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12 tips for parents

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Manhattan Family  
February 2018

Where every child matters



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# Love is the answer — always

The world has changed so much and being a parent to a pre-teen/teen these days offers far less control over their behavior and interactions than ever before. The world of electronics, social media, and instant connection has altered everything, plus the fact that kids are so much more astute than in past generations.



they're very young and needing boundaries.

Love is truly the answer. And real loving as parents is to lay the groundwork for healthy emotional, psychological, and physical well being. A complicated but worthwhile task. So many experts in a variety of fields help us to contribute to this

effort through our editorial. It is intrinsic, and our devoted mission to make life and loving a healthier experience for both children and adults.

For this Valentine's Day and every day in the name of love, I wish all of our young ones a more trusting experience with the men and women around them than many of the recent news items have revealed. Sexual misconduct and molestation of our

kids has been a hidden reality for too long. Adults have covered up their crimes against our children and now the doors to their misdeeds are being opened. Very brave young men and women are at last telling their stories. Respectfully, we must help them in every way we can.

It takes a great deal of courage to grow up. It takes even more courage to help someone else grow up. It also takes devotion, patience, and belief.

Love is the answer. Thanks for reading.

Susan Weiss-Voskidis,  
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# Short Stuff

## Must-have kids' room decorations

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## Tips to protect eczema-prone skin this winter

When the weather cools down, dry, itchy skin flares up, and a child's skin is particularly vulnerable. Nearly 10 million children in the United States have eczema. The cause is not known, but low temps, dry central heating, and low humidity indoors can dry and irritate your child's skin and make it more susceptible to an eczema flare-up.

To help navigate this itchy-prone season, Dr. Mamina Turegano, a New Orleans dermatologist, shares tips to protect kids' skin this winter:

**Regulate room temps.** Make sure the space where your child sleeps is not too hot. If your child is prone to eczema, dry heat will aggravate the skin and make eczema worse.

**Keep baths short.** It's fine to bathe your child every day, but keep bath time to no more than five to seven minutes. Ensure that bath water is warm, not hot. Bathing habits are the most common reasons that we lose the natural moisture in our skin. The more water that you expose skin to, the drier skin gets. Hot water further dries out the skin. I recommend a brief (five minute), luke-warm shower or bath,

only once a day.

**Use a mild soap.** Look for one that's made for sensitive skin and contains

moisturizing cream. I recommend avoiding soaps with fragrances or dyes. Proper skin care is extremely important in those with eczema-prone skin and involves avoiding products (soaps, detergents, moisturizers, etc.) that have fragrances, dyes, and other potential allergens.

**Soak and smear.** Pat yourself dry with a soft towel but don't rub vigorously. Within one minute after patting skin dry, while it is still damp, apply moisturizers to lock in water that your skin absorbed during the shower. Moisturizers containing ceramides, such as EpiCeram, are better able to lock in the moisture. EpiCeram is one of my favorite moisturizers because it contains ceramides in the same ratio that naturally exists in our skin.

**Avoid using wipes, if possible.** If your baby's skin is prone to dryness, the wipe can dry the skin out — particularly if it's made of synthetic fabric, which can aggravate the skin. Lightly wash, or, if you have to, use an alcohol-, propylene glycol-, and paraben-free wipe.

"The more a kid scratches his skin, the worse the eczema can get, so it's best to stop the itch-scratch cycle as early as possible," says Dr. Turegano.





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# Preteen dating

## Advice for parents in navigating little romances

BY DENISE YEARIAN

**T**he age kids begin to become attracted to one another varies tremendously from one person to another. For some, those feelings start in late elementary school. For others, it's not until high school.

So when a child 9- or 10-years-old begins to show romantic interest in another, parents need to be proactive in communicating and establishing guidelines. Here are some tips to help:

**1. Set the stage.** Take your preteen's

relationships seriously. Attractions are normal and will only increase as children grow. Remember the way he or she views and conducts relationships now paves the way for future dating relationships.

**2. Get their view.** Ask your teen how he or she defines "dating," "going out," or "having a boyfriend or girlfriend." Then share your views. Reinforce the need to always respect others and oneself.

**3. Keep the line of communication open.** If the relationship has gelled, continue dialoguing, so you know how it is progressing. Ask open-ended questions

in a casual way: "What do you like about this boy?" "What do you have in common?" "How does he treat you?" "Who are her friends?" "How do you feel about her?" "Do you feel respected by this person?" This gets your child thinking about what is important in a relationship.

**4. Establish and discuss relationship boundaries.** These could include not being alone with the boy or girlfriend, having parental supervision at home, not being allowed in each other's bedrooms, no touching, staying in group settings, and having a curfew, to name

a few. Equally important is to help your preteens understand why these boundaries are there, so they begin to develop an internal compass.

**5. Set expectations in other realms of life.** Remind your preteen the importance of remaining focused on academics and extra-curricular activities, as well as maintaining current friendships. Set guidelines about phone and internet use, too.

**6. Monitor media exposure.** The messages young people receive from music, television, movies, books, and magazines are laden with love, sex, and relationships. Make sure these messages line up with your family's values. If you see or hear something questionable with your child's media, use it as an opportunity to discuss your values in a non-confrontational way. Realize your preteen may question your values, particularly if they don't line up with media messages or her friends' values. This is normal and means she is questioning, but not necessarily rejecting, what you embrace.

**7. Know their friends.** They have a tremendous influence on the way your child thinks, talks, and acts. Open your home and encourage your preteen to invite his or her friends over, so you know them and see how they interact.

## Resources

For more on helping your preteen navigate relationships, check out these books:

- "For Young Women Only" (Multnomah) by Shaunti Feldhahn and Lisa Rice

- "How to Talk so Kids will Listen and Listen so Kids will Talk" (Scribner) by Adele Faber

- "How to Talk so Teens will Listen and Listen so Teens will Talk" (William Morrow Paperbacks) by Adele Faber

- "You and Your Adolescent, Revised Edition" (Simon and Schuster) by Lawrence Steinberg, Ph.D.

- "Raising a Thinking Preteen: The 'I Can Problem Solve' Program for 8- to 12-Year-Olds" (Holt Paperbacks) by Myrna Shure and Roberta Israeloff

- "Roller-coaster Years" (Harmony) by Charlene C. Giannetti and Margaret Sagarese

**8. Discuss dress.** Share with your preteen that the way we dress sends a message to others. Clothing should be modest and should not have provocative

messages written on it. Set the standard by being a good role model in the way you dress.

**9. Honor privacy to a point.** Reserve the right to inspect your preteen's backpack or room if he or she becomes secretive or begins to show other signs that concern you.

**10. Allow expression of emotions.** Don't minimize your preteen's feelings, no matter how trivial they may seem. This is particularly true for boys who may think they need to suppress it. At the same time, teach him or her to make decisions based on careful thought, not heartfelt emotions.

**11. Lend emotional support.** Most preteen relationships are short lived. When the relationship ends, your child may or may not be hurt, but your sensitivity and empathy toward the situation will build a healthy trust and bond between you.

**12. Know when it is time to intervene.** If the relationship moves beyond innocent, the preteen becomes obsessive, or you begin to see unhealthy behaviors, contact your school counselor or other professional for advice.

*Denise Yearian is the former editor of two parenting magazines, the mother of three children, and a grandmother.*



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# Forecast: Snow babies

## Extreme weather to blame for an increase in baby showers

BY SHNIEKA L. JOHNSON

**W**e've all seen television shows and movies that include a dramatic scene of a pregnant woman going into labor at the most inopportune time — during a storm or natural disaster. It turns out this is not so far off from reality. Labor pain is not only hormonal, but can also be affected by environmental changes that cause great stress. Given the right situation, external stress could cause early labor.

Women going into labor prematurely only has a mild correlation with winter storms or natural disasters. However, physicians and hospital staff vividly remember these most eventful days (and nights) in labor and delivery.

“Natural disasters such as Hurricane Sandy in 2012, snowstorms, [and] earthquakes all increase the amount of stress levels on patients, and therefore increase the amount of catecholamines released by pregnant patients leading to possible premature birth,” notes Dr. Reyna Payero, a physician in obstetrics and gynecology at Advantage-Care Physicians. “Moreover, the physiological response to stress in a pregnant woman is to release hormones that increase her heart rate and also her blood pressure, therefore potentially increasing her risks for infection and possible early birth,” she adds. Because a woman’s body stress level can impact when she goes into labor, significant natural disasters are known to cause women to go into early labor.

“During Hurricane Irene in 2011,” she says, “the storm caused multiple mothers to undergo early delivery or premature contractions in Staten Island,” where Dr. Payero worked at the time.

But it’s not only during or immediately after a natural disaster that spikes in birth rates can be observed — as the urban legend goes, they can also rise around nine months after a storm. Winter storms and natural disasters are said to cause a baby boom, of sorts, nine months later. The validity of this urban legend depends on the severity of the storm or disaster. For example, if a winter storm leaves you and your partner snowed in or a natural disaster limits your activity outside of the home — intimacy is inevitable. Many assume that when couples have a lot of time indoors, it leads to an increase in babies born about nine months later. So, is it



true that being home in a snowstorm puts couples in the mood to make babies? According to Treetopia, it is true. In its study, Top 10 Steamiest Snowstorms (<http://blog.treetopia.com/2017/12/top-10-steamiest-snowstorms>), it used a combination of government data and reported birth rates to come to that conclusion — though it looked at more than just snowstorms.

Some think that the noticeable increase in births is due to the fact that couples simply have too much time on their hands when snowed in, or have limited forms of entertainment when hunkered down at home. According to Medical Daily, hospitals began bracing for an increase in birth rates in the last weeks of July and early August of 2013, nine months after Superstorm Sandy hit in the fall of 2012. And just as expected, local hospitals reported spikes in birth rates up to 30 percent. In fact, Treetopia ranks Superstorm Sandy the “sexiest storm” of all time due to that spike. The second sexiest storm on Treetopia’s list was “Snowvember” of 2014, which also caused birth rates to rise up to 30 percent about nine months later.

Put simply, sex is a way of coping with stress (or boredom, in some cases). Whether it is a blizzard, hurricane, or power outage, disasters give couples a lot of time together indoors, and that can lead

to a spike in the number of babies born in the area nine months later. This is not a new concept — this phenomenon is known as the “Fertility Effect of Catastrophe.” Studies show anecdotal evidence that suggests increased fertility rates result from catastrophic events. A 2008 study from Johns Hopkins University states that this can be traced back decades, with New York’s own blackout of 1965 as a prime example. Nine months after the blackout, there was an increase in the birth rate.

There are certainly storms and events where there are no birth spikes, such as low-severity storms, winter storm warnings, and the like, which leads to a debate of whether spikes in births are just perceived or are actually measurable. The debate arises every time there is a sizeable snowstorm that dumps inches — and sometimes feet — of snow. For the 2017–18 winter season (which we have already witnessed a portion of), there is a lot more snow expected in our forecast. If the urban legend is true, there will be a spike in births up and down the East Coast in the fall of 2018!

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

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# Buzzworthy finds

Chocolates and roses are fabuLyss, but wouldn't a deLysscious homemade cupcake be better? I have a sweet recipe for you later in this "FabuLyss Finds" column.

First, let me introduce a new fabuLyss find just in time for Valentine's Day: Beautiful bling that diva mamas and glammas will love! New York City diva mom Tracy Moss brings you PureLuxe Of NY. She is inspired by color as well as by the jewelry of the Byzantine and Etruscan era. The talent the goldsmiths had then is simply *beyond!*

Reach Tracy Moss of PureLuxe Of NY by e-mail at [tracy.moss2@aol.com](mailto:tracy.moss2@aol.com), or by phone at (917) 284-4835.

• • •

Looking for a fabuLyss Broadway show? Academy-Award nominee Uma Thurman stars in "The Parisian Woman," a new play written by Academy- and Emmy-award nominee Beau Willimon ("House of Cards") and directed by Tony Award winner Pam MacKinnon ("Who's Afraid of Virginia Woolf?").

Set in Washington, D.C., where powerful friends are the only kind worth having, the story follows Chloe (Thurman), a socialite armed with charm and wit, coming to terms with politics, her past, her marriage, and an uncertain future. Dark humor and drama collide at this pivotal moment in Chloe's life, and in our nation's, when the truth isn't obvious and the stakes couldn't be higher.

I loved this show!

"The Parisian Woman" at the Hudson Theatre (141 W. 44th St. between Sixth and Seventh avenues, <http://parisianwomanbroadway.com>).

• • •



Gorgeous rings designed by Tracy Moss at PureLuxe of NY.

Looking to be entertained? Steve Cohen made his "Chamber Magic" show at The Waldorf Astoria a phenomenon, running for 16 years. But, when the hotel closed its doors in February, the "Millionaire's Magician" had to find a new home. In March, he moved to The Madison Room at Lotte New York Palace, where he performs his up-close tricks five times every weekend. And starting last summer, he began integrating a new trick into the show every six months, the first one being "lemon egg walnut ring," which he performed on the "Late Show with David Letterman."

Steve Cohen "Chamber Magic" at Lotte New York Palace (455 Madison Ave. between E. 51st and E. 50th streets, [chambermagic.com](http://chambermagic.com)).

• • •

Here are two new, deLysscious restaurants for you to check out:

The Lobster Club is a Japanese bras-



## FABULYSS FINDS

LYSS STERN

serie by Major Food Group. It was designed by Peter Marino, and has chef Tasuku Murakami at the helm. The concept celebrates a unique interpretation of Japanese cuisine. Classic techniques like tempura, gyoza, yakitori, and robata are on display along with a focus on teppanyaki and sushi. Chef Murakami sources his fish through his personal relationships at Tokyo's Tsukiji market, ensuring the highest level of quality. Everything on the menu has been designed to be shared, with the focus on food and fun, not formality.

The Lobster Club (98 E. 53rd St. at Park Avenue, [www.the lobsterclub.com](http://www.the lobsterclub.com)).

A new, non-traditional steakhouse, Jade 60, recently opened up on the Upper East Side. It serves wagu beef, sushi, and much more.

Jade 60 [116 E. 60th St. between Park and Lexington avenues, (212) 256-1929, [www.jadesixty.com](http://www.jadesixty.com)].

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

### Champagne cupcakes with champagne buttercream frosting

These are for your adult friends and family. You can also make these cupcakes with non-alcoholic champagne and a favorite jam or preserve filling for the kids.

#### INGREDIENTS:

Cupcakes:

1 Betty Crocker white cake mix

1¼ cups Champagne (alcoholic or non-alcoholic)

1/3 cup Unsalted butter (room temperature)

3 Egg whites

1 tsp Champagne extract by Lorann Oils or Wilton's Treatology (optional)

Pink gel coloring

#### DIRECTIONS:

Cupcakes:

In a mixing bowl, add butter, egg whites, extract, and mix until smooth. Mix in cake mix powder, alternating with champagne until batter is just combined. Finally, mix in some pink gel coloring. Pour batter into cupcake liners, and bake at 350 degrees for 20 to 22 minutes or until an inserted toothpick comes out clean. Allow the cupcakes

to cool down for 10 minutes. Then, remove them from the cupcake tray and place them on a cooling rack.

