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Manhattan Family
April 2018

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FEATURES

- 8 Under the radar**
Yes, autism affects girls, too
BY SALLY J. PLA
- 10 Behind the behavior**
When schools understand trauma, they can save lives
BY LAURA DEINNOCENTIIS
- 12 Best ways to research camp**
BY JESS MICHAELS
- 22 Sharing safely**
How parents can share milestones with less risk
BY TAMMY SCILEPPI
- 30 Steps to ensure your child is safe online**
BY JUDITH MCLEAN
- 32 Timely adventure**
'A Wrinkle in Time' — a must-watch for sci-fi fans
BY KIDS FIRST! FILM CRITICS
- 36 Misbehaving kids?**
Dr. Marcie Beigel's new book could be the solution
BY ALLISON PLITT

SPECIAL SECTIONS

- 14 Camp Directory**
- 45 The Marketplace**

BAR/BAT MITZVAHS

- 26 Looking back on a special day**
Twin with a Survivor program adds historical perspective
BY STACEY PFEFFER
- 28 Using social media at the celebration**
BY SHANNON CONNOLLY



22

COLUMNS

- 6 Short Stuff**
- 24 FabuLYSS Finds**
BY LYSS STERN
- 34 Ask an Attorney**
BY ALISON ARDEN BESUNDER, ESQ.
- 35 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 46 New & Noteworthy**
BY LISA J. CURTIS

CALENDAR

- 38 April Events**



38

Kid power

In the past few weeks we have watched an incredible groundswell of passion, commitment and determination from kids across this nation. A few weeks ago, I myself watched the 10 am walkout of three schools in Brooklyn in memory of the 17 dead in Parkland, Fla. Not just the high school, but also the middle school a block away and a local elementary school (upper grades) who also had organized a planned commemoration.



However divided adults might be about guns, violence, the Second Amendment and a person's right to bear arms, the fact that there have been thousands of young victims of gun violence just since Sandy Hook cannot go unaddressed, and these young activists are determined to see that

it doesn't.

How can any of us not be proud when we see teens behaving with such integrity and fervor? There's powerful energy in this movement and as of this writing the March For Our Lives is just days away.

For the younger children, to see their big sisters and brothers or cousins or neighbors engaged so intently in sociological organization and protest, is a lesson impossible to teach in a classroom.

The impact of this movement is bound to change much of this generation just as The Civil Rights Movement, the Anti-War Movement, and the Women's Movement did, and as the "Me Too" Movement is doing at this very moment.

Someone recently commented that the

protests of the past are not powerful in the way they used to be. I strongly disagree. In fact, the power of protest in the past year and a half has been awe-inspiring and parents throughout the city and country should be overwhelmed with pride at the young voices leading this particular movement.

Apathy is the frightening factor. It is natural that, along with youth, should be visions of the future. Not a future of what is, but visions of a future that might be.

Thanks for reading.

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GOLD – *Bronx/Riverdale Family* – Front Cover:
Use of Stock Photo – September Issue

SILVER – *Brooklyn Family* – Front Cover:
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Norwalk, CT (March 2, 2018) —The Parenting Media Association (PMA) announced the winners of its editorial and design competition at a banquet held at the conclusion of its annual meeting in St. Petersburg, FL on Friday, March 2, 2018. "Our awards recognize the best work done in our industry," said PMA President Mary Cox. "Our member publications engage with families throughout the United States, Canada and Australia, be it through print, websites, email, social media and events. Our collective goal is to making parenting easier – after all, it's the most important job in the world – and even more of a fun ride."

Short Stuff

Connect with local moms

Join our Facebook sisterhood to find moms in your neighborhood for advice, community, and commiseration at <https://www.facebook.com/groups/nypmoms>



Products to help prevent sexual assault

The month of April is nationally recognized as Sexual Assault Awareness and Prevention Month. Join Sabre, makers of pepper spray and personal safety products, in the prevention of potential victimization and help support survivors against sexual abuse.

Sabre has partnered with Rape, Abuse & Incest National Network, the nation's largest anti-sexual assault organization. Proceeds from the RAINN Key Case Pepper Spray with quick release key ring and the Red Personal Alarm with key ring are used to advocate against sexual violence and help to protect survivors, according to the Network.

People between the ages of 12 to 34 are at the highest risk of sexual violence, accounting for 54 percent of all victims, according to the Network. Carrying pepper spray or other safety devices decreases the likelihood of an attack or abduction.

To learn more about Rape, Abuse & Incest National Network, visit www.rainn.org.



Plant-powered nutrition for infants

Sprout Foods, the largest independent infant nutrition company, was the first brand to launch baby food in a pouch.

Plant-powered products are more than just a hot trend ... they're here to stay! With more and more parents seeking alternative sources of protein for their children, and an eagerness to introduce vegetables early on when young palates are just developing, Sprout saw an opportunity to offer plant-powered products to satisfy a variety of diet choices, including purees that are dairy-free and vegan-friendly.

"More people are interested in feeding their families a nutrient-rich, whole foods, plant-based diet as a way to lighten their load on Mother Earth, and instill healthful nutrition habits that can have a life-altering impact. Research shows that kids who eat healthful plant-based diets have a lower risk for obesity and chronic diseases later in life. Sprout's creative, delicious, plant-based purees and snacks offer wonderful options for family's dedicated to this healthful lifestyle," Sharon Palmer, The Plant-Powered Dietitian, a leading plant-based food and nutrition expert and author.

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Under the radar

Yes, autism affects girls, too

BY SALLY J. PLA

When I tell friends I was recently diagnosed with autism, some of them scoff and call it nonsense. They say I function fine — that I smile, laugh, and socialize. I'm a mother who is active in the lives of my three sons, I have published two novels, and have spoken publicly at conferences and schools across the country.

In sum, I don't fit the preconception.

I can understand where they're coming from. Many, when they think about autism, picture an awkward teenage boy who has trouble making eye contact and is obsessed with gaming.

But, as the old saying goes: If you've met one person with autism, you've met one person with autism.

When I was little, I felt like I watched the world from inside a glass box. It never occurred to me to try to connect with what was happening outside of it. I didn't really

think of myself as having any sort of role to play. I was just a set of eyes and ears.

Time passed, however, and by the age of 10 or 11, I started to want to connect. I observed more carefully. I studied others, their body language, their laughter.

For the most part, my mimicry was unconscious. Other times, it was deliberate. For example, a certain teacher had this bright, happy way of saying "Hi!" that made you feel good inside. I remember deliberately deciding to say "Hi!" to everyone I knew in that same happy way.

Sometimes, I'd get things wrong and be bullied — even by "friends," which was tragic and bewildering. I desperately wanted the world to be a decent, clear, golden-rule-following sort of place. Of course, I learned it wasn't.

Eventually, I more or less shed the glass box. I grew up, got a job, got married, and had three wonderful sons. One of them was diagnosed with Asperger's at age 11.

It took me until my kids were practically full grown in order for me to get it — to look back on my life with a clearer lens,

and realize that it might not be just my son who was bringing the joys and challenges of autism into our family.

I started to figure it out while I was writing "The Someday Birds," my first novel. It's about an autistic boy on a long journey in search of his father, and how he learns to feel more at ease in the world. At first, I thought I was writing as a heart-gift for my son. But I soon realized that the voice emerging from the pages sounded an awful lot like that little girl from long ago.

