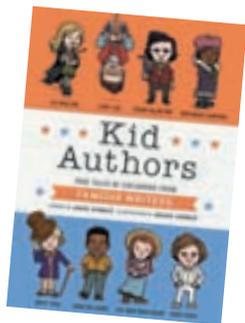
Brooklyn biographer David Stabler has penned a collection of inspiring "true tales" drawn from 16 renowned writers' childhoods that just might inspire budding authors to put pen to paper, too.

Each chapter of "Kid Authors: True Tales of Childhood from Famous Writers" (Quirk Books) is devoted to a single scribe — from the recently famed Jeff Kinney ("Diary of a Wimpy Kid") to Mark Twain ("The Adventures of Huckleberry Finn").

"Kid Authors" is sure to be a riveting read for ages 8 to 12 — and anyone that loves children's literature.

The color illustrations by Doogie Horner add humor to the entertaining book. And even if a "Kid Authors" reader doesn't feel compelled to pen the next "Anne of Green Gables" — like featured novelist Lucy Maud Montgomery — she will certainly be spurred to seek out the books written by these former kids.

"Kid Authors: True Tales of Childhood from Famous Writers" book by David Stabler, \$13.95, www.amazon.com.



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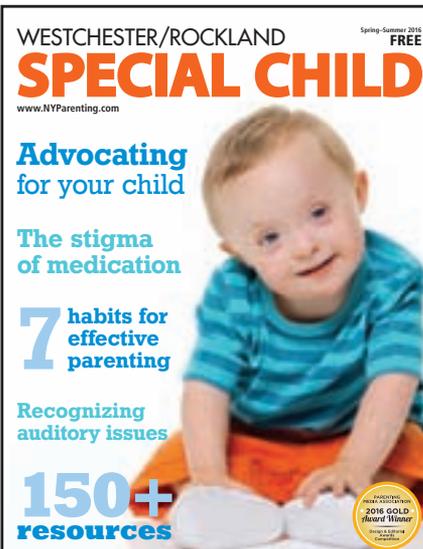
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