Frosting:

½ cup Unsalted butter (room temperature)

½ cup Vegetable shortening

4 cups Powdered sugar

¼ cup Champagne alcoholic or non-alcoholic

1 tsp Champagne extract/flavoring by Lorann Oils or Wilton's Treatology (optional)

<https://cakewhiz.com/champagne-cupcakes-champagne-buttercream-frosting/>



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[www.theepiphanyschool.org](http://www.theepiphanyschool.org)  
[admissions@theepiphanyschool.org](mailto:admissions@theepiphanyschool.org)

Providing a value-centered education that inspires academic success. Our school serves approximately 530 students of all faiths, age 2 through grade 8, representing over 40 zip codes in New York and New Jersey. Our mission is to educate the whole child: intellectually, spiritually, socially, emotionally and physically. Epiphany students benefit from teacher's assistants in all classrooms through grade 3, a fully integrated technology program that includes 1:1 iPads for grades 2-8, faith formation, sports, after school programs, and foreign language, art, music and physical education programs.

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*Continued on page 16*



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*Continued from page 14*

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NEW YORK  
Parenting



# Meet the dentist

## How to prepare your child for the first dental visit

BY DENISE YEARIAN

Jane and Drew Tamassia love going to the dentist. They think it is fun. Perhaps it's words like "tickle toothbrush" and "sugar bug remover" that make these preschoolers giggle. Maybe it's the mini-movie theater or Downtown Disney decorations that draw them in.

"I think they like going because I started them early and chose someone who knows how to work with children," says Suzanne Tamassia, whose own childhood dental fears drove her to find a dentist who works specifically with children.

"Getting children in at an early age is key," says pediatric dentist Lawrence Louie. "I like to see them when the first tooth erupts. It gives me a chance to get a good look at the child's mouth and lets me share oral health care and nutrition information with the parents."

Jennifer Luzader, pediatric dental hygienist, agrees.

"We recommend children have their first dental exam by their first birthday, and their first dental cleaning by age 2."

Even before that first appointment, there are things parents can do to prepare their child for their visit.

"Use books, videos, and role play at home," says Luzader. "Talk with your child using good, positive terms, and remind him how important it is to take care of his teeth and eat the right kinds of foods."

That is what Susan Magasiny did.

"Before Jake's first appointment, we talked about how the dentist was a doctor for his teeth and that to keep them healthy, he needed to have check ups," says the mother of two. "I told him the dentist was going to look at his teeth, count them, and maybe take a picture. It was no big deal."

"I remember sitting at home [and] role-playing with Jane," recalls Tamassia. "I would say, 'Open your mouth, and let me see your teeth,' then I would pretend to be the dentist. She liked that."

Role-playing did prepare Jane for that first visit, because when she went, she knew just what to expect.

"When a child comes in, we try to make it a fun experience," say Luzader. "They get to pick out things like fluoride flavor, sunglasses for eye protection, and a new toothbrush and floss. Then we go through



each step of what we are going to do, first on their fingers, then in their mouths. We count their teeth, scale those that are covered with plaque and tartar, and then polish. We finish with a fluoride treatment and have the dentist come in for an exam."

Louie talks children through the procedures, too.

"We call it, 'Tell. Show. Do.' First we tell them what we are going to do, show them on our hands, then do it — that way there are no surprises."

Even without so-called "surprises," sometimes anxiety sets in.

"Crying through the first two years is very expected, even at 3," says Luzader. "One way to ward off tears is with distraction. We have puppets we use and will talk with children on their level to gain their confidence. We also try to make it fun — 'What kind of animal is down your throat today?' Even when children come in crying, 95 percent of them leave with a smile."

"What is really important is that parents not relay any fears they have about going to the dentist," says Louie. "Every once in a while, I see where parents have elaborated on what happened to them, and it comes through to the children."

On occasion, dental emergencies arise which cannot be avoided.

"One week after Jake's first appointment, he fell into a picnic table and had a

severe dental injury. His gum was pushed up to the top of his mouth and his whole front tooth was exposed," recalls Magasiny. "I called the dentist and they took us in right away."

But it was a wait-and-see injury. In the months to follow, Jake had to return several times so the dentist could evaluate the situation.

"I started to prep him about losing his tooth early, which he did about six months later," she continues. "But through it all, Jake built trust and confidence in the dentist."

So much so, if you asked him today, he would tell you he looks forward to his dental visits. His mother does, too.

"What I appreciate most about our dental practice is that they have given me tools to teach my children preventative dentistry," says Magasiny.

Tamassia agrees.

"I like how our dentist takes a sincere interest in children," she says. "Everything is catered to them — there's an indoor climbing playhouse, video room, and lots of books. They even get to take home a goodie bag and report card!"

"The goal is to have the child enjoy his first, second, third — whatever visit it is," says Luzader. "Because if he does, he'll want to return again and again."

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

## Questions to ask when choosing a dentist

Here's what the Academy has to say:

### Before the visit:

- Do you have special training or interest in treating children?
- Are you a member of the American Dental Association or the American Academy of Pediatric Dentistry?
- Is the dental office set up for children? Does it offer toys, books, games, and/or child-sized furniture?
- How does your office deal with dental emergencies?
- Is the office conveniently located to your home or your child's school?
- Does the practice accept dental benefit plans?

### After the visit:

- Was my child seen promptly?
- Was I asked for a complete medical and dental history of my child?
- Was the dentist gentle but thorough when examining my child's mouth?
- Did the dentist or staff talk with my child, encouraging his involvement in dental health?
- Was I informed about my child's tooth development, the causes and prevention of dental disease, and appropriate dental care at home?
- Were my questions treated with concern and respect?
- Was the visit a positive experience for my child?

## Frequently asked questions about visiting the dentist

**When should my child first see a dentist?** At the eruption of the first tooth and no later than his first birthday.

**How often does my child need to go?** Every six months.

**When should I first clean my child's teeth and what should I use?** Clean your child's gums right from the start. Use a soft-bristled toothbrush with a small head and water, at least once a day before bedtime.

**When can I begin using toothpaste?** Fluoridated toothpaste should be introduced when your child is between the ages of 2 to 3.

**How do I know if my child is getting**

## 10 tips to prepare for the first dental visit

Here are some suggestions from the American Academy of Pediatric Dentistry:

1. Start early to get your child acclimated to visiting the dentist and prevent future dental problems.
2. Consider a "get acquainted" visit to introduce your child to the dental office before the first appointment.
3. Choose a pediatric dental practice. Pediatric dentists have two to three years of specialized training beyond dental school in treating children. Plus, the offices are child friendly.
4. Select an appointment time when your child is alert and rested.
5. Explain before the visit that the dentist is a friend and will help your child

keep his teeth healthy. Add that the visits will be fun.

6. Answer all your child's questions positively. (Keep an ear out for scary stories from peers and siblings.)

7. Avoid using scary words. Check-ups and 90 percent of first visits do not have anything to do with "hurt," so do not even use the word.

8. Read your child a story about a character that had a good dental visit.

9. Write out questions in advance about your child's dental health on such topics as home care, injury prevention, diet and snacking, fluoride, and tooth development.

10. Make sure your child has regularly scheduled dental visits twice a year to maintain good dental health.

## Resources to prepare children for visits with the dentist

- "Barney Goes to the Dentist" by Linda Cress Dowdy; Publishing Lyrick
- "The Berenstain Bears Visit the Dentist" by Stan & Jan Berenstain; Random House
- "Brush Your Teeth Please Pop-Up" by Leslie McGuire; Reader's Digest
- "Curious George Goes to the Dentist" Margaret Rey; Houghton Mifflin
- "Doctor DeSoto" by William Steig; Farrar, Straus & Giroux
- "Going to the Dentist" by Fred Rogers; Putnam
- "Have You Ever Seen a Moose Brushing His Teeth?" by Jamie McClaine; Partners Publishing Group
- "How Many Teeth?" By Paul Show-

ers; HarperCollins Publishing

- "Just Going to the Dentist" by Mercer Mayer; Golden Books

- "Show Me Your Smile!: A Visit to the Dentist (Dora the Explorer)" by Christine Ricci; Simon Spotlight/Nick Jr.

- "Smile! Says the Crocodile" by Jane Belk Moncreur; Child's World

- "The Tooth Book" (Bright & Early Board Books) by Dr. Seuss; Random House

- "A Trip to the Dentist Can Be Lots of Fun!" (Videorecording) by Robert Wortzel and Rob Garner; Night Media Group, Inc.

- "A Trip to the Dentist Through Pinata's View" (Videorecording); Boggle-Goggle Enterprises

- "What to Expect When You Go to the Dentist" (What to Expect Kids) by Heidi Murkoff; Harper Festival

**enough fluoride?** Ask your dentist to evaluate your primary source of drinking water. If the fluoride level is deficient, he may prescribe fluoride supplements.

**What can be done to alleviate pain during teething?** Give your child a clean teething ring; cold spoon; or cold, wet washcloth. Or rub his gums with a clean finger.

**When should a child stop bottle feeding?** Between 12 to 14 months of age.

What is baby bottle tooth decay, and how can I prevent it? Baby bottle tooth decay is caused by nursing a child to sleep or putting him to bed with anything other than water. To prevent it, have your child drink from a cup by his first birthday. Do not let him fall asleep with a bottle. Night-time breastfeeding

should be avoided after the first primary teeth erupt. Drink juice from a cup instead of a bottle.

**When should my child stop sucking his thumb or fingers?** Most children stop by age 2. If your child is still sucking his thumb after age 4, discourage it and talk with your dentist or pediatrician. Prolonged thumb sucking can create crowded and crooked teeth, or bite problems.

**What should I do if my child has a toothache?** Rinse the irritated area with warm salt water and place a cold compress on his face if it is swollen. Give your child pain reliever for pain. See a dentist as soon as possible.

— *the American Academy of Pediatric Dentistry*



# What are lectins?

## Looking at the latest dietary ‘villain’

**T**wo food groups — beans and whole grains — that mostly enjoy a healthful reputation are being slammed both online and in a book because they contain lectins. What are lectins, and why should they be shunned?

Lectins are a group of proteins found in most plants. They're plentiful in beans and whole grains. Lectins are also found in smaller amounts in both white and sweet potatoes, tomatoes, zucchini, carrots, berries, watermelon, nuts, coffee, chocolate, and select herbs and spices (such as peppermint, marjoram, and nutmeg).

In growing plants, along with other compounds, they serve as a defense system against invaders,

Lectins are sometimes referred to as anti-nutrients. The claim is that lectins incite a “biological warfare” within our bodies, ultimately causing weight gain, digestive maladies, elevated cholesterol, acne, arthritis, and even brain fog.

What does the research show?

Over the years, lectins have been the subject of a great deal of research; they are not newly discovered. Certain lectins can be toxic, while others have no ill health effects. Online health sensationalists and book authors paint lectins with the same brush claiming they're all dangerous. The truth is their so-called evi-

dence is weak and lacks peer-reviewed science to back it up.

Here's the thing: The majority of lectin studies were done on isolated lectins and not actual foods. While it's a fact that lectins damage the digestive tract in studies in which animals were fed raw beans or pure lectin, the reality is that we don't consume beans that are raw. And we certainly don't consume isolated lectin. We cook our beans and whole grains — or ferment or sprout them — before eating, which deactivates most lectins. So that's a moot point.

In addition, few studies have been conducted on humans; rather they've been done on animals or in test tubes. How can book and online health gurus link lectin-containing foods to certain health maladies when no clinical trials on humans have been completed?

### Safely consume lectins

When cooking dry beans take these steps: Soak them in water for at least five hours, pour it off, then bring the beans to a roiling boil in fresh water for at least 10 minutes. At that point, reduce the heat and simmer on the stove or in a slow cooker. Using canned beans instead? No worries since they are already fully cooked.

But when you cook dry beans — espe-



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

cially red kidney beans — only in a slow cooker, they may not reach a high enough temperature to break down all the lectins present. The result may be several hours of gastrointestinal upset such as nausea, vomiting, gas, and diarrhea, especially if eaten in large quantities.

Fermentation and sprouting also decreases lectin content. “Friendly bacteria” present during fermentation digests the anti-nutrients, reducing lectins by up to 95 percent.

Beans are superior sources of iron, B vitamins such as folate, magnesium, zinc, and potassium and other minerals and are an inexpensive and sustainable way to obtain protein. Whole grains, such as brown rice, quinoa, wheat, and barley, provide ample amounts of B vitamins, iron, magnesium, and selenium. Both food groups are excellent sources of dietary fiber.

While there are people who feel better when avoiding beans and whole grains, most of us can safely eat them and enjoy the myriad of ways they are prepared.

What about pricey supplements that promise to neutralize the negative effects of lectins? Don't waste your money on these scare tactics; they're simply not necessary.

In short: Don't let pseudoscientists scare you away from eating legumes and whole grains. Some of the healthiest populations around the world center their diets around these two food groups.

*Christine Palumbo is a Naperville, Ill.-registered dietitian nutritionist who enjoys whole grains on a daily basis and tries to fit in beans whenever possible. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter, or ChristinePalumbo.com.*



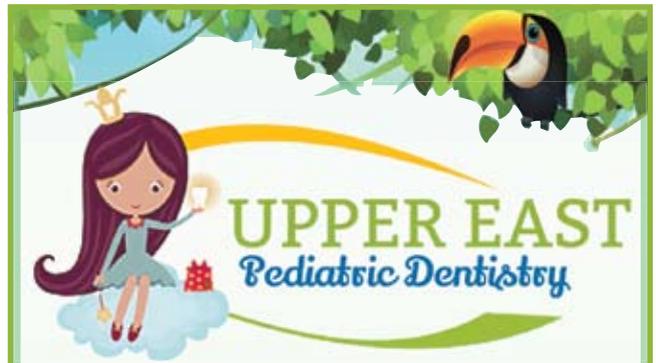
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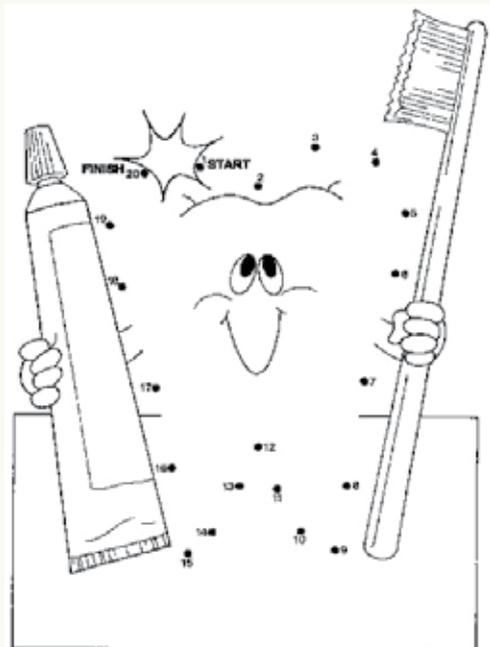
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# Understanding the 2017 tax reform

**W**ait, what just happened? Many of you surely said this as 2017 came to a close. There was much talk about tax reform toward the year's end. The nuts and bolts of the bill changed as frequently as some people change their clothes, making it hard to keep track of what was in and what was out. But now that the bill has passed and the dust has settled, we have can digest it in the bill. Here is an overview of the changes, with some things to consider and potential steps to take if they make sense for *your* situation:

**When will it take effect?:** The provisions of the bill are effective from Jan. 1, 2018 through Dec. 31, 2025, with some exceptions and phase outs. After Dec. 31, 2025, the law sunsets to that which existed as of Dec. 31, 2017. This is not unprecedented; Bush the First used a similar mechanism to gradually increase the federal estate tax exemption before it sunset in 2010.