So-called "higher-functioning" autistic women are relatively rare birds. And the reason for this, I think, is that we remain undiagnosed. We fly under the radar, we blend in.

Growing evidence is telling us that autistic women are sometimes deeply empathetic, and eager to be involved in the world. We observe social cues more carefully than men. We camouflage our symptoms.

We don't fit stereotypes. We can be champion chameleons.

But life as a chameleon can be exhausting.

I need a lot of downtime in which to "detox" from public events. I jump with panic when my phone rings — then take a deep breath, and answer so calmly, you'd never know. Trips to the store often end with me heading home because I can't take the sensory overload.

That's just a very few of the daily surface challenges. But I love connecting out in the world, so I go, and do. I've just got to find the right balance, to learn when to push, and when to recoup.

It's not always easy.

The only one who wasn't surprised by my recent diagnosis was my mother. She took my hand and said, "I always suspected it was something like that." My mom is an extremely sensitive introvert who also had issues as a child. Between you and me, I suspect she also might be somewhere on the spectrum.

But here's the thing: It's a wide spectrum. Autism takes as many different forms as the people it affects. Autism is a human condition, emphasis on the word "human." I hope we can learn to expand our definitions of all the various, beautiful, different, and challenging ways that autistic brains work in this world. To accept them, and make room for them all.

Sally J. Pla is an award-winning author of two middle-grade books. Find out more about her work at sallyjpa.com.



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Photo by Rosalind O'Connor

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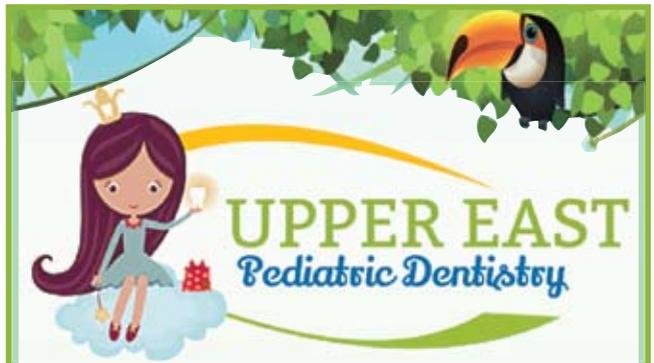
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Behind the behavior

When schools understand trauma, they can save lives

BY LAURA DEINNOCENTIIS

Ben arrives late to school almost every morning. When he enters his second-grade classroom, his teacher asks for his homework. He slaps classmates on the backs of their heads and knocks books off their desks. His teacher tells him to sit down in a loud, annoyed voice. Ben continues walking around the room distracting other students. The teacher raises her voice and points a finger at Ben, ordering him to sit. Ben kicks his chair and spins around the room. "That's it! I am calling your mother!" the teacher threatens, but Ben does not hear her. He has run out into the hallway. The teacher picks up the phone and dials the main office to alert the principal.

How would you handle this situation if you were Ben's teacher? Do you agree with the steps she took to try and manage his behavior? Is there anything you would do differently?

Ben's story: A snapshot

Ben saw his father get hit by a car last summer. After the fatal accident, his mother stopped working due to severe depression and the family eventually lost its home. For the past three months, Ben, his mother, and his two younger sisters have been living with relatives in a two-bedroom apartment in another borough. It takes Ben almost two hours to commute to and from school each day, which is why he is consistently late. (His aunt drops him off on the way to work, after getting her own kids to school.)

When Ben arrives home in the evening, he finds his mother sleeping or watching television on the couch. She does not think to ask him about school or his homework, which is impossible to do in such an overcrowded, noisy space. He is exhausted and often falls asleep without eating dinner. Since he shares a bed with three other children, he does not get adequate rest. He stays up most of the night listening to his mother and uncle fight. Ben often leaves for school without brushing his teeth and wearing the same clothes from the day before. No one at school has ever noticed, except for a few classmates who make fun of him.

Does knowing Ben's story alter the way you would approach the situation? How

Suggestions for teachers

What can teachers do to help students who have been impacted by trauma?

- Ask students how you can help them; let them know you care.
- Understand students' needs and be flexible to accommodate them.
- Explain how stress affects the body and mind, and teach students strategies to help reduce or control their reactions.
- Offer alternatives if students are uncomfortable in a situation.
- Model positive, affirming language to replace students' inner critics.
- Provide consistency and predictability; transitions are difficult because the unexpected can trigger a stress response.
- Build and encourage meaningful relationships so students feel supported.
- Set short-term, achievable goals to ensure success.
- Create quiet, safe spaces for students to de-stress and calm down.
- Listen to students; show them their voice matters.

does this new information inform your understanding of his behavior? Is engaging in a power struggle and implementing negative consequences the most effective way to create change?

Ben is one of 35 million children who have experienced significant trauma. Traumatic experiences include physical, sexual, and verbal abuse as well as physical and emotional neglect. Many possible scenarios exist within these categories, including living with a parent with a mental illness or substance abuse issues, witnessing domestic violence, losing a parent to abandonment or divorce, or having a family member in jail. School and community violence, natural disasters, terrorism, and refugee trauma are other issues that children face today.

The impact of trauma depends on a number of variables and protective factors. The severity and duration of a traumatic experi-

ence does not always correlate with the outcome. Children's personalities, cognitive abilities, and genetic dispositions play a role in how trauma affects them. Resilience also largely depends on a cohesive family environment that will provide ongoing support. Considering trauma often occurs within families, community advocacy is critical to provide children with opportunities to connect with others in meaningful ways. Children's well-being and success lies in the power of resilience.

What this means for schools

With an estimated one out of four children coming to school with a trauma history, teachers and staff need to become aware of the symptoms and educated in trauma-sensitive practice. On average, students spend 35 hours a week with their teachers. This is a significant period of time in which educators can positively impact the lives of their students.

Typically, if a student acts out in class, the teacher will attempt to redirect the behavior, as in the scenario with Ben. If that strategy is unsuccessful, the child may face punishment or removal from the learning environment. For children who have not been impacted by trauma, these behavioral interventions may work. So, why did the same techniques backfire on Ben?

The brain's response to trauma affects its development and can lead to physical, emotional, social, and cognitive impairment. Experiencing chronic stress and anxiety is overwhelming and exhausting. Regular coping skills cannot manage the intensity of emotions that flood children with a trauma background. In fact, a reactive stance exacerbates inappropriate behavior.

Living in a constant state of fear makes children hypervigilant. When they feel threatened, a fight-or-flight response activates, releasing stress hormones throughout the body. Some children may freeze or shut down when they are triggered. Others use anger as a powerful and protective shield to fend off what they perceive to be danger. The difficulty they have in responding to authority figures is often viewed as a sign of disrespect and defiance when it is actually an automatic response to stress, which reinforces the trauma cycle.

This heightened level of alertness also



noticing and caring build trust and resilience. Teachers need to learn how to read their students' behaviors. If a child throws a book across the room, he is expecting a reaction: power struggle or abandonment. Neither reaction provides what the child needs. Receiving reprimands and repeated rejection destroys a child's hope for building genuine relationships and leaves him feeling alone, terrified, and worthless. The fight-or-flight response kicks in and the cycle continues.