**How Does the tax rate change?:** The maximum tax rate will drop from 39.6 percent to 37 percent. There are still seven tax rates — 10 percent (for \$0 to \$9,525, and \$19,000 for married couples), 12, 22, 24, 32, 35, and 37 percent (more than \$500,000, and \$600,000 if married). The Internal Revenue Service will publish the official table at the end of January 2018.

**What happened to the Alternative Minimum Tax?:** The Alternative Minimum Tax is still around, but the threshold of when it kicks in was increased to \$1 million (married) and \$500,000 (single). In other words, under the Alternative Minimum Tax, a taxpayer begins to lose the potency of certain deductions like real property taxes and mortgage interest at a certain income level. The thresholds under the old law were \$164,000 (married) and \$123,000 (single). Under the new law, higher income earners can continue to benefit from deductions.

**Can I take an itemized deduction?:** For taxpayers who did not want to itemize deductions or did not have them available

to deduct (such as real property tax and mortgage interest, or charitable deductions), the government allows a “standard” deduction amount. The bill nearly doubles the standard deduction from \$13,000 to \$24,000 (married) and from \$6,500 to \$12,000 (single).

**Can I take medical expense deductions?:** If you think that you will have increased medical expenses, 2017 and 2018 would be the years in which to aggregate them, if you have that option available. Under the prior law, medical expenses needed to exceed 10 percent of adjusted gross income. The bill reduces that threshold to 7.5 percent for the 2017 and 2018 tax years.

**Is there an estate tax?:** The bill changed the federal estate tax from about \$5.6 million per person to \$11.2 million per person until 2025, at which point the provisions sunset and the federal estate tax exemption reverts to where it was as of Dec. 31, 2017, with adjustments for inflation. However, the bill impacted only federal estate tax. Most states also impose an estate tax, which remains unchanged absent state-law changes.

**What about state and local tax deductions?:** State and local tax deductions such as real property taxes, state income taxes, and municipal income taxes are capped at \$10,000. However, if you were subject to the Alternative Minimum Tax previously, it is likely that you were phased out of the impact of these deductions anyway.

And what about the kids? What provisions impact them? This being a parenting magazine, here are some of the ways he bill changes your taxes as it relates to your children:

**The “kiddie tax”:** The “kiddie tax” is the rate at which unearned income of children under the age of 19 (and college students under 24) is taxed. So, in other words, if you gifted stock to your kids when they were born, and it throws off \$10,000 in income per year in dividends, the income is “unearned,” unlike wages and salary.

**Child tax credit:** The tax law allows for



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a tax credit (an amount to offset the tax you would otherwise owe, as opposed to a deduction, which offsets the overall gross taxable income) for the number of children you have. As with the Alternative Minimum Tax, under the prior law, the potency of the child tax credit was phased out above a certain income threshold. The bill increased the child tax credit to \$2,000 per qualifying child and is refundable up to \$1,400 subject to phase outs (meaning that even if you do not owe any taxes, the government will refund you the money from the credit).

**Deduction for Student Loan Interest:** The maximum amount that can be deducted for interest on student loans is \$2,500, with phaseouts for taxpayers with modified adjusted gross income exceeding \$65,000 (\$135,000 for married filers).

**529 Accounts:** You may now access 529 funds to pay for educational expenses for kindergarten through grade 12 schools, not just college.

These are just some of the aspects of the elements of the new law. How the bill will impact you and your family depends on your situation. You should consult your accountant to determine how the bill affects your tax situation and determine what, if any, changes to make in your tax planning in 2018.

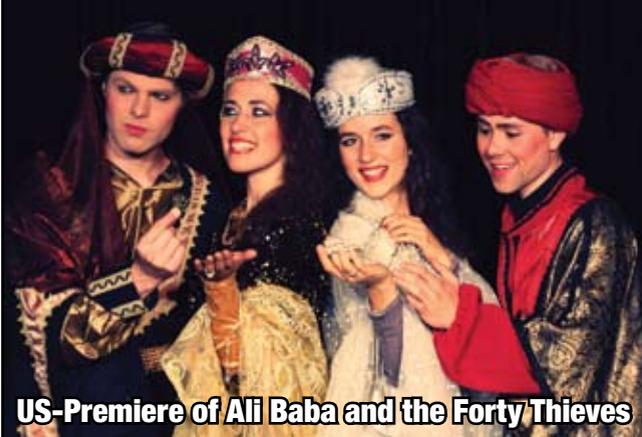
*Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C. Find her on Twitter @estatetrustplan and on her website at [www.besunderlaw.com](http://www.besunderlaw.com).*

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## What does the word 'love' mean to you?

BY CAROLYN WATERBURY-TIEMAN

Seeing as how it is February, when everything from donuts to dog treats are heart shaped, and everywhere you look there are roses and chocolate or chocolate roses, I feel compelled to write about love. Simple enough, right, what with Valentine's Day and all? But therein lies the root of the flaw in my reasoning — assuming that simple means easy. There is perhaps no better example of something so seemingly simple being anything but easy than love.

This single, four-letter word, throughout history, has provided inspiration for countless artists, philosophers, and scholars. Few themes, if any, have kindled more artistic and intellectual productivity than love. Yet, when asked what love is, no two people give exactly the same definition.

What I don't know about love could probably fill several volumes. Nevertheless, I have spent most of my life, certainly my adult life, observing, studying, reading about, and yes, practicing love in human relationships, and I have drawn some basic conclusions. Whether or not there is empirical evidence to support them, I don't know. I have not conducted research or collected data from a questionnaire. These are merely statements based on my 50-some odd years of experience noticing and thinking about love.

Love is both universal and personal. We are all hardwired with the capacity to receive and give love, but our ability to actually recognize, accept, and demonstrate it is largely determined by our interpersonal experience. Thus, the ability to love is learned. As parents, we are the primary teachers and models for what our children will come to believe about love.

Ours is an impoverished language when it comes to love. Unlike the advertising or marketing industry, the Greeks understood that what you feel for a stick of gum, household appliance, or car is not the same as what you feel for another person. They had seven different words to describe the types of love people experience. Since we have only one word, it is vital that we reserve its use for the most important people and relationships in our lives. The overuse of a word diminishes its significance.



Love is an action word. In the declarative sentence, "I love you," love is the verb, the action word. The verbal expression of love can be powerful, but the failure to pair it with congruous action renders it meaningless.

Love changes. Change is not the same as growth. Growth suggests something that can be measured, like height, or counted, like money. Love exists as a quality, not a quantity. We are not endowed with a finite amount of love that can be used up, leaving us empty-handed. The capacity for love is immeasurable. It evolves to meet the changing needs of those involved in the relationship. Love takes many forms and is transformative. It changes everything.

Love is an act of courage. There are no guarantees when it comes to love. It takes tremendous courage to open oneself to the possibility that one's love may not be reciprocated — to accept that, either way, one's life will be changed.

Knowing what love isn't is just as essential as knowing what love is. Mistakenly confusing love with sex, neediness, and material things can have devastating consequences, especially for the young and inexperienced. Providing our children with clear messages about appropriate expressions of love helps protect them against being exploited. Love is not an excuse for justifying unacceptable, abusive, or criminal behavior.

Love is an endless act of forgiveness. Love is strong enough to withstand disappointment, with ourselves and with others. Loving another means choosing not to punish them when they make a mistake. Love offers the transgressor an opportunity to redeem himself after exhibiting genuine remorse. However, love also recognizes when repeated offenses create a pattern and forgiveness becomes enabling, which is not in the best interest of either party.

Love requires empathy. Without the ability to imagine ourselves in another person's place, it is impossible to know how to love him effectively. Taking the time to get to know, making the effort to understand, and communicating about expectations regarding love are necessary for a mutually satisfying relationship.

Love is a choice. Every day we participate in countless interactions that present us with the opportunity to demonstrate a loving response. Choosing love means choosing kindness, patience, and unselfishness. It means choosing not to be threatened by or resentful of another's abilities and talents. Love delights in doing good and seeing others do good also. It offers honesty without cruelty and seeks the same. Love is safe, dependable, and hopeful. It inspires us to become the best version of ourselves.

Since love is a choice, each of us is faced with the question: how will we love?

As for me, I intend to love in a way that, like the small grain of sand in an oyster, over time, produces a pearl. Of all the things I might one day be remembered for, I hope it will be that I knew love and loved well. May we have the wisdom to recognize love when we witness it and surround ourselves with people to love, who will love us in return.

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

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# The well-rounded CAMPER

## Thirty life skills kids build while away from home

BY CHRISTINA KATZ

**F**eeling anxious about sending your child away to camp this summer? Fret no more. This list of life skills reminds you of all the reasons to send kids to camp in the first place. Remember, being away from the comforts of home offers your camper growth opportunities in a wide variety of competencies. Best of all, once kids are safely dropped off at camp, parents can sit back, relax, and enjoy some much-needed down time, knowing kids will return home transformed by their experiences.

Here are 30 skills to remind parents why camp is always a good idea, as well as a panacea for 21st-century predilections:

### Physical skills

**Fitness.** If your child is passionate about virtual realities, camp is the perfect motivation to get off the couch and get moving. You will be pleased when your child returns home tan, fit, and inspired to keep moving.

**Proficiency.** Does your child complain of boredom? Exposure to skill-building activities can convert kvetching into pride. Aptitude, discipline, and confidence come from doing new things.

**Safety awareness.** Do you find yourself fretting about your child's wellbeing? Then send her to camp to learn about first aid, water safety, and other safety protocols that go hand-and-hand with learning new things. When she gets home, she can teach you a thing or two about safety awareness.

**Eye-hand coordination.** Concerned your child may be a tiny bit klutzy? Send him to camp to participate in activities that encourage process mastery like archery, horseback riding, or rowing. Having to learn an ordered series helps dreamy kids focus and execute tasks.

**Healthy risk-taking.** Is your child an

adrenalin junkie? Do you worry that she will go too far testing the limits of what's humanly possible? Camp is the perfect place to wear out a child with excess energy. Counselors can help campers channel a zest for risks into safe outlets while honoring camp rules.

### Intellectual skills

**Decision-making.** Does your child waffle when making decisions, take polls of other people's opinions, or go along with the crowd too easily? Then camp is the perfect practice-ground to determine what he wants and needs on a regular basis. Choosing is a crucial ability for creating satisfaction in life.

**Accountability.** Do you wonder if you do too much for your child? Whether she has to pack her own backpack for an overnight hiking trip or show up wearing activity-appropriate shoes, being prepared for what's coming next in life is important. When it comes to accountability, daily practice is always on tap at camp.

**Time management.** If your child is often running late, camp is a great place to learn timeliness. Your child will swiftly master punctuality when engaged in activities she enjoys. And this proactive habit can carry over into everyday life during the rest of the year.

**Tolerance.** Kids sometimes live in homogeneous rather than diverse environments. If all the other kids are the same race, class, and social status where you live, how will your child learn to be open-minded? Camp is a great place to immerse kids in diversity, so tolerance can take root.

**Assertiveness.** When kids' lives are scheduled from morning to night year-round, they miss out on opportunities to speak up for what they think, need, and desire. Camp offers kids opportunities to practice healthy communication all day

long, because no one is smoothing the path before them.

### Emotional skills

**Self-care.** Kids can't learn to take care of their needs unless they learn to pay attention to them. Going to camp puts kids' self-care muscles to the test. Navigating a new environment with unfamiliar people helps kids learn to trust their intuition and honor their instincts.

**Listening.** Do you get weary of nagging and feel your child just doesn't listen anymore? Kids can certainly develop listening fatigue with parents and other everyday authority figures. But after tuning in closely to some new-to-them camp leaders, they just might bring better listening abilities back home.

**Playfulness.** Got a perfectionist kid on your hands? Sometimes within the rush and rigors of daily life, families forget how to relax and enjoy life to the fullest. Camp is a great place to remember how to lighten up and enjoy the day.

**Grit.** This trendy term means the combination of courage and resolve. If your child does not bounce back quickly from disappointments, camp is a great place to learn tenacity, conflict resolution, and problem solving.

**Self-appreciation.** Do you appreciate the heck out of your kid but wish he would esteem himself as much as others? Camp is a place where kids can discover new things to like about themselves. Increased self-reliance is often the first step towards building higher self-esteem.

### Social skills

**Sociability.** Do you have a shy or introverted child? If she lacks peers who are enthusiastic about her passions, an interest-based camp can help her meet more like-minded people. Socially awkward kids feel more accepted and appreciated every time they make a new friend.



**Emotional intelligence.** If you have siblings who bicker quite a bit, they may benefit from getting along more easily with kids who are not kin. Camp counselors have a way of expecting thoughtfulness and encouraging kids to practice it.

**Lasting connections.** Remember pen pals? At camps, kids can make new friends and find ways to keep in touch until they meet again. This is a great way for kids to maintain long-distance friendships and build an extended social network.

**Self-expression.** Parents may unwittingly hold kids back from finding new forms of self-expression. At camp, kids find fresh audiences for the countless ways to share who they are and what they think and feel. Increased self-expression leads to unfolding self-discovery.

**Co-habiting.** If you want your child to learn new things, put him in a tent with roommates and watch the lessons unfold. Sharing space and resources with others is a crash course in self-awareness and peacekeeping.

### Occupational skills

**Mentoring.** Camp counselors provide excellent examples of what a constructive mentor-mentee relationship is like. Go ahead and encourage kids to become counselors in the future if they wish to experience both sides of this

educational relationship.

**Collaboration.** Perhaps during the school year, teamwork is limited to sports and cooperation is confined to the classroom. At camp, every endeavor from cleaning a cabin to climbing a rock face becomes a new way to understand the importance of working together.

**Negotiating.** Your kids benefit from learning how to sort things out between themselves at camp. Discussing, bargaining, and coming to agreements that make sense for everyone involved are tools for creating a richer life.

**Leadership.** Camp provides opportunities for kids to discover and nurture the leader inside. Every child is a boss at something. You may not think of a prolific reader as a leader, but what a terrific example she can set at camp for those who avoid books altogether.

**Diplomacy.** With bullying behavior at an all-time high, diplomacy is more needed than ever. Camp offers ample opportunities to find common ground, share mutual respect, and practice win-win-win relating.

### Environmental skills

**Unplugging.** Virtual realities are great when balanced with the real world. If you cannot seem to make a dent in your child's obsession with technology, why not let the

trained staff at camp take a whack at it?

**Groundedness.** The first step to recovering from too much anxiety is a sense of earthiness that comes from being in touch with the natural world. Kids benefit in numerous ways from slowing down the speed of life and keeping their feet firmly on the ground.

**Navigation.** You won't likely be able to convince kids that they need to learn old-school map techniques while they have a navigation system in their pocket. But put them in the middle of the woods with no internet connection, and they just might feel differently.

**Survival.** Would your child know how to build a shelter, purify water, start a fire, and find food if lost in the wilderness? Learning naturalism empowers kids to feel competent and confident in every area of life.

**Earth stewardship.** One of the best ways to teach kids about personal responsibility is to teach them about wilderness conservation. Learning about flora and fauna can spark kids' innate respect for the natural world.

*Author, journalist, and writing coach Christina Katz spent ample time outdoors as a child, which fostered her love of nature, gardening, and trees. She believes children of all ages deserve to regularly experience the wonders and richness of the wilds.*

# Too much sports?

## How to tell if your child is overdoing it

BY TAMMY SCILEPPI

**F**ootball, hockey, and basketball youth teams are in full swing, and before you know it, it's going to be the time to plan your youngster's athletic activities for spring and summer.

Soon, they'll be winning trophies and ribbons. And that's fantastic. Young athletes feel a great sense of achievement and pride when they get recognition. And when kids are involved in any kind of sport, they develop social skills and learn life-long lessons in teamwork and good sportsmanship; even how to incorporate fitness into their daily lives as they get older.

Plus, compared to two decades ago, kids are participating in organized and recreational athletics at a younger age and playing a lot more — even year-round.

All positive things, right?

Well, as they say, too much of a good thing isn't necessarily good for you, and unfortunately, there's a downside to all that positivity: sports injuries and emergency room visits have become all too common.

As parents, we should ask ourselves: How much is too much? Are our kids overdoing sports? And, are we partly to blame for pushing them too hard?

Sometimes, it seems as if loving, doting parents look for ways to keep their kids overly involved with after-school, weekend, and summer sports activities, because they don't want them feeling bored, or they feel it's good for them, and it's what other families are doing. Perhaps it's what they themselves were doing as children. Maybe some of us are guilty of living vicariously through their offspring. Are we lovingly encouraging them to be more and more competitive? To run or swim or throw a ball faster and harder? Urging them not to quit no matter what? Telling them that missing a game is unsportsmanlike — even if they're feeling sore or would rather sit this one out?

Every child is different. So, ask yourself: Is my Liam overdoing it? Can Isabel's soccer injury lead to future problems? How much is too much for my growing teen?

Numerous studies done in the U.S. and abroad have shown that there is a definite increase in sports-related injuries in young children and teens. Some can lead to life-long issues if not addressed properly.

According to the American Academy

### Cover all your bases

Before starting a sport, a pre-participation physical evaluation should be done to make sure youngsters are ready to play and compete, according to [healthychildren.org](http://healthychildren.org). Get them checked out at least six weeks before the season begins to allow for any extra evaluation or rehabilitation.

During the season and offseason, it's important to keep up their fitness level. Warm-up and cool-down exercises are essential. Make sure to allow time for general and sport-specific conditioning during pre-season training.

And remember, great athletes — no matter their age — need a balanced diet, adequate sleep, and should be well-hydrated at all times.

of Pediatrics, half of all sports medicine injuries in children and teens are from overuse. And they are at increased risk for overuse injuries because growing bones are less resilient.

Is your Little League pitcher or Olympic-hopeful swimmer having shoulder pain caused by repetitive motion? Watch for these types of overuse injuries, which can occur from damage to a muscle, bone, ligament, or tendon. It's important that kids take time off from activities to allow their bodies to heal.

Don't hesitate to talk to your pediatrician if something doesn't look or feel right. Is there pain or discomfort in the affected area during and after physical activity that may limit your athlete's performance? Or constant pain even while he or she is resting?

Along with physical therapy, treatment plans involve controlling painful symptoms and modifying hectic sports schedules. The more you know about potential issues and how to prevent them, the better for your sports enthusiast.

According to [www.healthychildren.org](http://www.healthychildren.org), excessive training programs are a no-no. And make sure your budding athletic star has enough time to heal from a sports injury. It's all about a commonsense approach, and experts say the key to preventing overuse injuries is maintaining a

healthy balance of activities.

Doctors are warning about those long-term health issues from overuse in youth sports, especially for those who suffer from bone, joint, and spine-related injuries while playing, according to a study from the Centre for Sports and Exercise Medicine at The London School of Medicine and Dentistry.

Weighing in on this timely and important topic with valuable suggestions for parents is Dr. Leon E. Popovitz, a top-rated orthopedic surgeon at New York Bone and Joint Specialists, a New York City-based, multi-specialty orthopedic practice providing high-quality care to its patients.

According to Dr. Popovitz, "if a young athlete, whose growth plates are still open, suffers an anterior cruciate ligament tear, then a reconstruction may often be delayed until growth plates close. This is because reconstruction when growth plates are open may affect the growth of the limb. During this time the child typically is recommended to limit sports activities. Eventually, the anterior cruciate ligament is reconstructed when the child further matures, because if the knee is unstable, then the protective cartilage will tear away and arthritis may develop at a premature age."

When signing your kids up for youth sports, here are some things the good doctor says you should consider:

- Is your child playing multiple contact sports?
- Has your child been previously injured?
- Is she playing multiple sports in a season?

If your child is heavily involved in youth sports and has experienced injuries in the past, here is what he recommends:

- Add a non-contact sport into your child's schedule.
- Pay attention to his body and his aches and pains.
- Make sure there is an offseason between sports, so her body can rest.
- Keep in mind that following a sports injury or an illness, a speedy return to activity depends on early recognition and treatment.

Of course, it's always a good idea for youngsters to have an annual medical checkup before the sports season begins. Especially if they have an injury; a history of medical problems, like asthma; or are taking medicines regularly.

So, what is considered too much when it comes to youth sports?



### Be cautious

The American Academy of Pediatrics suggests that before adolescence, young athletes should avoid specializing in one sport. So encourage them to try a variety of activities, and consider the following:

- They should play one sport no more than five days per week.
- Sign them up for only one team and one sport per season.
- Cross-train. Make sure your kids vary their endurance workouts to include multiple different activities, like swimming, biking, or elliptical trainers.
- Keep practice fun and age appropriate.

“It has been documented that excessive participation for children in one sport (as opposed to various sports) increases the chance of injury,” says Dr. Popovitz. “Examples include Little League elbow and Little League shoulder. These are painful conditions that occur from excessive throwing. Often treated very well with rest.”

In his practice, he says he is finding overuse injuries, such as Little League shoulder, more and more common.

Parents and caretakers should also keep an eye out for these other issues:

- Inability to fully move a joint, arm, or leg.

- Inability to stand or walk.
- Joint swelling, locking, or instability.
- Visible deformity or mass in arms, legs, or joints.

• Back or neck pain, especially if accompanied by numbness, weakness, or pain that runs down the arm or leg.

• Pain that does not go away.

• Pain that disrupts activity or sleep.

Remember, kids bones are still forming and are more vulnerable to injuries.

“Often, when there is an injury but no sign of fracture in a child with open growth plates, and there is pain in or around the growth plate, then it is typically treated as a fracture. Thus, the limb is braced or casted or a sling is used to protect the growth plate. This allows healing of the growth plate,” Dr. Popovitz explains.

The doctor points out that it’s those growth plate injuries — like fractures and cartilage injuries, such as meniscus tears — that have long-term effects or cause permanent damage. He explains that ligament injuries (such as an anterior cruciate ligament tear) can lead to cartilage damage. Thus, these injuries need to be addressed and treated as soon as possible.

Dr. Popovitz has performed many meniscus repairs and repaired damage to the cartilage lining (example: osteochondritis dissecans).

“This is important, because the meniscus protects the cartilage lining of the bone,” says Popovitz. “We are born with only a finite amount. So, we need to pre-

### Burnout

Burnout (overtraining syndrome) includes mental, physical, and hormonal changes that can affect your child’s performance (especially during puberty). Over-planning sports activities seems to be based on today’s “keep ’em busy and active” mindset. So, what do you do if your child wants to quit?

First of all, don’t panic! Talk about it, and find out why and what happened. There’s usually a good reason and they should be part of the decision-making process. If you feel it may help, have a talk with their coach.

Two in five youngsters drop out of a sports program, according to the American Psychological Association. Reasons most often include:

- Lack of enjoyment
- Loss of interest
- Conflicts with the coach
- Would rather play another sport
- Too much stress and pressure
- Not performing up to the standards they’ve set for themselves
- Not enough playing time
- Too much else going on in their lives
- An overly competitive atmosphere
- Pain or discomfort

serve that cartilage for a lifetime. So, we take that very seriously in children.

“I also perform anterior cruciate ligament reconstructions. This is particularly challenging in children with open growth plates because the surgery involves drilling holes in the bone to create new attachments of the new ligament in the proper position in the bones. Thus, in children, this procedure needs to be modified so to avoid compromising the growth plates.”

Despite the uptick in youth sports injuries, participation in sports is actually safer than ever, thanks to improvements in the quality of protective equipment, such as padding and helmets, but remember that young bodies are still prone to injury. It’s more a problem of overuse that is contributing to kids’ injuries.

Sports are wonderful, but certainly not the be all and end all. Making time to pursue other interests and different pastimes, and enjoying time with friends — or even some alone time — is also an important part of growing up.

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

# Not taking 'No' for an answer

## Bump on son's neck leads to hyperthyroidism diagnosis

**F**ive-year-old Jason was crankier than usual. Everything seemed to bug him — even things he previously loved, as well as sleeping and eating. Suddenly, he had trouble falling asleep and when he finally did, he couldn't stay asleep. Foods he previously loved made him feel sick or he was starving so much, he couldn't get enough food. He seemed more hyperactive, swinging his leg back and forth constantly, talking very fast, and was feeling hotter than usual, often sweating when it was cold out.

The pediatrician said he was simply having a growth spurt, or “just being a regular active boy.” Jason's mom, Lindsey Moynihan, knew there was something else going on, but trusted her doctor. However, when Jason grew more restless and irritable, she sought out a second opinion from another pediatrician a few weeks later, and was given a clean bill of health once more.

“I was infuriated, because I knew Jason was just not himself,” she says.

A few days later, Lindsey noticed an ever-so-slight bump on Jason's neck, and when she felt it, she instantly felt cold to her bones, not knowing what it was, but knowing that it shouldn't be there.

At an Urgent Care facility, the doctor in charge ordered an immediate ultrasound of Jason's neck, which showed a very large nodule directly on his thyroid gland, and bloodwork. Lindsey was directed to an endocrinologist who did more bloodwork, which showed that Jason was hyperthyroid, meaning that he was producing too much thyroid hormone, which was causing his anxiety, rapid heart rate, mood swings, and more.

The endocrinologist discussed the possibility that a nodule of this size could also be malignant. The American Society of Clinical Oncology reports that “thyroid cancer is the most common cancer in women 20 to 34. About two percent of cases occur in children and teens. The incidence rates of thyroid cancer in both women and men have been increasing in recent years, at a rate of about five percent more a year.”

“To learn that Jason had a thyroid problem was bad enough, but to consider that it might be stemming from cancer was devastating,” says Lindsey.

Lindsey was then referred to a thyroid



surgeon and a biopsy was performed in the surgeon's office in the form of fine needle aspiration. The American Association of Clinical Endocrinologists recommends that fine needle aspirations should be considered for nodules larger than 10 millimeters in diameter. Jason's nodule was more than three centimeters. After three agonizing days, Lindsey got the phone call that the nodule was benign. She was “extremely relieved and thankful,” however, Jason still suffered with the hyperthyroidism.

The thyroid is a vital organ and responsible for every system in the body, so hyperthyroidism causes every body system to work in overdrive. Jason's heart rate was 130 at rest and his metabolism was so sped up that he was losing weight despite eating more. Graves' Disease, an autoimmune disease, can cause hyperthyroidism, but Jason's blood test showed he did not have this, so the next step was a radioactive thyroid uptake scan. This requires the patient to ingest a radioactive pill and then have a scan done to see how the thyroid is working.

Lindsey was not thrilled with the idea of her son having to ingest a radioactive pill, but she was assured that the amount in the pill was a safe level, and it was crucial to finding out where the hyperthyroidism was coming from.

This thyroid uptake scan showed that



## HEALTHY LIVING

DANIELLE SULLIVAN

Jason had a toxic nodule, a solitary nodule that was producing extra thyroid hormone. There are two options when faced with a toxic nodule: radioactive iodine treatment or surgery. Children are not candidates for radioactive iodine treatment (and many adults opt out of this as well as it contains a massive amount of radioactive iodine and necessitates isolation for three to seven days). Anti-thyroid medication may also be given to help alleviate hyperthyroid symptoms initially, but it will not be a permanent solution. Surgery was the recommended choice.

“The surgeon explained that toxic nodules do not go away on their own, and surgery is often inevitable, and it's a long-term solution. I was so on the fence about it, but when I heard this, I knew it had to be done.”

A month later, Jason underwent a partial thyroidectomy. His hyperthyroidism resolved almost immediately and the surgery discovered that the nodule had been pressing on his trachea, another reason why removal was the best option. Lindsey feels relieved now that the six-month ordeal is over, and happy that she did not take “no” for an answer when her son first became sick.

“Jason did wonderful with the surgery, and says he can even breathe better now,” says Lindsey. “I am so glad it is all over, and also glad that I discovered the lump before his condition worsened.”

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

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# STEM for all

## Making science accessible for English language learners

BY HANNAH THELEN

**L**earning a new language is hard. Trying to learn complicated math and science concepts in a new language is even harder.

With almost five million English language learners in U.S. public schools facing this near-impossible challenge, it is difficult to believe that bilingual science, technology, engineering, and math resources are still not readily available. The rate of high school graduation for English language learners is only 63 percent, almost 20 percent lower than the national average. These students often fall behind in basic subjects due to insufficient language accommodations.

Wendi Pillars, an experienced English language learners teacher from Chatham County Schools in North Carolina, says, “Teachers continue to report that they feel unprepared to work with students who are language learners ... even though English language learners enrollment continues to increase annually in most states.”

This issue also causes educators to overlook English language learners who may be candidates for advancement, evidenced by the paltry two percent enrolled in gifted programs.

Even as English as a second language, bilingual, and dual-language immersion schools become more popular, these programs almost universally face a lack of resources.

This is particularly frustrating for Spanish-speaking English language learners, who make up a significant portion of this population. Spanish speakers comprise over half of all English language learners in the U.S., with more than 3.8 million students. In the U.S. today, one of every four public school students is Hispanic — and this number increases daily. In fact, the U.S. is now home to more Spanish speakers than Spain.

Science, technology, engineering, and math subjects are vital to helping students succeed in school and in daily tasks like understanding mortgages and using electronics. The National Science

### The need for bilingual education

- Nearly one in 10 students in U.S. public schools are English language learners.
- The U.S. is home to 52.6 million native or bilingual Spanish-speakers.
- Seventy percent of Hispanic students speak a language other than English at home.
- Students in two-way dual language programs show higher reading and math scores.
- Bilingual adults experience less cognitive decline as they age.

Foundation stresses that “to succeed in this new information-based and highly technological society, students need to develop their capabilities in STEM to levels much beyond what was considered acceptable in the past.” Careers in science, technology, engineering, and math are growing quickly, and typically provide high salaries. It is more important than ever to ensure that all students are receiving quality education, yet English language learners have notably few resources that deal with these subjects.

Fortunately, educators and educational publishers are beginning to address this problem.

There is now a resource designed specifically to help Spanish-speaking science, technology, engineering, and math students learn these subjects.

A set of middle-grade books offers literature-based science and math brain-teasers in both English and Spanish, with easy side-by-side comparison that allows students to develop their language and science and math skills at the same time. Having a resource like this, which clearly explains science and math concepts in a fun, accessible way, can be game-changing for these students.