A teacher can offer an alternate trauma-informed response by observing the student's behavior and recognizing it as an expression of his inner turmoil: "It is not safe to throw books in the classroom. Here's a stress ball to release some of that tension. Take it over to the quiet area and listen to some music on the headphones until you are ready to join the class."

The response is delivered firmly, objectively, and without judgement. Acknowledgment of the underlying issues with an unexpected solution will not provoke a stress response, and as a result, the child will slowly become calmer and more centered.

Trauma-sensitive teaching is not a one-size-fits-all approach. It requires sensitivity, creativity, and trial and error. It is a slow and steady process that demands patience. Traumatic experiences can have a lifelong impact, and rigorous measures to counteract their effects must be constant. When children receive encouragement and support within a safe and stable learning environment, there is potential for growth.

A paradigm shift needs to happen in our schools. Strength-based approaches to education engage students and help them learn. They lead to improvements in academic performance and behavior as well as the development of social-emotional skills and self-esteem. When children feel that others understand them, they become empowered. They are more comfortable and better equipped to self-regulate and focus on their work. These changes will also contribute to the overall success and safety of the school. Trauma-informed practice is not easy, but its rewards are life-changing.

Talk to your children's schools about trauma-informed approaches to teaching.

For more information, contact The National Child Traumatic Stress Network (<http://www.nctsn.org/>) and The National Center for Trauma-Informed Care (<https://www.samhsa.gov/nctic>).

Laura DeInnocentis has been teaching and writing for the past 25 years. Currently, she is working toward her Masters in social work at Columbia University's School of Social Work. DeInnocentis's creative literacy program, Literartsy, supports young writers in her Brooklyn community.

interferes with developing positive relationships with peers. Students impacted by trauma struggle to express and control their emotions. Some may isolate while others may dominate or bully others. They crave meaningful interactions, but often misinterpret social cues when trying to build a relationship, which can trigger inappropriate reactions. Consequently, these children often remain alone, friendless, and misunderstood.

They cannot make sense of the internal contradictions they experience: longing for friends but not having the social-emotional skills to make them; yearning for peace and quiet when their stress response signals the brain to run and scream; desperately wishing for someone to notice their indescribable pain instead of the number of times they were suspended. These personal challenges breed increased feelings of frustration, powerlessness, and hopelessness.

Supportive adult relationships serve as protective factors to buffer the impact of trauma-related stress. Teachers who take

the time to develop and foster meaningful alliances with their students gain a deeper understanding of why children act out. Trauma-informed adults who consistently model healthy self-regulation, social-emotional coping techniques, conflict-resolution strategies, and effective communication skills are training children to use them so that with practice they will gradually internalize them. This is where healing begins.

All children want to succeed in school. When they are not doing well, something is getting in their way. Teachers must rigorously observe and ask questions until they figure out what the obstacles are. Sometimes it may be as simple as a student needing glasses. Other times, it can be a case of complex trauma, which requires more attention and more work. Regardless, teachers have a responsibility to problem solve, with the help of the child, until an effective plan is put in place.

The process begins by acknowledging children's experiences with empathy, compassion, and respect. The simple acts of

Best ways to research camp



BY JESS MICHAELS

Thinking about camp but don't know where to start? Here are a few ways to research a camp program and find out which one will be right for your child:

Ask friends and neighbors

Asking your friends where their child goes to camp is a good starting point for your research, but remember, each child is different, so a camp that is the right fit for one might not be best for another.

Make sure to do your own research according to who your child is and what your family's values are.

Talk to the camp director

Call the director and ask some key questions to find out about a camp's philosophy and if it matches your own.

Get to know the camp director through phone calls and correspondence. You want to feel comfortable with the director and feel that you can partner with him or her to ensure your child has a successful summer experience.

Camp tours

When possible, schedule a tour for the summer prior to the one in which your child is going to go to camp.

Touring allows you to see the camp in action and will give you a good sense about the camp program and culture. Take the time to ask questions about the camp, see the facilities, and meet the director.

Home visits

Often times, the camp director will come to your home to meet with you and your child. Ask him or her about the camp's mission statement and what type of child is successful at their camp.

The more open families are with the directors, the better informed they will be when it comes to making a decision. A director can help guide you and deter-

mine the most appropriate fit.

Camp fairs

Camp fairs allow parents to meet representatives from dozens of camps all in one day. It's a great chance to find out about a few different programs, all within an hour or two. Both day and sleepaway camps attend these fairs and give families an opportunity to ask the director key questions about the program.

Open houses

Many camps have open houses in the spring and fall that offer families a chance to see the camp facilities and get a feel for the camp. These events are a good opportunity for families to get to know the director and ask questions about the camp philosophy and program while in the camp setting. Check with the camps you are interested in to see if they will host any open houses.

Look at websites, videos, and brochures

Parents and campers can look over a camp's website, social media, brochures, and video. They will give families a sense of what a particular camp is like. Most camp websites have photo slideshows, videos, virtual tours, and maps that will give parents and children a glimpse of the camp and the program.

Many also include a sample daily schedule, so families can see what a typical day at camp is like.

Camps will also send you a DVD (upon request), so you and your child can view the camp and see campers and counselors engaged in activities.

Jess Michaels is the director of communications for the American Camp Association, New York and New Jersey, a not-for-profit organization dedicated to enhancing the summer camp experience. Parents looking for a camp for their child can contact the organization for free, one-on-one advice in finding a camp at (212) 391-5208.



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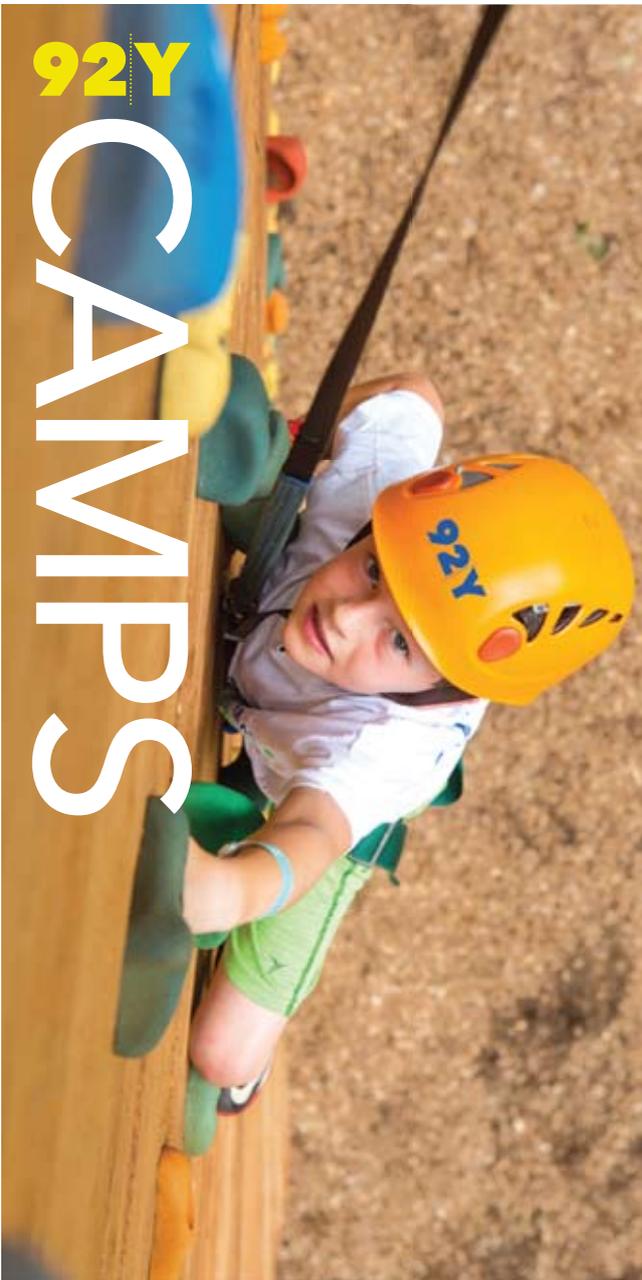
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**East Stroudsburg, Pocono Mountains PA
646-735-1559
www.CampSAY.org
Meg@say.org**