These books are part of the five-book “One Minute Mysteries” series, written by father-daughter team Eric and Natalie Yoder. They challenge kids to solve real-life brain-teasers using their knowledge



### Bilingual resources: Where to begin

These great websites curate quality Spanish language and bilingual resources for parents and educators:

- De Colores: The Raza Experience in Books for Children, <http://decoloresreviews.blogspot.com>
- Colorín colorado!, <http://www.colorincolorado.org> (For educators and families of English language learners)
- Bilingual Books for Kids: Multicultural Connections y Cosas Hispánicas, <http://www.bilingualbooks.com>
- Common Sense Media, [commonsensemedia.org](http://commonsensemedia.org) (List of bilingual & Latino books)
- Goodreads, [www.goodreads.com](http://www.goodreads.com) (List of popular bilingual Spanish books)

of science, technology, engineering, and math subjects.

Previously only available in English, the bilingual edition of the science mysteries book was released last year, titled “More Short Mysteries You Solve With Science! – ¡Más Misterios Cortos que Resuelves con Ciencias!” The second bilingual book was just released in August, this time offering math mysteries, “Short Mysteries You Solve With Math! – ¡Misterios Cortos que Resuelves con Matemáticas!”

Dr. Carmen M. Martinez-Roldan, from



Tech. Sgt. Carlos J. Trevino (U.S. Air Force), beginning (Flickr)

English language learners face a unique challenge in science, technology, engineering, and math classes.

the Bilingual Education Program at Columbia University, writes of the book set, “Bilingual materials addressing STEM topics are long overdue. These books give kids the vocabulary and confidence they need to succeed in the classroom.”

For more great bilingual resources, take a look at the websites listed in the sidebar.

It’s important for these books and other bilingual resources to be easy enough to use at home as well as in the classroom. Bilingual resources are especially helpful for kids who speak English at school, but use only Spanish at home with their parents. The development of language skills should be encouraged beyond the school day, for both Spanish

speakers learning English, and English speakers hoping to become bilingual.

Bilingual education is not just for English language learners. Many English speakers are discovering the powerful positive impact that knowledge of a second language can have on academic and personal success. Reading and math scores of students in two-way dual-language education are higher than those of monolingual students, regardless of ethnicity, socioeconomic status, proficiency in English, or special education skills. Bilingual children also demonstrate an increased sense of self-worth and identity, and tend to relate to others better than monolingual students.

The handful of websites and books

mentioned here fill only a small portion of the bilingual science, technology, engineering, and math resources that this country needs. That being said, it’s an important start.

As educators and educational publishers become aware of the shortage, more bilingual resources will become available and, more importantly, make their way into the hands of students who need them.

*Hannah Thelen graduated from Bowling Green State University with a bachelor of Fine Arts in creative writing. She lives in Washington, D.C., where she generally enjoys reading, writing articles or short stories, and drinking too much bubble tea. Contact her at Hannah@PlatypusMedia.com.*

# She does it all

A multitalented mom, Dr. Mitzner offers her advice

BY TAMMY SCILEPPI

**D**r. Alison Mitzner somehow does it all! Like most parents, there are times when she probably wonders how she's able to juggle so much while keeping her sanity.

The multitalented New York City pediatrician and journalist also has many years of experience as a mother and fitness fanatic under her belt, and has built a strong platform to share her knowledge.

She feels, like many parents do, that her children — daughter Serina, now 6 (“going on 16!”), and son, Penn, who is 4 — are numero uno, and says, “They are the most amazing, happy, kind, and loving kids and just so much fun! I am excited to see what the future and 2018 has in store for me and my kids.”

Offering her knowledge and views about a variety of parenting topics, Dr. Mitzner was also eager to share some interesting tidbits about her personal life and medical career with readers.

**Tammy Scileppi:** How do you find balance between mommyhood and your career?

**Dr. Mitzner:** It takes a lot of prioritizing and really budgeting my time well. I'm big on my lists! My to-do list is never-ending, but really works to help me remember many things I would probably otherwise forget. It also helps me tackle what I need to get done in a more stress-free, calming way. I try to make use of all the hours I have in the day and ensure I know what will fit in, where. It is so easy otherwise to waste time — which I don't have time to do!

I also try to do the best I can to be present wherever I am, and whatever I am doing. When I'm at work, I give 100 percent, and when I am home, I am all about quality, focused time with the kids. However frustrating for those trying to text me in the evening, my phone is usually put away. Busy parents often worry about how they will get everything done while still spending time with their kids. I focus on the time I do have with them, on quality time (even if not long). This really shows your children how much you love and care for them. It has such a positive effect — all while making wonderful memories.



Dr. Alison Mitzner and her kids.

I realized after my son was born (and a bad mastitis infection from not taking the time to pump!) I needed to also take some time for myself, even if just 20 minutes. For me, working out, staying healthy, and getting sleep are the most important and make me even more energized and allow me to give the most I can for my children and my career.

In the past year [I've become] a single mom, [so] I also make sure I have people around me that can support and help me when I need it. I realized I need to have this support at times. I am fortunate to have found my tribe and a great group of friends and a wonderful babysitter. It isn't easy to find a sitter you can trust and love your children like family, rather than just a job, but they are out there!

**TS:** How about some tips for a peaceful home, happier kids, healthy meals and snacks?

**Dr. M:** Stay calm! If you remain calm, you will have a calming effect on your child and a stressful situation. It is truly powerful. I'm all for peaceful parenting.

If you are calm, others around you will be calm. If you are anxious, others around you are anxious. Moods are truly contagious. Whether positive or negative — you set the tone. So as hard as it may be at times with your kids, take breathers, laugh, step away. Engaging with your children patiently and calmly, without adding more stress to the situation, is so beneficial.

Additionally, they will listen and actually hear more of what you are saying when you are teaching them what to do and not do, and they will learn from you.

Children also, as we know, learn from watching and observing their parents. We are their biggest role models. If they see you calm and reacting to stressful situations calmly. They will learn to stay calm when anxious or faced with a stressful situation.

Humor is a great way to connect with your child, too, and that connection and bond is so important when disciplining and teaching your children. When they test your patience, take a breath. Take a few minutes. But also, you can add laughter and humor. (I know, easier said than done — but it really does help!) Just always remember your child is learning. They learn from you. Use these times as a good opportunity to teach your child — with humor, if possible — patiently and calmly. They will then feel supported to learn and hear you and cooperate with you, rather than get more upset or frustrated. It also makes it a lot less stressful and more fun!

As far as meals, I am all for eating healthy, and eating at home is the best way to do that. We for sure go out to eat, but it is more the exception than the norm. I am all about choices, too, rather than forcing them to eat something they don't like. Offering two choices (healthy options) gives the kids the control they want, yet they will still eat well. I always add things to the plate for them to try and re-introduce foods that, even if they tried before and didn't like it, they may like this time. Often, they end up liking it.

**TS:** Tell us about your practice and why you find your work fulfilling.

**Dr. M:** After completing residency, I practiced general pediatrics for five years in a private practice here in Manhattan.

During those years, I was also an attending pediatrician at multiple New York City teaching hospitals, where I admitted and examined newborns and pediatric patients. I love children, and it was always so rewarding helping patients, along with parents. I also always loved supervising and teaching residents and medical students in various aspects of clinical and academic medicine.

I have since moved into the pharmaceutical industry. I have had experience in the industry with leading safety teams and physicians and mentoring many physicians globally. I am currently senior director in Safety and Regulatory department at a large pharmaceutical company.

I find what I do now even more rewarding, as I am helping patients not only on a small level based on who I saw in the office, but millions!

**TS:** As a fitness expert, what are some tips for parent-friendly workouts?

**Dr. M:** A good reminder for busy parents as well as soon-to-be moms, is that even just a short amount of exercise — 15–20 minutes — can help boost your energy, lift your mood, and keep you mentally alert, besides keeping you healthy and fit. With your infant or toddler, you can go for a quick walk while they are in the stroller. If

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“If you are calm, others around you will be calm. If you are anxious, others around you are anxious. Moods are truly contagious.”

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they nap and you are home, simple push-ups, sit ups, and squats are good. It is also good to stay fit since you want your children to know the value of fitness, and they will if they see you exercising. As they get older, you can exercise with them, too.

I like cardio, elliptical, or jogging, along with some weight training and core strengthening. Also, starting this month, I will be training the next 12 weeks for the FitDoc competition in March.

Dr. Mitzner believes in using alternative integrated medicine practices — like meditation and acupuncture — for a calmer, well-balanced life, and as a great way to alleviate pain and other symptoms associated with certain conditions.

She started researching and finding al-

ternative treatments after she experienced complications and unexplained headaches from a procedure she had. She says it really helped her during that difficult time, and “I use these practices now in daily life for me, my children, and many other family, friends, colleagues, and more, and it completely changed my life for the better. It also truly helps me raise my children with many of these practices in mind, and I am raising them in a peaceful, calm way.

“This experience and learning of alternative medicine is also the reason I named my daughter Serina (meaning serene and peaceful) to remind me of all the amazing alternative practices that I did throughout my pregnancy with her.”

And sharing her daily mantra, this super-busy parent says, “I think about what I’m grateful for. Happiness is a choice we make. I’m all for being thankful, laughing, and getting rid of things that don’t make me happy and focusing my attention on things that do. Just one positive thought each morning can really change your whole day.”

To learn more about Dr. Mitzner, visit [www.alisonmitznermd.com](http://www.alisonmitznermd.com) or follow her Instagram @alisonmitznermd.

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

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Jason Ritter in ABC's "Kevin (Probably) Saves The World."

## 'Kevin' help us!

### My daughter and I love this show

**"I**f you change the way you look at things, the things you look at change," says American philosopher, author, and motivational speaker Wayne Dyer. It's a quote that I have been actively working on with the beginning of 2018.

And it's working.

We have all experienced the same event as someone else and had two completely different reactions to it. We can each choose to look at things in a positive or a negative fashion every single day, and I'm willingly (sometimes begrudgingly) choosing positivity, and I have Jason Ritter and his new show "Kevin (Probably) Saves The World" to thank for it.

My daughter, Amanda, has been a fan of Ritter since his days on "Parenthood," and I quickly followed. It was easy, be-

cause he is such an uplifting person, and I have wonderful, fond memories of being in complete puppy love with his dad, John Ritter, as a child. So we both started watching "Kevin (Probably)" when it started a few months ago, and instantly, we were hooked.

The show follows Kevin, who once was a not-so-together guy who lacked motivation and direction until he goes home to rekindle his relationship with his twin and widowed sister, and is visited by a "celestial being" named Yvette. Yvette tells him in no uncertain terms that he has a mission to save the world, and he is a righteous soul.

This news doesn't come easy to him, but gradually, you can see how he most definitely is a righteous soul and aims to do better, be better, and help others no matter what. There are twists and



## JUST WRITE MOM

DANIELLE SULLIVAN

turns and you never really figure out what the next steps will be (which keeps you riveted), but the big takeaway is the goodness that is put out there for all of us each week.

There have been many times where I have been the absolute opposite of a righteous soul and talked to Amanda, only to have my mood entirely turned around when she would point out that we had to keep positive and be like Kevin. The show also makes you question all those big life questions, like what are we here for if not to help others? In every frustrating situation we encounter in life, there are typically hurt people who hurt people. Wouldn't it be wonderful if we can wake up every day and intentionally choose to put good things out into the universe?

Amanda and I support each other, and when one of us is having a bad day, we'll remind the other one that we can choose different. We can choose not to react, or engage with hostility and hate. We can choose to actively work for the good instead of mindlessly whine about the bad. We can choose to feel thankful for what we have instead of grumble about what we don't have.

Today, I'm thankful for Jason Ritter and the rest of the actors on the show, the writers who created this beautiful world, and the network for allowing us to see it. Goodness and love can change the world ... and it all starts with a choice that we get to make each day.

"Kevin (Probably) Saves The World" airs Thursdays at 10 pm on ABC.

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

## Boy on the edge

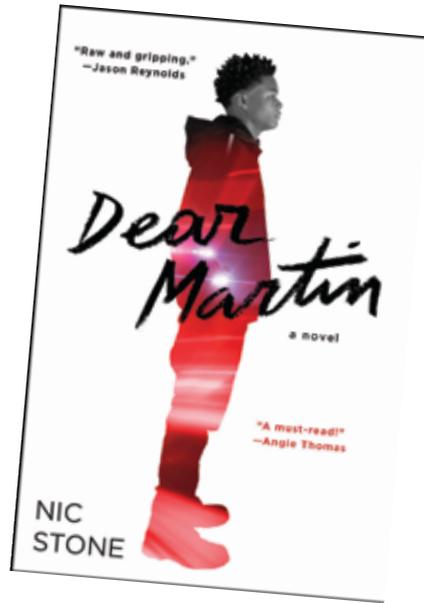
When Justyce McAllister saw his ex-girlfriend Melo next to her car, drunk and half-dressed, he knew there was no way she could drive herself home, and he wasn't about to leave her in that neighborhood. She hollered when he took her keys. She smacked him as he poured her into the passenger seat, which was nothing compared to what happened when the cops stopped and cuffed him, thinking he was hurting Mel, whose skin was more light than his was black.

He'd never forget the feel of those cuffs, which led him to a search for understanding through the words of Martin Luther King, Jr. Justyce felt that if he could live like Martin, he might be able to tolerate things like being guilty until proven innocent because of his race.

He might also be able to withstand guys like Jared, who was in Justyce's debate class. From his head to his toes, Jared was racist, hiding behind fake equality in his pathetic arguments and complaints about reverse discrimination.

Couldn't everybody see through people like that?

No, Manny couldn't. Manny was Justyce's best friend, but he was Jared's friend, too, which was something Justyce couldn't understand. He didn't get why



Manny agreed with Jared's comments or why he hung out with Jared's crowd. Manny was black. He had a cousin who was gang-banging, but he stayed friends with a fool.

What can you say about a book that surprises, gives you goosebumps, makes you happy, and then makes you sad?

Through an observant narrator and the spot-on voice of a teenage boy, "Dear Martin" author Nic Stone takes national news and gently twists it into a believ-



## THE BOOK WORM

TERRI SCHLICHENMEYER

able tale that's smooth and somewhat unruffled he drops a gigantic bomb into the story. If your teen hasn't fallen for her perfectly-created characters by that point, she'll have their complete attention there. What happens next, and after that is unexpected — don't even try to guess — and it'll have your teen riveted and turning pages. Indeed, they'll absolutely need to know how this tale ends and how a man who's been dead nearly five decades impacted it.

"Dear Martin" is a winner.

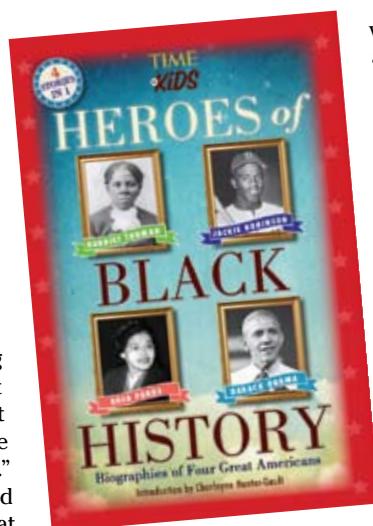
*"Dear Martin: A Novel," by Nic Stone [211 pages, 2017, \$17.99].*

## The perfect read for this month

Who does your child look up to? Do they look up to someone close to them now, or as in "Time for Kids: Heroes of Black History," is it someone much bigger than that?

Born in 1820, Araminta was a slave because her parents and grandparents were slaves. Called by her mother's name, young "Harriet" worked hard at everything she did, but she was beaten, because she was also "rebellious." It was that rebellion — and fear of being sold — that made her escape. It was freedom that made Harriet Tubman want to help others to escape, too.

When Jackie Robinson began playing baseball, there were "rules" that told him



where he could eat, live, and even get a drink of water. But Robinson wanted to play ball, so he smashed a few rules to be the first African-American major-leaguer.

Even before he was born, "Barry" Obama's mother believed in him: Barry's real name is Barack, which means "blessed" in his father's native language. Barry was a good student, and had a sense of humor, but he was teased because he was the only black

kid in his school. That was all just a memory when Barack Obama became President of the United States.

And "On Dec. 1, 1955, Rosa Parks stepped onto a bus — and into history."

The first thing kids will notice about this book is its easy-to-understand narrative and easy-to-read print; it's just enough of a challenge, but not overly so. Kids will also like the artwork, including photographs from different eras. The four subjects here are examined with a young audience in mind: each mini-chapter includes a bit about the childhoods of Tubman, Robinson, Parks, and Obama, which keeps the information relevant. Parents will appreciate that there's a glossary and bios of other black heroes for further learning.

Although it can surely be read by anyone, "Time for Kids: Heroes of Black History" is really meant for kids ages 8 and older, especially those who love history. If you know a child like that, you might as well find it now. It's a book your kids will want to look up.

*"Time for Kids: Heroes of Black History," by Editors at Time for Kids Magazine [192 pages, 2017, \$9.99].*

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

# Calendar

FEBRUARY



## Make a new furry friend

Dog and cat lovers can enjoy a day of their favorite furry friends at the Westminster Kennel Club's Meet and Compete event at Piers 92-94 on Feb. 10.

Animal lovers have the unique opportunity to meet and play with hundreds of adorable pooches and felines while learning about the various breeds as well as responsible pet ownership during the American Kennel Club's Meet the Breeds from 10 to 5 pm.

Then, attendees get the chance to watch the fifth annual Masters Agility Championship Finals from 7 to 9 pm. It

showcases some of the country's greatest canine athletes of all breeds and their handlers as they race against the clock in a challenging obstacle course of jumps, tunnels, weave poles, and more.

Meet and Compete: Meet the Breeds and Masters Agility Championship, Feb. 10. Tickets range from \$32 to \$100 for adults, depending on the event; \$10-\$20 for children under 12, depending on the event. Package tickets also available.

*Piers 92-94 (711 12th Ave. at 55th Street and West Side Highway in Midtown West, [www.westminsterkennelclub.org](http://www.westminsterkennelclub.org)).*

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# Calendar

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

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

## THURS, FEB. 1

### IN MANHATTAN

#### 16th Annual Holiday Transit Show:

New York Transit Museum at Grand Central Station, 89 E. 42nd St. at Park Avenue; (212) 878-0106; 8 am to 8 pm; Free.

The display features Lionel trains traveling along a 34-foot long, two-level, "O" gauge model train layout. Departing from a miniature replica of Grand Central Terminal on their way to the North Pole, this year's exhibition showcases the Transit Museum's Lionel Metro-North, Polar Express, and vintage subway train sets.

#### "The Very Hungry Caterpillar Show:"

DR2 Theater (Union Square), 103 E. 15th Street; (800) 982-2787; 10 am; \$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.

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

Drop in to try your skills at one of the oldest forms of embroidery in the world. Beginning cross-stitchers will learn the basic stitch and create a bookmark with their new skill. More seasoned stitchers can continue working on their bookmark or branch into more complicated designs — make a handcrafted gift for someone! Younger kids may also enjoy coming along and contributing to our community weaving using recycled fabrics and ribbons. Please contact [familyprograms@nyhistory.org](mailto:familyprograms@nyhistory.org) for more information and pricing.

**Storytime:** Museum of Jewish Heritage, 36 Battery Pl. at First Place; (646) 437-4202; [www.mjhnyc.org](http://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.

**Lunar New Year Night Market:** Museum of Chinese in America, 215 Centre St., (855)-955-6622; [www.mocanyc.org/](http://www.mocanyc.org/)



## Return to Neverland

Peter, Wendy, Tinker Bell, and the whole gang return to "Neverland: Peter Returns" at the Swedish Cottage Marionette Theater from Feb. 6 through Sept. 30.

The City Parks Foundation presents the original marionette play based on J.M. Barrie's iconic Peter Pan tales. This version is a spin on the beloved children's classic. Leaving their parents behind, the Darling children follow Peter Pan to Neverland for the adventure of a lifetime. When the cunning Captain Hook turns Peter's pals Tiger Lily and

Tinker Bell against him, the children team up with the Never Boys to save the day, learning the value of forgiveness and friendship.

"Neverland: Peter Returns" Tuesdays through Fridays, 10:30 am and 11:30 am; Saturdays and Sundays, 1 pm. Tickets are 12, and \$8 for children. Reservations not required. Recommended for children 3 to 9 years old.

*Swedish Cottage Marionette Theater [W. 79th Street and West Drive in Central Park, (212) 988-9093; [www.cityparksfoundation.org](http://www.cityparksfoundation.org/)].*

storytime; 7 pm to 10 pm; Event is free with museum admission. Regular admission is \$10; admission for seniors, students, and children 2 and up is \$5.

Join us for live music, performances, MOCA Bar, and delicacies plus delights from some of our favorite New York chefs!

## FRI, FEB. 2

### IN MANHATTAN

#### 16th Annual Holiday Transit Show:

8 am to 8 pm. NY Transit Museum at Grand Central Station. See Thursday, Feb. 1.

#### "The Very Hungry Caterpillar Show:"

10 am and noon. DR2 Theater (Union Square). See Thursday, Feb. 1.

**"Miniscule" in 3D:** Florence Gould Hall and Tinkler Auditorium, 55 E. 59th St. between Park and Madison avenues; (800) 982-2787; [www.ticketmaster.com](http://www.ticketmaster.com); 7 pm to 8:30 pm; \$20 (\$15 children 14 and younger).

In "Miniscule — The Valley of the Lost Ants," a young ladybug gets caught in the middle of a war between red and black ants fighting over the remains of a picnic. Told without a word of dialogue, it is a rip-roaring environmental fable for viewers young and old. Winner of the 2015 César Award for Best Animated Film.

## SAT, FEB. 3

### IN MANHATTAN

**Eagle Watch:** Inwood Hill Park, Payson Ave. at Dyckman Street; (212) 304-2277; <https://www.nycgovparks.org/events/2018/02/03/the-nyc-naturalist-club-eagle-watch>; 9 am to 10:30 am; Free.

Sick of being cooped up indoors? Set out with our Urban Park Rangers on one of the many hikes and birding tours they offer. Winter is a great time to spot bald eagles. In the winter, many raptors — birds of prey — tend to fly further south to New York City in search

# Calendar

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

of food. Our Urban Park Rangers will guide you to the best wildlife viewing spots in the urban jungle. To enhance your experience, we encourage you to bring binoculars and field guides, or ask a park ranger to borrow a pair.

**"The Very Hungry Caterpillar Show:"**

10 am, noon, 2 pm and 4 pm. DR2 Theater (Union Square). See Thursday, Feb. 1.

**16th Annual Holiday Transit Show:**

10 am to 6 pm. NY Transit Museum at Grand Central Station. See Thursday, Feb. 1.

**Artists at the Atrium:** Frances England: Lincoln Center Atrium, 10 Lincoln Center Plaza; (212) 875-5456; [kidsportal.lincolncenter.org](http://kidsportal.lincolncenter.org); 11 am and 2 pm; Free.

Sparkly, acoustic pop songs that will strike a chord with the young and young at heart.

**Alastair Mook & Friends:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am; \$17 (\$14 members).

Grammy Award-nominated Alastair Mook and his musical guests offer a rowdy, rootsy, sing-along dance party for the whole family.

**She's on Point:** Hansborough Recreation Center, 35 W. 134th St. (212) 234-9603; 11 am to 3 pm; Free.

Join NYC Parks for A Celebration of Girls in Sports, featuring kayaking, water aerobics, and water basketball. There will also be soccer, pickleball, badminton, and art activities for all ages. If you plan on getting in the pool, please bring a bathing suit, swimming cap, and towel. If you choose to use the lockers please bring a lock with you. Please note: RSVP is strongly recommended for this event.

**Family Day – I Love NYC:** Center for Architecture, 536 LaGuardia Place; (212) 358-6133; [info@cfafoundation.org](mailto:info@cfafoundation.org); 11 am; \$12/Child and \$6/Adult.

With Valentine's Day approaching, the Center for Architecture wants to celebrate our love for NYC. Families will create their own 3-D "tunnel book" using a variety of art materials and architectural images. Families will also consider how windows and doors frame views in architecture, and use these architectural elements to present their own views of New York City. A great keepsake or gift item!

**"Hanna and the Moonlit Dress:"**

14th Street Y Preschool (formerly known as Gani), 344 E. 14th St.; (212) 780-0800; [www.14streety.or/hanna](http://www.14streety.or/hanna); 11 am and 1 pm; \$40.

This fun interactive musical revels in the magic of a good deed, and is based on the Israeli tale of Hanna's Sabbath Dress by Itzak Schweiger-Dm'iel and adapted for the stage by Yoav Gal and Ronit Muszkatblit. There is a 15-minute workshop and 40-minute show with no intermission.

**"LouLou and Other Wolves":** Florence Gould Hall and Tinkel Auditorium, 55 E. 59th St. between Park and Madison avenues; (800) 982-2787; [www.ticketmaster.com](http://www.ticketmaster.com); 11:30 am; \$14 (\$10 children 14 and younger).



## Year of Dog celebration

Gung hay fat choy! Celebrate the Lunar New Year at the Museum of Chinese in America on Feb. 17.

Fetch your friends and come on over to the museum's Year of the Dog Lunar New Year Family Festival for a paw-sitively good time! Enjoy zodiac arts and crafts, lively dance performances, festive snacks, and timeless tales inspired by Chinese and Chinese-American New

Year traditions. Suitable for all ages.

Lunar New Year Festival, Feb. 17 from 11 am to 4 pm. Tickets \$12 per person, \$8 for members, and free for MOCA family members, children under 2, and cool culture members.

*Museum of Chinese in America [215 Centre St. between Grand and Howard streets in Chinatown, (855)-955-6622; [www.mocanyc.org/storytime](http://www.mocanyc.org/storytime)].*

Based on the bestselling children's book by writer and illustrator Grégoire Solotareff, Loulou turns the stereotype of the big bad wolf on its head by introducing children to Loulou, a sensitive little wolf who finds himself alone in the world. Adopted then rejected by a community of rabbits, Loulou must learn to be himself, sending a powerful message about identity, diversity, tolerance, and friendship.

**Story Time:** Overlook at Bank of America Winter Village Ice-Rink, W. 40th Street and Sixth Avenue; (212) 768-4242; Noon to 1 pm; Free.

Read-to-Skate with Cali Co Cat! Free books at every event, while supply lasts. Presented in partnership with Penguin Random House.

**"Addy & Uno":** Theatre Row, 410 W. 42nd St.; (212) 239-6200; [www.AddyAndUno.com](http://www.AddyAndUno.com); noon; \$40.

As Uno, a child with autism, faces the challenge of competing in his school's math competition, his friends with varying disabilities — ADHD, visual, hearing and physical impairment — rally in support. Through puppets and soaring music, "Addy & Uno" is a 50-minute musical that is a heartfelt and hilarious journey celebrating hope, big dreams and the beauty of differences.

**Story time:** Bryant Park - Winter Village, Sixth Avenue and W. 40th Street; (212) 768-4242; <https://www.nycgovparks.org/events/2018/01/13/storytime>; Noon to 1 pm; Free.

Read-to-Skate with Cali Co Cat! Free books at every event, while supply lasts. Presented in partnership with Penguin Random House.

**Lunar New Year Makeover:** Museum of Chinese in America, 215 Centre St., (855)-955-6622; [www.mocanyc.org/storytime](http://www.mocanyc.org/storytime); 1 pm to 4 pm; Event is free with museum admission. Regular admission is \$10; admission for seniors, students, and children 2 and up is \$5.

Put a spin on a MOCA tradition — help welcome the Year of the Dog by making handmade decorations to liven up the Museum.

**Young People's Concert:** Lincoln Center – David Geffen Hall, 10 Lincoln Center Plaza; (212) 875-5456; [kidsportal.lincolncenter.org](http://kidsportal.lincolncenter.org); 2 pm to 4 pm; \$15 to \$42.

The New York Philharmonic presents An Inspiration and Tribute to African-American Lineage. Music by Ellington and other African-American composers, along with Very Young Composers of the New York Philharmonic. Explore the lineage of African-American composers, from Duke Ellington to younger composers active today.

**"The Red Turtle":** Florence Gould Hall and Tinkel Auditorium, 55 E. 59th St. between Park and Madison avenues; (800) 982-2787; [www.ticketmaster.com](http://www.ticketmaster.com); 2 pm; \$14 (\$10 children 14 and younger).

After washing ashore on a desert island, a shipwrecked man is prevented from leaving by a mysterious red turtle. He attacks the turtle

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and leaves it to die, only to see it reappear as a woman. Told entirely without words, in a breathtaking flow of hand-drawn and digital animation, *The Red Turtle* is a powerful metaphor for life on earth and a stirring tribute to the natural world.

**Pause/Play - Tu B'shvat (Going Green):** 14 Street Y - Downtown Jewish Life, 344 E. 14th St. between First and Second avenues; (212) 780-0800; [www.14streety.org](http://www.14streety.org); 2 pm o 6 pm; Free, members; (Non-membes — children \$5, Adults \$10). Family Ticket for up to five members, \$35; Day of Tickets: Children \$10, Adults \$15, Family Ticket for up to five members \$45.

Pause/Play invites attendees to hit the pause button in their busy lives and experience all the Y has to offer. All are welcome in the community, Jewish or not, to join for a day of relaxation and renewal. Celebrate the "Birthday for Trees" with the 14Y! Together we will grow our understanding and awareness of the world around us through art, games, PJ Play! and other fun activities. There will be wine tasting for adults and endless activities for the kids!

## SUN, FEB. 4 IN MANHATTAN

**"The Very Hungry Caterpillar Show:"** 10 am, noon, and 2 pm. DR2 Theater (Union Square). See Thursday, Feb. 1.

**16th Annual Holiday Transit Show:** 10 am to 6 pm. NY Transit Museum at Grand Central Station. See Thursday, Feb. 1.

**"Hanna and the Moonlit Dress:"** 11 am and 1 pm. 14th Street Y Preschool (formerly known as Gani). See Saturday, Feb. 3.

**"The Day of the Crows":** Florence Gould Hall Tinkler Auditorium, 55 E. 59th St. between Park and Madison avenues; (800) 982-2787; [www.ticketmaster.com](http://www.ticketmaster.com); 1:30 pm to 3:30 pm; \$14 (\$10 children 14 and younger).

A boy grows up alone in the forest with his ogre of a father. When his father breaks his leg, the woodland ghosts that look out for the boy show him the way to a village, where he discovers that the world extends beyond the forest and that he and his father are not the only people on earth. While his father is treated by a doctor, the boy meets a little girl...and realizes he would like to stay among his fellow humans. This modern-day fairy tale tackles a boy's discovery of love and loss with a wonderfully tender, poetic touch.