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Digital Media Academy

**Locations: Concordia College,
Continued on page 16**



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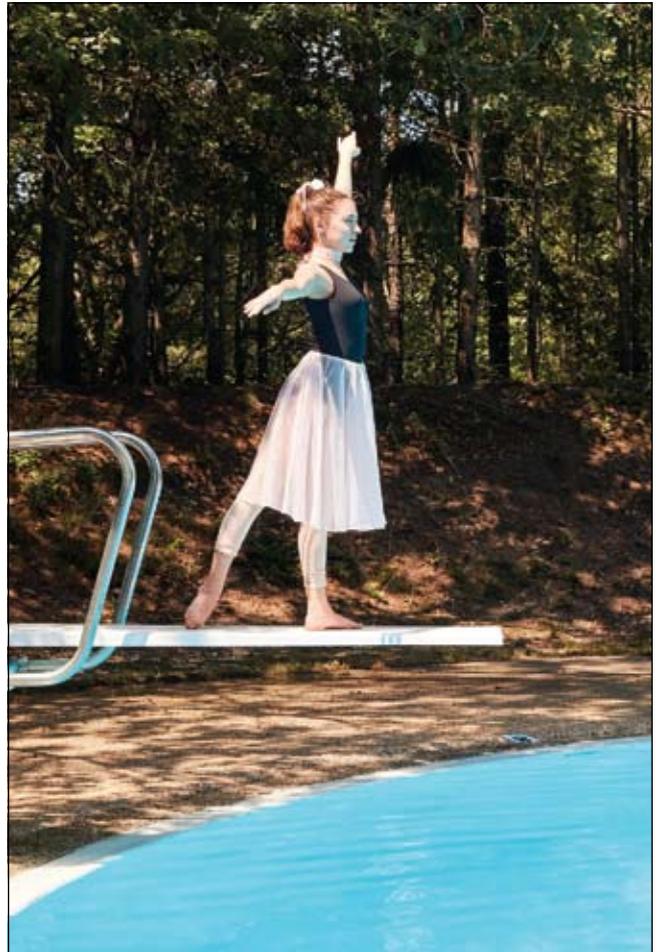


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Continued from page 14

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Flatiron District
646-766-1843 <https://einy.org>
anthony@einy.org

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212-787-8088
hwis.org

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Upper East Side / Upper West Side / Tribeca
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212-369-1400
www.lfny.org/summercamp

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Midtown East
212-223-4630
www.montessorischoolny.com
montessorinyc@aol.com

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Continued on page 18

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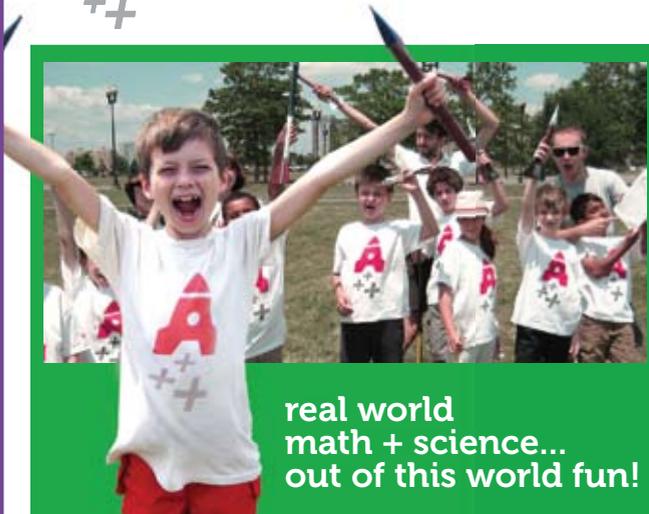
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JUNE 4 TO AUGUST 17

AGES 6-13
JUNE 4 TO AUGUST 17

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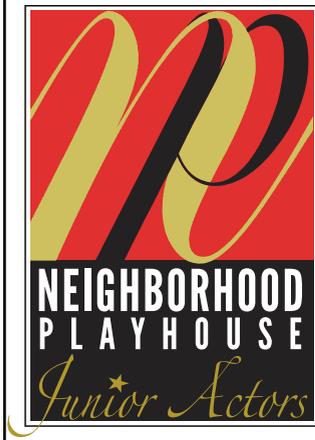
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Continued from page 16

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Continued on page 20

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www.villagekidsnyc.org

Camp

DIRECTORY

Continued from page 18

rehearse, and perform their brand new musical for family and friends. Our professional Teaching Artists will improve your kids singing and dancing skills, making their performance one to remember! Camps are 9am-1pm for ages 4-5 and 9am-5pm for ages 6-8 & 9-12 with early drop off available. Don't miss... Exciting Themes! Fun Teaching Artists! Making New Friends!

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Grosvenor Neighborhood House YMCA, 212-749-8500
www.ymcanyc.org/grosvenor
Harlem YMCA, 212-912-2100
www.ymcanyc.org/harlem
McBurney YMCA, 212-912-2300
www.ymcanyc.org/mcburney
Vanderbilt YMCA, 212-912-2500
www.ymcanyc.org/vanderbilt
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Sharing safely

How parents can share milestones with less risk

BY TAMMY SCILEPPI

Last month we talked about the possible dangers of parental oversharing on social media platforms, and how parents can control themselves. Here's more on the important topic.

Tips to stay safe

Michael Osakwe is a NextAdvisor.com writer covering technology. He offers helpful tips on how to stay safe on social media, as well as valuable information about the dangers that lurk there, so parents can share responsibly and avoid potential problems that could put their families at risk.

Tammy Scileppi: Many parents out there are probably still wondering, if Facebook is all about sharing, and everybody's doing it, how can too much of it turn into a bad thing? What's your view?

Michael Osakwe: Parents who overshare or partake in what's called "sharenting" run the risk of either embarrassing their child, or compromising their child's or family's privacy. Aside from these concerns, the information that parents are sharing about their children, who are too young to consent or know what's posted about them online, is potentially disre-

spectful and harmful to their children's self-esteem. For example, a story about your child's failed attempts to potty train may be funny to you, but it could scar your child's reputation when they're older. Finally, considering that the internet never forgets, it's possible that one day, "sharented" materials could be seen by future dates and employers Googling a child's name.

TS: What should parents keep in mind, so they can avoid cyber predators, identity theft, and more?

MO: If parents choose to share information about their child, they should make sure to turn off geolocation on all of their social media accounts, use the highest privacy settings online, and ensure that any posts containing images of their children include as little identifying information as possible.

For good measure, they should remove the Exif metadata from their photos if they haven't turned off geotagging on their phones. Exif data includes information like the device the photo was taken with, as well as the exact coordinates where a picture was taken. When photos are uploaded to most major social media sites, Exif data is removed, but in the instance a photo is simply shared through traditional file-

sharing means, like e-mail or Dropbox, the photo will retain its metadata. In a worst-case scenario, a photo retaining Exif data can be copied and shared numerous times by friends and family, or uploaded to sites that don't wipe this information.

TS: According to an informative NextAdvisor blog: Everything from social media apps to the photos you take and store in your phone uses geolocation data, and most people tend to breeze straight through screens informing them when an app is requesting permission to use their location. The best thing you can do is slow down when installing new apps and pay attention to the permissions screen that pops up informing you what data or features the app will be accessing.

TS: What's behind many parents' need to overshare?

MO: The motivations behind parental oversharing are likely the same as any other type of social media sharing — pride, desire of approval, or to bond over shared experiences. Sharing is healthy in controlled amounts, but parents need to be careful. Overuse of social media isn't just harmful for privacy reasons; it can be psychologically unhealthy for both parents and children.

Internet tips for teens

- Be smart about what you post on the web and what you say to others. The web is a lot more public and permanent than it seems.

- Provocative and sexy names and pictures can draw attention from people you don't want in your life.

- Be careful what you download or look at, even for a laugh. Some of the images on the internet are extreme, and you can't "unsee" something.

- Going to sex chat rooms and other sex sites may connect you with people who can harass you in ways you don't anticipate.

- Free downloads and file-sharing can put pornography on your computer that you may not want and can be hard to get rid of. Any pornography that shows children or teens under 18 is illegal child

pornography and can get you in big trouble.

- Adults who talk to you about sex online are committing a crime. So are adults who meet underage teens for sex. Some teens think it might be fun, harmless, or romantic, but it means serious trouble for everyone. It's best to report it.

- Don't play along with people on the web who are acting badly, taking risks, and being weird. Even if you think it's harmless and feel like you can handle it, it only encourages them and may endanger other young people.

- Report it when other people are acting weird and inappropriately or harassing you or others. It's less trouble just to log off, but these people may be dangerous. Save the communication. Contact the site management, your service provider, the CyberTipline, or even

the police.

- Don't let friends influence your better judgment. If you are surfing with other kids, don't let them pressure you to do things you ordinarily wouldn't.

- Be careful if you ever go to meet someone you have gotten to know through the internet. You may think you know them well, but they may fool you. Go with a friend. Tell your parents. Meet in a public place. Make sure you have your cellphone and an exit plan.

- Don't harass others. People may retaliate in ways you don't expect.

- You can overestimate your ability to handle things. It may feel like you are careful, savvy, aware of dangers, and able to manage the risks you take, but there are always unknowns. Don't risk disasters.

Source: Crimes Against Children Research Center



TS: How do bad people use photos to do their dirty work?

MO: The act of posting a photo online from a personalized social media account provides all the information a would-be predator needs to commit identity theft, stalk children, or engage in other scams. For example, if your account is hacked (or that of a friend's), it doesn't matter if the photos don't have any information about the child, because simply having access to one of these accounts puts the photos in context for a predator or hacker.

But even without infiltrating people's accounts, a predator's job is made easy by the fact that many social media accounts tend to have poorly configured privacy settings. In a recent example, US Military personnel unwittingly revealed the locations of secret bases through a popular fitness app. To be fair, though, in this case and many others, companies tend to make security settings very obfuscating, and most of the default settings these services offer tend to be a privacy nightmare. Furthermore, as these services grow and update, many users assume their settings remain the same, which isn't always the case.

With regards to social media, those

most versed in understanding its effects, especially on children, tend to be psychologists and cyber security experts who disseminate information from their research through media appearances and discussions.

Most recently, the Campaign for a Commercial-Free Childhood, which consists of a coalition of privacy advocates, psychologists, doctors and parents, wrote a letter to Facebook to ask the company to discontinue its Messenger Kids app. The controversial app would allow children as young as 6 to have a limited presence on social media. We conducted our own investigation into the app, which you can view at www.nextadvisor.com/blog/2017/12/12/facebook-introduces-messenger-kids-is-it-safe-for-your-child.

TS: Why is social media's hold so powerful?

MO: The short answer is because it's a product that was designed to be addictive. Some former Facebook executives have been recently quoted in the media talking about the deliberate design choices and implementations that promote user retention but might be bad for society as a whole.

TS: What does the future hold?

MO: It's difficult to tell, but with growing awareness of social media's psychological effects and the need for personalized cyber security practices, it's possible that companies might start creating less harmful platforms that engage users organically while promoting safety and security. Even if this doesn't happen, I'm optimistic that knowledge about the effects of these platforms will spread among consumers who can make informed decisions about how they will choose to use (or disuse) them.

• • •

Whenever sharing, parents ought to remember the golden rule: Avoid sharing and posting anything about your children that you wouldn't want shared about yourself. And be careful about who you give personal information to. It's just common sense.

And here's a friendly reminder for everyone: Every post — whether it's on Facebook, YouTube, Twitter, or Instagram — is forever preserved in cyberspace.

You can look at this way: In fashion, less is more. On social media, less is best.

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



There's a fun surprise inside of Flour Shop's explosion cakes.

The best April finds

I have a few new fabuLyss finds just for you! I'm looking forward to springing into spring!

Have you been to Flour Shop for the amazing explosion cake yet? If not, you must take a trip Downtown. These over-the-top confections (\$150–\$500) have six rainbow layers, cream cheese frosting, are decorated with rainbow nonpareils, and contain a sprinkle surprise in the center. In a word: fabuLyss! At this sweet shop — also home of the rainbow cake — you'll find unicorns, pizza, cake, dreams, glitter, burgers, ice-cream, bubbles, smiles, cotton candy, donuts, sparkles, stuffed animals, and imagination. You are going to love these incredible cakes.

Flour Shop (177 Lafayette St. between Grand and Broome streets in SoHo, www.flourshop.com).



Looking for a new show to take in? Cirque du Soleil's "Volta" opened Under the Big Top on March 29 at Meadowlands Racing and Entertainment. It tells a spell-binding story about the freedom to choose and the thrill of blazing your own trail. Inspired in part by the adventurous spirit that fuels the culture of action sports, the show weaves acrobatics in a visually striking world driven by a stirring melodic score.

"Volta" at Meadowlands Racing and Entertainment (1 Racetrack Drive, East Rutherford, NJ, www.cirquedusoleil.com/volta).



I'm always on the hunt for new fabuLyss family restaurants, and I recently came across Johnny Utah's in the heart of Rockefeller Center. Johnny Utah's is home of New York City's original mechanical bull. My boys love riding the



FABULYSS FINDS

LYSS STERN

bull! Serving up deLysscious southwestern cuisine, the restaurant is the perfect destination for family dinners, birthday celebrations, and game watching. It has redefined the urban cowboy experience.

Johnny Utah's (25 W. 51st St. between Fifth and Sixth avenue in Rockefeller Center, www.johnnyutahs.com).



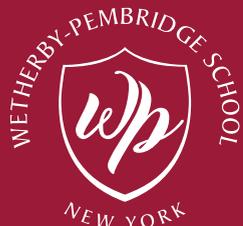
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Wishing a wonderful Easter and Pass-over to those that celebrate this month!