**Judy Blumesday:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 3 pm; \$17 (\$14 members).

Enjoy a full day of events for fans of all ages and celebrate the 80th birthday of beloved author Judy Blume. There will be readings by actors and a discussion with Blume book illustrator Debbie Ridpath Ohi and contemporary authors including Jacqueline Woodson ("*Brown Girl Dreaming*") and Rachel Vail ("*Well, That*



Jan Douglas

## 'Anna' dances on stage

The world premier of "Anna" comes to the Gerald Lynch Theater at John Jay College on Feb. 16 and 17.

The contemporary dance theater performance is choreographed by Dusan Tynek and is based on the classic Tolstoy novel "Anna Karenina."

"Anna," Feb. 16 and 17, 7:30 pm. Tickets are \$30 and \$20 for seniors and students.

*Gerald Lynch Theater at John Jay College (524 W. 59th St. between 10th and 11th avenues, [www.dusantynek.eventbrite.com](http://www.dusantynek.eventbrite.com)).*

Was Awkward"), plus an appearance by Judy herself. The event wraps up with a writing prompt and Q & A.

## MON, FEB. 5 IN MANHATTAN

**SO Magic Workshop:** Harmony by Karate, 251 W. 81st St.; (215) 760-3752; [Sarah@BehavioralMilestones.org](mailto:Sarah@BehavioralMilestones.org); [www.SOMagicTricks.com](http://www.SOMagicTricks.com); 4-4:45 pm; \$375 for six 45-minute sessions.

SO Magic is intended for children ages 3 to 5 years old. It is an inclusive program for children with all different abilities and we are able to modify to accommodate any special needs. Children will start by designing their own custom magic kits and will learn new exciting tricks each week to amaze their friends and family all while developing social skills. While the program's focus is on fun and magic, children will walk away with newly developed social skills to use in the home, school, and community settings.

## THURS, FEB. 8 IN MANHATTAN

**Museum of Chinese in America:** MOC-AKIDS Storytime!: Museum of Chinese in America, 215 Centre St., (855)-955-6622; [www.mocanyc.org/storytime](http://www.mocanyc.org/storytime); 3:30-4 pm; Event is free with museum admission. Regular admission is \$10; admission for seniors, students, and children 2 and up is \$5.

Come to the Museum of Chinese America for stories, finger-plays, songs, and more in English and Mandarin! Interactive songs, nursery rhymes, and arts & crafts will accompany this bilingual storytime. A lively 30-minute combination of fun activities and language exploration will enhance your young child's word skills and vocabulary, both of which are important for a strong, growing reader. Appropriate for ages 3-6, but younger and older siblings are welcomed. Our program invites everyone from native speakers to those seeking their first exposure to a new language.

## FRI, FEB. 9 IN MANHATTAN

**Valentine's Day Gala:** Highbridge Recreation Center, 2301 Amsterdam Ave.; (212) 927-2012; 6 pm to 8:30 pm; Free.

Join us for an evening of dancing to celebrate Valentine's Day! Semi-formal or formal attire is strongly recommended. All are welcome!

## SAT, FEB. 10 IN MANHATTAN

**Fifth Annual Masters Agility Championship at Westminster & AKC Meet the Breeds:** Piers 92-94, 711 12th Ave. at 55th Street and West Side Highway; [www.westminsterkennelclub.org](http://www.westminsterkennelclub.org); 10 am to 5 pm and 7 pm to 9 pm; Tickets range from \$32 to \$100 for adults, depending on the event;

# Calendar

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\$10–\$20 for children under 12, depending on the event. Package tickets also available.

The show offers some of the country's greatest canine athletes and their handlers as they face a challenging obstacle course of jumps, tunnels, weave poles and more in a timed competition, open to all breeds and mixed breeds. AKC Meet the Breeds, along with The International Cat Association, gives dog and cat lovers a unique opportunity to meet and visit with hundreds of adorable dogs and cats while learning about responsible pet ownership and various breeds.

**Living History – Meet Abraham Lincoln:** New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at W. 77th Street; (212) 873–3400; ny-history.org; 11 am to 4 pm; Free with Museum Admission.

Visit the museum to wish Honest Abe a happy 209th birthday. (He won't mind that it's two days early!) Listen to stories about daily life in the White House with the first family told by President Lincoln himself, portrayed by Living Historian Howard Wright. And don't miss your chance to look inside Honest Abe's top hat or try to tell time on his special pocket watch!

**"Hanna and the Moonlit Dress":** 11 am and 1 pm. 14th Street Y Preschool (formerly known as Gani). See Saturday, Feb. 3.

**Story Time:** Noon to 1 pm. Overlook at Bank of America Winter Village Ice-Rink. See Saturday, Feb. 3.

**"Addy & Uno":** Noon. Theatre Row. See Saturday, Feb. 3.

**Story time:** Noon to 1 pm. Bryant Park – Winter Village. See Saturday, Feb. 3.

**The Night Sky:** Great Lawn in Central Park, 827th Street and Central Park West; (212) 304–2277; 7 pm to 8:30 pm; Free.

Urban Park Rangers will be your guides to the solar system, discussing the science, history and folklore of the universe. Night Sky programs highlight the history and folklore of the solar system, using the naked eye to locate stars and planets.

## SUN, FEB. 11

### IN MANHATTAN

**Lunar New Year Family Festival:** Museum of Chinese in America, 215 Centre St., (855)–955–6622; [www.mocanyc.org/storytime](http://www.mocanyc.org/storytime); 11 am to 4 pm; \$12; (\$8 for members; Free for children under 2 and Family Level Members).

Celebrate the Year of the Dog. Visitors of all ages are invited to have a fun-filled day of activities including folk arts with zodiac-themed arts and crafts, festive dance performances, teaching artist demonstrations, storytelling. The Red Silk Dancers return this year with a new and exciting program featuring a snaking dragon, striking kung fu fans, flying silk ribbons, and floating purple flowers. Stick around to watch an expert noodle puller from

Lao Bei Fang Dumpling House demonstrate the art of pulling long life noodles, an especially auspicious New Year's tradition.

**"Hanna and the Moonlit Dress":** 11 am and 1 pm. 14th Street Y Preschool (formerly known as Gani). See Saturday, Feb. 3.

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

This turntable of talented teens and tweens from the tri-state area presents their own material and is screened to be free of profanity and abrasive or cheap "low" humor (like fart jokes) — and no knock/knock jokes. They do, however, venture into edgy comic terrain: politics, getting old, and even death.

**What's Your Sign?:** Morgan Library & Museum, 225 Madison Ave. at 36th Street, (212) 685–0008; 1:30 pm to 3 pm; \$2 for two adults and one child.

Inspired by the exhibition, "Now and Forever: The Art of Medieval Time," families explore the symbolism of birth months through astrological, botanical, and classical elements. Kids can use medieval techniques to mix their own paint, and then create a family specific calendar collage of symbols. Program consists of a 30-minute exhibition experience followed by a 90-minute art-making activity. Materials included.

**Share a Heart for Puerto Rico:** Food Arts Center, 210 E. 43rd St.; <https://www.coquithechef.com/events>; 2 pm to 5 pm; \$25 (\$10 children).

This fund-raiser is hosted by Food Arts Center. Children enjoy cooking class crafts, music, food and coquet.

**Birding – Owls:** Inwood Hill Park, Payson Avenue and Dyckman Street; (212) 304–2277; 5 pm to 6:30 pm; Free.

Urban Park Rangers will guide you to the best wildlife viewing spots in the urban jungle. We offer birding programs throughout the year and our Exploration series focuses on unique wildlife viewing opportunities during particular seasons. To enhance your experience, we encourage you to bring binoculars and field guides, or ask a park ranger to borrow a pair. Birding programs are appropriate for all skill levels and beginners are welcome.

## MON, FEB. 12

### IN MANHATTAN

**The 142nd Annual Westminster Kennel Club Dog Show:** Piers 92–94, 711 12th Ave. at 55th Street and West Side Highway; Madison Square Garden, W. 33rd St. and Seventh Avenue; [www.westminsterkennelclub.org](http://www.westminsterkennelclub.org); 8 am to 4 pm and 7:30 pm; Tickets range from \$32–\$100 for adults, depending on the event; \$10–\$20 for children under 12, depending on the event. Package tickets also available.

The 142nd Annual Westminster Kennel Club Dog Show Activities include breed judg-

ing; in the hound, toy, non-sporting events as well as junior showmanship finals and best in show. (Check Kennel website for exact times and locations).

**SO Magic Workshop:** 4–4:45 pm. Harmony by Karate. See Monday, Feb. 5.

**NYC Autism Charter Schools Board Meetings:** NYC Autism Charter Schools, 433 E. 100th St., Manhattan; 977 Fox St., Bronx; (212) 860–2580; [csecharan@nyc charter-school.org](mailto:csecharan@nyc charter-school.org); [www.nyc autism charterschool.org](http://www.nyc autism charterschool.org); 5 pm; Free.

The NYCA Charter Schools Board Meetings are open to parents, staff and any other members of the public.

## TUES, FEB. 13

### IN MANHATTAN

**The 142nd Annual Westminster Kennel Club Dog Show:** 8 am to 4 pm and 7:30 pm. Piers 92/94. See Monday, Feb. 12.

## THURS, FEB. 15

### IN MANHATTAN

**Storytime:** 3:30 pm. Museum of Jewish Heritage. See Thursday, Feb. 1.

## FRI, FEB. 16

### IN MANHATTAN

**U.S. Lego Live!:** Pier 36, 299 South St.; (888) 512–7469 (SHOW); [info@parallellive-group.com](mailto:info@parallellive-group.com); [https://legolive.frontgatetickets.com/#label\\_fragment](https://legolive.frontgatetickets.com/#label_fragment); 8 am to 1 pm and 2 pm to 7 pm; \$30 to \$75, plus fees.

The inaugural Live experience is the first time the international sensation will bring Lego Master Builders, Minecraft, Star Wars, and millions of Lego bricks to the same place at the same time for fans of all ages to enjoy. The interactive, highly visual event is a must for any Lego fan.

**Watson Adventures' Magical Creatures Scavenger Hunt for Harry Potter Fans:** American Museum of Natural History, 200 Central Park West; (877) 946–4868; [rsvp@watsonadventures.com](mailto:rsvp@watsonadventures.com); [www.watsonadventures.com/public/event/magical-creatures-scavenger-hunt-nyc](http://www.watsonadventures.com/public/event/magical-creatures-scavenger-hunt-nyc); 10:30 am; \$29.50–\$45.00 (includes museum admission).

The wizarding world is full of fantastical beasts and it's up to you to find them! A not-so-renowned wizard and scholar is writing a field guide to rival a certain wizard's now legendary textbook on magical creatures, and you'll be given a sneak preview. On your quest, you'll find tiny cousins to dragons, meet the animal inspirations for Hogwarts Houses and discover the power of dressing like a magic monster. Inspired by the Harry Potter and Fantastic Beasts films and books, this adventure unveils the extraordinary — and the seemingly ordinary — at the American Museum of Natural History. This hunt is designed for kids and adults to do together, but all-



David E Frith

## The ultimate Lego set

Get ready! It's stupendous, it's fantastic, it's the first of its kind in New York — it's U.S. Lego Live on Feb. 16, 17, and 18 at Pier 36.

Introducing the all-new, official Lego Live! This is a must go-to event for every Lego fan. Experience hours of building, creating, and coding with all your favorite Lego characters. Learn tons of designer tips and tricks from a Master Builder, with millions of bricks and loads of fun!

Four-hour general admission tickets are available for the whole family as well as special VIK (very important kid) with accompanying VIG (very important guest/parent/grown-up) pack-

ages featuring exclusive swag, a meet and greet with a Master Builder, and an extra hour of play.

The inaugural live experience is the first time the international sensation will bring Lego Master Builders, Minecraft, Star Wars, and millions of Lego bricks to the same place at the same time for fans of all ages to enjoy.

US Lego Live, Feb. 16, 17, and 18; 8 am to 1 pm and 2 pm to 7 pm. Tickets range from \$30 to \$75, plus fees.

*Pier 36 [299 South St. in the Downtown Seaport District, (888) 512-7469 (SHOW); e-mail [info@parallellivegroup.com](mailto:info@parallellivegroup.com); [www.legolive.frontgatetickets.com/#label\\_fragment](http://www.legolive.frontgatetickets.com/#label_fragment)].*

7 pm. Pier 36. See Friday, Feb. 16.

**Storytime:** Hey Black Child by Bryan Collier: Lincoln Center – David Geffen Hall, 10 Lincoln Center Plaza; (212) 875-5456; [kidsportal.lincolncenter.org](http://kidsportal.lincolncenter.org); 11 am; Free.

Useni Eugene Perkins's empowering poem comes to life.

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

The Bazillions are all about music, learning, and fun! It's kid-friendly rock-n-roll the whole family can enjoy.

**Annual Freeze Bowl:** J Hood Wright Park, Ft. Washington Ave. and 175th St. (212) 927-1563; 11 am to 2 pm; Free.

We will be hosting our first annual sports freeze bowl. Activities will include football tosses, punts, catching, kicking, drills and more! Open to all ages. For more information about this event, please call (212) 927-1514 or (212) 927-1563 to speak with a representative.

**Lunar New Year Family Festival:** Museum of Chinese in America, 215 Centre St., (855)-955-6622; [www.mocanyc.org/story-time](http://www.mocanyc.org/story-time); 11 am to 4 pm; \$12 person, \$8 for members, and Free for MOCA Family members, children under 2, & Cool Culture members.

Fetch your friends and come on over to MOCA's Year of the Dog Lunar New Year Family Festival for a paw-sitively good time! Enjoy zodiac arts & crafts, lively dance performances, festive snacks, and timeless tales inspired by Chinese and Chinese American New Year's traditions.

**Living History – Meet President George and First Lady Martha Washington!** New-York Historical Society Di-Menna Children's History Museum, 170 Central Park West at West 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); 11 am to 4 pm; Free with Museum Admission.

Celebrate Presidents Day all weekend long! Join us for part or all of the three-day weekend to meet our nation's most famous presidents and first ladies.

**Story Time:** Noon to 1 pm. Overlook at Bank of America Winter Village Ice-Rink. See Saturday, Feb. 3.

**"Addy & Uno":** Noon. Theatre Row. See Saturday, Feb. 3.

**Story time:** Noon to 1 pm. Bryant Park – Winter Village. See Saturday, Feb. 3.

**Black History Month – Seneca Village:** Central Park, 81st Street and Central Park West; (212) 304-2277; 1 pm to 2:30 pm; Free.

Urban Park Rangers specialize in interpretation of historic turning points both natural and man-made, in our city's long history. Seneca Village was an important community of predominantly African-American property owners, living in an area that now makes up part of Central Park. Learn about the lives of Seneca Village's residents in the 1800's and the

adult teams will be allowed to compete separately. Kids must be accompanied by an adult. Prices include museum admission. Advance purchase is required.

**New Year Firecracker Ceremony and Cultural Festival:** Sara D. Roosevelt Park, Chrystie and Forsyth streets; 11 am to 3:30 pm; Free.

Families are invited to attend the 19th annual celebration of Lunar New Year. This year is the Year of the Dog. Sponsored by AT&T.

**Gary Lucas – The Edge of Heaven Live:** Laurie Beechman Theater, 407 W. 42nd St. [www.westbankcafe.com](http://www.westbankcafe.com); 7 pm to 8:30 pm; \$25 (\$30 at the door).

This special Lunar New Year celebration is 1930s Shanghai. The concert is Chinese pop, re-imagined by guitarist Gary Lucas and his trio.