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



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SOLUTIONS FOR NEARSIGHTED CHILDREN

Looking back on a special day

Twin with a Survivor program adds historical perspective

BY STACEY PFEFFER

This past month I filled out a form to choose a date for my son's bar mitzvah. He is just shy of 10 years old, but truth be told I've already been thinking about how to infuse this rite of passage with meaning. This past fall my parents took a trip to Israel. My father is ailing and with the ceremony three years away, I can only hope he'll be around to receive an aliyah on the bimah and wish his grandson a heartfelt mazel tov. But no one knows what the future holds and that's precisely why I asked my parents to purchase him a tallit (prayer shawl) on their trip. I wanted to ensure that there is some way for my father to partake in the bar mitzvah ceremony even if he physically can't be there.

Besides having this tallit used in the ceremony, I am also thinking of other ways to make this ancient ceremony more relevant to our family. A large part of our family's history is connected to the Holocaust. Both of my son's maternal great-grandparents were Holocaust survivors. The Twin with a Survivor program courtesy of the White Plains-based Holocaust and Human Rights Education Center (HHREC) offers a profoundly meaningful option for children to learn about the Holocaust and have a personal connection to Holocaust survivors in their community.

Twin with a Survivor program

The Twin with a Survivor program has only been in existence for a year according to Millie Jasper, the executive director of the HHREC. As part of the program, students must have some prior knowledge of the Holocaust because the program is not intended to be an introduction to the Holocaust. The students meet with the survivor for a minimum of three times to interview them and learn about their personal story. Then they incorporate the survivor's story into their D'var Torah speech.

"When a child participates in this program, they become witness to history. There is an urgency of time because this is the last generation that will meet the survivors," explains Jasper. "The survivors impart important messages to the children such as not being a bystander, having tolerance and acceptance of others and not



A bat mitzvah girl and her mother in The Hall of Names read information on the twin she received at Yad Vashem in Jerusalem.

holding hate in your heart." Many of the program participants invite the survivor to the ceremony to get an aliyah or to the reception for a candle lighting ceremony.

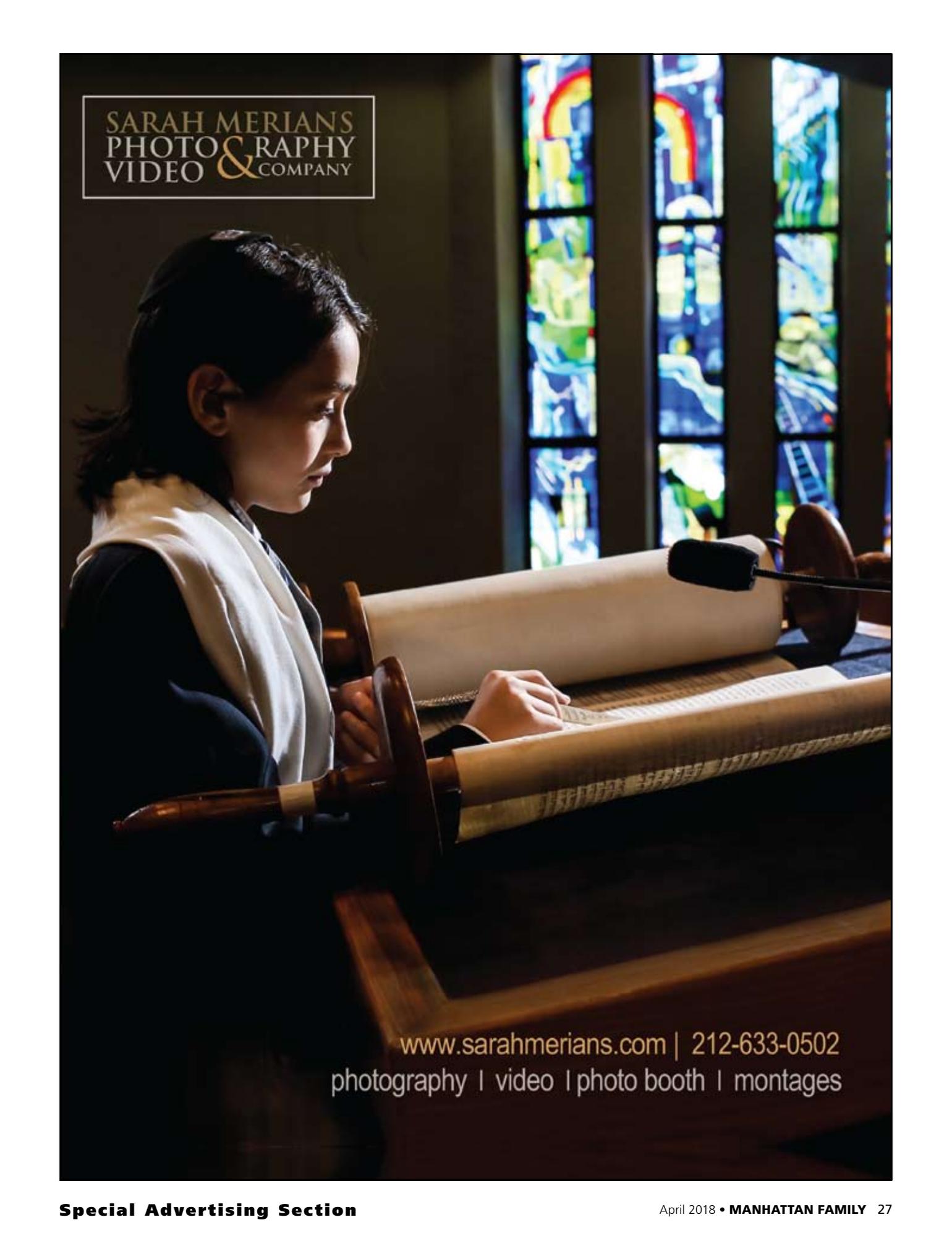
Twinning program in Israel

For families looking to traveling to Israel for a bar or bat mitzvah, Yad Vashem, the World Holocaust Remembrance Center in Jerusalem, offers a Twinning Program. The popular program created in 2007 has approximately 500 participants annually. The bar or bat mitzvah child is given a special tour of the Center with their family and is given the name of a boy or girl who perished during the Holocaust. The Center offers on-site ceremonies and they often try to link the bar or bat mitzvah child with a child who had the same birthday

or Hebrew name. "The program was created to give a meaningful responsibility to a child entering the Jewish nation as an adult. That responsibility is to make sure the memory of a child murdered in the Holocaust, remains alive," notes Marisa Fine, a press representative for Yad Vashem.

Right now, our family is unsure of which route we will take to celebrate my son's bar mitzvah. I'm leaning more toward a trip to Israel while my husband is more inclined to an elegant party, but no matter which option we ultimately choose, it is reassuring to know that we have options that honor our family's heritage and keep the stories and memories of the Holocaust alive.

Stacey Pfeffer is a writer and editor based in Chappaqua.

A woman with dark hair, wearing a white stole over a dark garment, is seated at a wooden desk in a church. She is looking down at a large, unrolled scroll of paper. The desk is equipped with a microphone. In the background, there are three tall, narrow stained glass windows with colorful designs, including a prominent rainbow. The lighting is soft and focused on the woman and the scroll.

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Using social media at the celebration

BY SHANNON CONNOLLY

Social media etiquette has become a hot topic over recent years, and rules at celebrations, such as bar mitzvahs and weddings, have had to adjust to keep up with modern times.

As hosts begin to plan their celebrations, they may be wondering if they can provide direction for their guests regarding proper social media etiquette during the celebration, and the answer is yes, and no. It may not be well-received to ask guests not to post or share to their social media accounts entirely, even though you may have good reasons, but today's society is programmed to constantly keep a finger on the pulse of social media; guests may want to share the special moments of the event or to post pictures of them looking glamorous at your momentous

occasions.

There are some basic guidelines that many can agree are appropriate to share.

Do: If you have a custom hashtag for your celebration, feel free to share with your guests. That way, when guests post pictures with your hashtag, it will track the event. All the photos will be easier to see on Instagram and other social media platforms.

You can also create signs that showcase your specialized hashtag, and display them around the venue. This ensures guests are aware of the hashtag and encouraged to post using that hashtag.

Don't: As a guest to an important event, it's courteous not to have your phone out during the ceremony, and to not interfere with the photographer or videographer trying to capture the event for the hosts. This is perhaps the most important time to turn unplug and enjoy the celebration!

Do: When sharing photos in real time, share photos that you think the hosts would be comfortable sharing in an online album. For example, it's not a good idea to post a picture of a bride and groom the exact moment they are cutting their wedding cake. Savor the moment and let the hosts enjoy this special time. You can always post a picture later in the evening, or in the next few days after you've sorted through the ones you've taken. You can also post once the hosts have posted their own photos of these key moments.

Don't: Share photos that are unflattering. Take a moment to sift through your pictures to ensure the hosts are portrayed in their best light. If you have any doubts about the pictures you have, you can always show them to your hosts before posting.

Do: As a host, when you look through the social media images after the event, it's always smart etiquette to "Like" the pictures your guests posted, or to post a favorable comment and thank them for joining in your special day, and posting the image.

Shannon Connolly, Banquet Manager at Castle Hotel & Spa in Tarrytown, NY.

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Steps to ensure your child is safe online

BY JUDITH MCLEAN

The internet is a fantastic tool that has changed the world in many great ways; however, as with many things in life, the web has a sinister side. The unfortunate truth is that your child is never more than a few clicks away from content with adult themes, or sites with far more worrying motives.

Not only is ominous content a concern, but cyber bullying is a modern plague in our society, too.

Electronic devices and the rise of social media have allowed group bullying to be-

come a common issue.

Therefore, as a parent, it's more important than ever to be aware of the warning signs and offer support before your child has the courage to ask, since, so frequently, children struggle to trust anyone when the abuse is coming.

In order to ensure your child is never exposed to these dangers, here are some tips to bear in mind:

1. Monitor their online activity

Just as you would keep a careful eye on your child playing outside with friends and

do your best to make sure he wasn't taking unnecessary risks in the playground, you ought to do the same when he is on the web.

Even though it can seem tedious after looking at the millionth YouTube video, being by your child's side is the best way to ensure he has a positive experience online. GetNetWise.org has produced a very comprehensive online safety guide that's worth a read.

2. Make your expectations clear

Before your children start to use elec-

tronic devices to browse the internet, make your expectations clear to them. Determine how much time you want them to be online each day and which sites you find acceptable, by making it clear you can be sure there will be no misunderstandings.

This is also a good time to outline the potential consequences for breaking the rules.

Additionally, it's a good idea to make a list of sites they are allowed to visit without permission and make it clear that if they want to visit any not on the list, they must seek your approval beforehand.

3. Educate them on privacy protection

In recent years, it's been very apparent that many youths haven't been aware of the consequences of revealing their personal information. Therefore, by teaching your children about the potential dangers, you can be assured that they will hopefully make the right choices. The best way to do this is to make it 100 percent clear that:

- They should never provide their personal details including name, address, password, or photographs without asking you first.
- They should never open or respond

to e-mails from unknown e-mail addresses.

- They should never arrange to meet up with anyone online.

4. Take advantage of parental controls

Many parents begin researching for software to help keep their kids safe online without realizing their internet service provider probably already provides free parental control software. Some providers offer controls that allow you to restrict the access your child has to certain websites. They also allow you to filter by age, time, and category, ideal for busy parents who want some additional peace of mind.

5. Ensure your child can trust you

It's important to let your child know that if she ever sees anything online that makes her feel uneasy, she can seek your support without prejudice. Of course, you need to ensure she knows the consequences for actively seeking out sites you don't approve of. However, equally, she needs to know she can trust you to not overreact in the event that she stumbles on something by mistake. Therefore, reassure your children and make it

clear that they can approach you in such events without fear of repercussions.

6. Restrict device use to an appropriate location

By isolating device use connected to the internet to an appropriate location, like the living room, you can easily monitor what your kids are up to on the web. It's never a good idea to leave children unattended online; therefore, consider disconnecting the internet from computers in their room or places where it's more difficult for you to monitor their online activity.

7. Consider limiting use to kid-friendly sites only

For young kids, it's a good idea to limit the websites they can visit and only allow them to use those designed specifically with a child audience in mind. That way not only do you know they're safer, but they are actually benefiting from content designed for them; some popular sites include Yahoo! Kids, KidRex and FunBrain.

Judith McLean is a mother of four and an educator, who has written extensively on the topic of parenting. Find more of McLean at MomBible.com.

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Timely adventure

‘A Wrinkle in Time’ — a must-watch for sci-fi fans

KIDS FIRST! FILM CRITICS

In “A Wrinkle in Time,” Meg Murry and her little brother, Charles Wallace, have been without their scientist father, Mr. Murry, for five years, ever since he discovered a new planet and used the concept known as a tesseract to travel there. Joined by Meg’s classmate Calvin O’Keefe and guided by the three mysterious astral travelers known as Mrs. Whatsit, Mrs. Who, and Mrs. Which, the children brave a dangerous journey to a planet that possesses all of the evil in the universe. KidsFirst! Film Critics Arjun N. and Ryan R. give their opinions on the film:

“A Wrinkle in Time” is an enjoyable, yet somewhat flawed interpretation of the classic novel of the same name. The direction and special effects provide a world unlike any other. This is sure to be a watch for sci-fi fans.

The story follows Meg Murry (played by Storm Reid), a genial teen who is the daughter of famed scientist Alex Murry (Chris Pine). After her father disappears, she goes through a period of insecurity and despair. Four years later, a group of primordial celestial beings — Mrs. Which (Oprah Winfrey), Mrs. Whatsit (Reese Witherspoon), and Mrs. Who (Mindy Kaling) visit Earth to help Meg find her father. Meg’s brother Charles Wallace (Deric McCabe) and friend Calvin (Levi Miller) also join the quest to find Alex. However, Meg is also brought in to help fight the “It,” an entity of darkness that threatens to destroy people’s happiness.

Reid, as Meg, excellently presents her



inner struggle to be happy and accept herself, and this adds a unique element to the story. As the movie progresses, she slowly rises beyond her doubts to become better. Pine, as Alex, delivers an ardent love for science in his character, and while much of his character is witnessed before he disappears, the rest of his scenes add a performance filled with remorse. McCabe is my favorite character due to his charismatic performance — it’s full of comic relief. Miller, as Calvin, encompasses a respectful companion who seems to be rather enamored of Meg. Mrs. Which is a wise mentor for Meg who guides her throughout her journey. Mrs. Whatsit is the least wise of the three celestial beings, but she provides a kind companion. Mrs. Who represents a character teeming with knowledge.