**Ariel Winds:** David Greer Recital Hall, 323 W. 108th St. between Broadway and Riverside Drive; (212) 663-6021; [www.bsmny.org](http://www.bsmny.org); 7 pm; Free.

Bloomingdale School of Music presents French Music for Winds and Piano. Seating is limited.

**"Anna:"** Gerald Lynch Theater at John Jay College, 524 W. 59th St. <https://dusantynekeventbrite.com>; 7:30 pm; \$30 (\$20 for seniors and students).

This contemporary dance-theater performance by choreographer Dusan Tynek is inspired by Tolstoy's classic novel "Anna Karenina."

### SAT, FEB. 17

#### IN MANHATTAN

**U.S. Lego Live!:** 8 am to 1 pm and 2 pm to

# Calendar

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community's place in pre-Central Park.

**"Anna":** 7:30 pm. Gerald Lynch Theater at John Jay College. See Friday, Feb. 16.

## SUN, FEB. 18

### IN MANHATTAN

**U.S. Lego Live!:** 8 am to 1 pm and 2 pm to 7 pm. Pier 36. See Friday, Feb. 16.

**Living History – Meet President George and First Lady Martha Washington!:** 11 am to 4 pm. New-York Historical Society DiMenna Children's History Museum. See Saturday, Feb. 17.

**Washington's Birthday Ball:** Mount Vernon Hotel Museum and Garden, 421 E. 61st St. and York Avenue; (212) 838-6878; <https://www.brownpapertickets.com/event/3233199>; 1 pm to 3 pm; \$15 (\$10 members and children under 12).

In honor of Presidents' Day, celebrate the birthday of our Nation's First President as New Yorkers did in the 19th century. Costumed dancers will perform and teach traditional country dances and encourage everyone to join in. Festivities include toasts to George Washington and historic refreshments, including Washington Cake. Museum tour and a family scavenger hunt are also included. All ages welcome.

## MON, FEB. 19

### IN MANHATTAN

**Living History:** Meet President George and First Lady Martha Washington! 11 am to 4 pm. New-York Historical Society DiMenna Children's History Museum. See Saturday, Feb. 17.

**Kids Week - Geology:** Dana Discovery Center, 110th Street and Fifth Avenue; (212) 304-2277; 1 pm to 2:30 pm; Free.

From its ancient bedrock to fault zones that cut across the city to its geographic position at the edge of a glacier, the geologic history of the city can be found in its parks. Join the Urban Park Rangers for a look into how geology influenced the landscape and design of New York City's Central Park.

## TUES, FEB. 20

### IN MANHATTAN

**Kids week – Reptiles & Amphibians:** Payson Center, Payson Ave. and Dyckman Street; (212) 304-2277; 1 pm to 2:30 pm; Free.

Join our Urban Park Rangers to learn about the unique characteristics of reptiles and amphibians.

**Chinese New Year Concert:** Lincoln Center for the Performing Arts, 10 Lincoln Center; (212) 875-5366. 7:30 pm; Tickets begin at \$70.63.

The New York Philharmonic ushers in the Year of the Dog with a festive concert con-

## Dancing for Washington

Come to Washington's Birthday Ball at the Mount Vernon Hotel Museum and Garden on Feb. 18.

In honor of Presidents' Day, celebrate the birthday of our nation's first president as New Yorkers did in the 19th century. Costumed dancers will perform and teach traditional country dances and encourage everyone to join in. Festivities include toasts to George Washington and historic refreshments, including Washington cake. Museum tour and a family scavenger hunt are also included. All ages welcome.

Washington's Birthday Ball, Feb. 18 from 1 pm to 3 pm. Tickets \$15, \$10



members and children under 12.

Mount Vernon Hotel Museum and Garden [421 E. 61st St. and York Avenue in Lenox Hill, (212) 838-6878; [www.brownpapertickets.com/event/3233199](http://www.brownpapertickets.com/event/3233199)].

ducted by Long Yu, and Gala including pre-concert reception and post-concert dinner with the artists.

## WED, FEB. 21

### IN MANHATTAN

**Kids Week – Trees and Winter Wildlife:** Dana Discovery Center, 110th Street and Fifth Ave. (212) 304-2277; 1 pm to 2:30 pm; Free.

Join the Urban Park Rangers for a winter walk looking for wildlife clues while identifying winter trees.

## THURS, FEB. 22

### IN MANHATTAN

**Kids Week – Bald Eagles:** Payton Center, Payson Avenue and Dyckman Street; (212) 304-2277; 1 pm to 2:30 pm; Free.

New York City is home to an amazing abundance of wildlife. Our Rangers will guide you to the best wildlife viewing spots. Winter is a spectacular season for observing bald eagles in New York City parks. See if you can spot any on this adventure with our Urban Park Rangers. Bring binoculars or ask a park ranger to borrow a pair.

**Museum of Chinese in America – MOCAKIDS Storytime!:** 3:30 – 4 pm. Museum of Chinese in America. See Thursday, Feb. 8.

### FURTHER AFIELD

**"Marvel Universe Live! Age of Heroes":** Barclays Center, 620 Atlantic Ave. at Pacific Street, Brooklyn; (917) 618-6100; [ijbanks@brooklynnets.com](mailto:ijbanks@brooklynnets.com); [www.barclayscenter.com](http://www.barclayscenter.com); 3 pm; \$15 - \$97.

Marvel fans, assemble for this live, action-packed battle to defend the universe from evil. This all new show unites Spider-Man, the Avengers, the Guardians of the Galaxy and

Doctor Strange in a race against time to recover the Wand of Watoomb before Loki gains control. This ancient artifact would allow Loki to achieve his eternal quest to crown himself ruler of the universe. Witness the cutting-edge special effects, aerial stunts and immersive video projection in this legendary adventure.

## FRI, FEB. 23

### IN MANHATTAN

**Kids Week – All About Owls:** Dana Discovery Center, 110th Street and Fifth Avenue; (212) 304-2277; 1 pm to 2:30 pm; Free.

Mysterious and nocturnal, owls hold a special place in our hearts and our minds. Learn more about this special family of birds and the different types of owls with the Urban Park Rangers.

## SAT, FEB. 24

### IN MANHATTAN

**The Joshua Show – Episode 2:** Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; [www.symphonyspace.org](http://www.symphonyspace.org); 11 am and 2 pm; \$17 (\$14 members).

Hilarious and poignant puppetry with original music.

**Story Time:** Noon to 1 pm. Overlook at Bank of America Winter Village Ice-Rink. See Saturday, Feb. 3.

**"Addy & Uno":** Noon. Theatre Row. See Saturday, Feb. 3.

**Story time:** Noon to 1 pm. Bryant Park - Winter Village. See Saturday, Feb. 3.

## SUN, FEB. 25

### IN MANHATTAN

**Lunar New Year Parade & Festival:**

# Calendar

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

Parade Route, Mott and Canal streets; 1 pm; Free.

Celerate the Year of the Dog with a parade and traditional Lion dance. The parade begins at Mott and Canal streets and travels to Chatham Square to East Broadway towards the Manhattan Bridge, completing on Eldridge and Forsyth Streets towards Grand Street next to Sara D. Roosevelt Park.

## MON, FEB. 26

### IN MANHATTAN

**SO Magic Workshop:** 4:00–4:45pm. Harmony by Karate. See Monday, Feb. 5.

## LONG-RUNNING

### IN MANHATTAN

**Earthflight:** American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; [www.amnh.org](http://www.amnh.org); Museum Plus One includes one special exhibition, giant-screen 2D or 3D film, or Space Show: \$27 (adults), \$22 (students/seniors), \$16 (children).

Narrated by Academy Award-winning actress Cate Blanchett, Earthflight is a totally immersive experience, taking the audience on an incredible flight across the world on the wings of birds. Filmed in four continents and 11 countries, the film took four years to make.

**Holiday Express:** Toys and Trains: New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); Tuesdays – Thursdays and Saturdays, 10am–6pm, Fridays, 10am–8pm, Sundays, 1am–5pm, until Sun, Feb. 25; Free with museum admission, \$21 adults, \$6 children ages 5-13. \$.

Featuring immersive scenes and hundreds of toy trains, figurines, and miniature models from the renowned Jerni Collection, this holiday tradition transports young and old alike to a bygone era. Holiday Express begins at the

West 77th Street entrance, where trains appear to roar through the Museum with the help of four large-scale multimedia screens, and extends through large swaths of the first floor.

**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, until Sat, March 3; \$30 to \$185.

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

**Little New-Yorkers:** New-York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; [nyhistory.org](http://nyhistory.org); Tuesdays and Fridays, 3:30 pm, until Wed, Feb. 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 Perfect Monster:"** TADA! Youth Theater, 15 W. 28th Street; [andrea@andreaandassociates.com](mailto:andrea@andreaandassociates.com); [www.tadatheater.com/shows/buy-tickets](http://www.tadatheater.com/shows/buy-tickets); Fridays, 7:00 pm, Saturdays and Sundays, 2:00 pm, until Mon, Feb. 19; \$15-\$25.

TADA! Youth Theater will present "The Perfect Monster," which tells the tale of Sybil, a young science nerd who compares herself to so-called "perfect" people. A perfect friend is what she needs, or so she thinks. To solve this

issue, Sybil sets out on a mission to create the perfect friend in the basement of her castle. With a few bumps along the way, Sybil is left with a room full of marvelous, yet mischievous monsters.

**"Neverland: Peter Returns:"** Swedish Cottage Marionette Theater, West 79th and West Dr; (212) 988-9093; [www.cityparksfondation.org](http://www.cityparksfondation.org); Tuesdays – Fridays, 10:30 am and 11:30 am, Saturdays and Sundays, 1 pm, beginning Tues, Feb. 6; \$12 (\$8 children).

The City Parks Foundation presents the original marionette play based on J.M. Barrie's iconic Peter Pan tales. This version is a spin on the beloved children's classic. Leaving their parents behind, the Darling children follow Peter Pan back home to Neverland for the adventure of a lifetime. When the cunning Captain Hook turns Peter's pals Tiger Lily and Tinker Bell against him, the children team up with the Never Boys to save the day, learning the value of forgiveness and friendship.

**Kids week:** The Intrepid Sea, Air & Space Museum, West 46th Street and 12th Avenue at Hudson River Park; (212) 843-9381; [Mstuber@rubenstein.com](mailto:Mstuber@rubenstein.com); <https://www.intrepid-museum.org>; Free with admission (\$24).

Over 50 Partners Participating in Themed Week of Fun, Educational Programming During NYC Public School Winter Break The Intrepid Sea, Air & Space Museum will host its annual Kids Week festival from Sunday, February 18–Saturday, February 24. During Kids Week, visitors will have the opportunity to participate in dozens of fun-filled activities, hands-on workshops, live performances, special guests and interactive demonstrations that the whole family will enjoy. This year, Kids Week will showcase that Science is Everywhere! Through themed performances and hands-on activities, kids can learn about the science behind their favorite sports and games, art, theater and music, nature, animals and even outer space!

# the Marketplace

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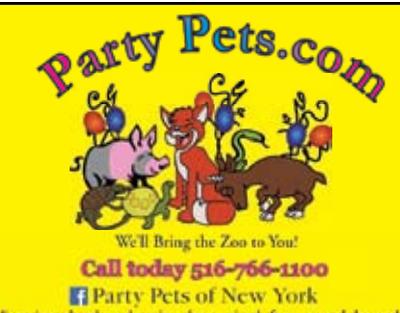
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# New & Noteworthy

BY LISA J. CURTIS

## Lovable, hairy Shnook

A Shnook is a sweet Valentine's Day gift idea for kids ages 3 and older. These collectable, ball-shaped creatures with two fluffy paws and wild, Troll-esque hair have touching slogans just right for this sweet holiday. For example, Shnugles "gives cuddles so true," and Shmiley, pictured, "brings happiness you can't hide." Even pulling the plush toy from its bubble and shaking it until it grows "eight times its size" is part of the fun. Then, kids can style their Shnook's wild mane with the included comb, elastic bands, and barrettes. The Shnooks' fairly flat packaging makes it conveniently portable alternative to screen time while traveling over this month's school vacation.

Whether they're with your child on the go or shnuggling up at bedtime, Shnooks are disarmingly charming.

*Shnook by Zuru, \$9.99, [www.walmart.com](http://www.walmart.com).*



## Friends 'Walk' this way

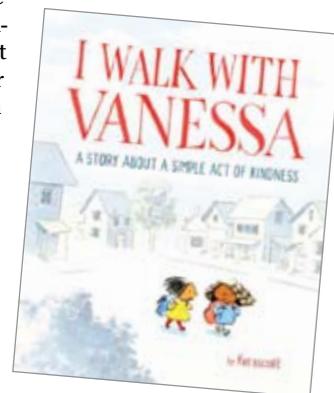
A new picture book, "I Walk with Vanessa: A Story About A Simple Act of Kindness," by husband-and-wife illustration team Kerascoet, moved me to tears — and they hadn't written one word.

This series of illustrations depicts a new girl at school, Vanessa, who has a difficult time fitting in. On her way home from school, she is isolated and targeted by a bully.

The incident was witnessed, and the observer decides to go to Vanessa's house the next morning and walk with her to school.

This empowering book, published by Schwartz & Wade, shows how an act of concern, no matter how small, can ignite a wave of thoughtfulness, generosity, and sympathy.

*I Walk with Vanessa: A Story About A Simple Act of Kindness book by Kerascoet, \$17.99, [www.barnesandnoble.com](http://www.barnesandnoble.com).*



## Blaster is a barrel of fun

Cupid might win hearts with an arrow, but you can win their love over and over again with 96 foam darts that come with the ridiculously fun X-Shot Turbo Advance blaster from Zuru. The barrel of this behemoth holds 40 darts, which allows for a satisfyingly long battle between dads and their blaster-wielding progeny. If friends and family are busy, Turbo



Advance can also be enjoyed solo by setting up plastic cups or other targets easily scrounged from around the house. The Turbo Advance's barrel is a cinch to detach and reload. Safety

glasses (sold separately) are a must for these toys which clear a distance of 80 feet — and bounce off walls and trees with gusto! Recommended for kids ages 8 and older, the X-Shot Turbo Advance successfully entices kids to put their devices down and run around outside. What's not to love?

*X-Shot Turbo Advance set by Zuru, \$29.99, [www.X-Shot.com](http://www.X-Shot.com).*

## A positive playmate

Little kids can feel stress, too, but how can parents help them to practice anxiety-reducing, mindful practices like breathing exercises?

That's where Luna Petunia, a new talking toy from Funrise, really shines. When Luna runs into problems in her animated show on Netflix, she reminds herself not to panic by repeating her mantra, "Stop, breathe, believe!" Children can hear the 14-inch-tall doll repeat this catchphrase (among others) by pressing her key-shaped necklace.

In the show, Luna passes from real life to the animated world of Amazia through a petunia portal, where she has adventures with her friends. The show's floral motif is incorporated in her tutu-style skirt which is topped with satin flower petals.

Luna has shimmering blue hair, and sports glittery purple, translucent rain boots and lots of bracelets. A colorful toy for children ages 3 and older, Luna's movable arms and legs make her akin to an action figure with an adorably oversize head. Luna Petunia is a comforting gift idea for a special tot that could use an encouraging word and a smile.

*Luna Petunia doll by Funrise, \$15.99, [www.target.com](http://www.target.com).*





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