Ava DuVernay directs the movie, and you feel as if you are a part of the world through her use of word building to

convey the story. My favorite scene is the resolution to the main conflict, as it feels like an appropriate conclusion. My problem with the movie is that it's unevenly paced, with the first half of the movie following generic clichés, despite a great first 10 minutes. But the movie gets running as soon as the second half begins, going into uncharted territory unlike any other movie. I also feel that the scenes for Alex and some other plot points are limited, resulting in a few moments of disjointed, convoluted narrative, and that could throw off some audience members.

The message of the movie is about believing in yourself and accepting who you are. I give this film 3.5 out of 5 stars and recommend it for ages 6 to 18.

— Arjun N., age 16

See his video review at: <https://youtu.be/mx8GNY0chao>

...

I liked, but did not love, this latest Disney film, which is an adaptation of the book "A Wrinkle in Time," written by Madeleine L'Engle. It is visually stunning, but unfortunately falls short in the storytelling. The protagonists are Meg Murry and her little brother Charles Wallace. Their scientist father Mr. Murry has been missing for four years. Meg

has had a rough time at school ever since her father's disappearance. Her younger brother introduces Meg to three mysterious astral travelers. Meg is very skeptical of them at first, until she and Charles Wallace are informed by them that their father is not dead, but was taken by a dark force. Meg, Charles Wallace, and her classmate Calvin go on an adventure with the three astral travelers, called the Misses. Will Meg and Charles Wallace find their dad? Well, you must see the movie to find out the answer.

I like the visuals, the cast, and the message of this film. The visuals are stunning. The scene where Mrs. Whatsit becomes a leaf and gives the kids a ride is spectacular. It almost looks like this could be possible in real life. I also like the transitions of the worlds changing as a result of the characters' actions. The visual effects bring this world to life. Another thing I like is the cast. Oprah Winfrey's, Reese Witherspoon's, and Mindy Kaling's performances as the Misses are exceptional. They each show different



personalities, which make them unique. Mrs. Whatsit is more negative, unlike Mrs. Who, who is wise and uses quotes from famous people to relay her messages. Mrs. Whatsit is more direct and rude, unlike Mrs. Which, who guides Meg when she is scared or unsure. Lastly, the messages in this movie are important. They are about embracing your uniqueness, recognizing the importance of love, and being brave enough to discover your inner warrior.

One thing I do not like is the pace. In the first act, the pace is slow, and that is fine, since it builds up the exposition. However, the final act of the movie feels very rushed and is unsatisfying. I feel the script has some holes in it, which made me feel like the movie is missing some important details. This is why I did not really love the film.

Even though this film is not "Pixar great," it still is a good movie to watch with your family. I give it 3 out of 5 stars and recommend it to kids ages 7 to 15. Adults might like it as well. I recommend this to people who have read the book or like book adaptations and fantasy movies.

— Ryan R., age 14

"A Wrinkle in Time" is now in theaters nationwide.

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The hot new topics in estate planning!

What cryonics and Bitcoin mean for you

This month I'm addressing two hot topics in estate planning — cryonics and Bitcoin!

What is cryonics?

Cryonics — having your body cryogenically frozen — seeks to keep either your head (neurocryopreservation) or full body suspended until medical technology advances to the extent that there is a method to revive you in the future. Cryonics vendors already exist and have a price tag on the process itself as well as standby (end-stage care of the human body) and long-term storage. This makes us wonder: what happens when you are actually revived? Will you have the means to have necessary medical procedures performed? The funds or currency to live in an economy of the future? And what happens to your estate after cryonics?

Enter “Cryonic Estate Planning.” (Yes, this is apparently a thing.) Cryonic Estate Planning will use a Personal Revival Trust that lasts in perpetuity, until the grantor is awakened. The market has had to overcome a couple of obstacles, however, in order to make these valid. Many states have a rule against perpetuity, meaning you cannot suspend ownership indefinitely into the future. For example, perpetuities are illegal in some states, except when they support a charitable cause, although many states have recently repealed these laws. There have also been arguments that a trust is invalid without a beneficiary. A common workaround is to name the cryonics vendor as a beneficiary who will be paid from the income of the trust. Or, the cryopreservation company may be named as a beneficiary in a life insurance policy.

So now that there is a way of retaining assets for when you are revived, the question is: how much is going to be enough? And what does “revival” actually mean? Does this include any standard of care



afterwards? Transitional services that will acclimate you to future society? Perhaps the very wealthy among us will be able to let us know far, far into the future!

What about Bitcoin?

When people die without an organized account of their assets, it leaves the family trying to piece together clues from paper trails. Now, as a larger and larger portion of our financial lives becomes managed online, assets could be lost in the cosmos if they're not documented and accounted for.

Let last year's cautionary tale of the man who lost \$127 million in Bitcoin be a lesson — if he can't get to his Bitcoin when he's still alive, how are you going to advise family members how to find yours from the grave?

While the Fiduciary Access to Digital Assets Act, which has been passed in 36 states, extends the rights of fiduciaries to digital assets, individuals still need to communicate they have them, or else the investment accounts or cryptocurrency may never be discovered. Furthermore, with assets like Bitcoin, knowing about their existence isn't enough. Private keys are the only way to access cryptocurrency, and those need to be passed on in some way.

Step 1: Take stock. While things like in-



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vestment accounts and Bitcoin may cause the greatest concern, your executor will need access to all of your digital accounts, from utilities to mortgages to telecommunications, in order to get your estate in order. You may be surprised to realize how many digital accounts you have.

Step 2: Communicate and document your wishes. You will want to include the distribution of your monetary assets in your Will, but you should also leave your executor with instructions on how to deal with other digital assets, such as social media, e-mails, or files — including photos — stored in the cloud.

Step 3: Keep your records up to date. Set a twice-a-year calendar reminder to revise and update your digital account access notes. Passwords change, accounts are added and deleted, banks are acquired. Staying on top of changes more frequently will make updates much quicker. Don't forget to give your executor access to your password manager. If you do not use a digital password manager like Keeper or Dashlane, make sure your written list is locked in a safe — which your executor will also need the access code to!

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

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Let kids get dirty for good gut health

This month we celebrate Earth Day, a day to honor the good earth and all it does for us. Our food — from grocery stores, farmers markets, and perhaps our own gardens — grows in its soil, teeming with microbes. Some of these microbes can provide health benefits. But how?

Microbes are an ancient and vital part of human physiology. Yet never before have children grown up so “clean.” Recent changes in our lifestyle — a Western diet, over-sanitization, the excessive use of antibiotics — have altered the specific microbes within our digestive tract.

Establishing good gut health in our children is important and can have lifelong consequences. In addition to a strong immune system, a healthy mix of bacteria within our digestive tract can lead to less inflammatory disease such as allergies, asthma, and inflammatory bowel disease. Sadly, these conditions are being diagnosed more frequently in children.

Thousands of microbial species — the microbiome — thrive in the human intestine, helping people digest fiber and make vitamins and other molecules. The right mix of microbes can even affect our metabolism.

While what we eat alters our micro-

biome, the microbiota appears to influence what we eat. The wrong mix of gut microbes can trigger cravings for less than stellar foods.

Eating a variety of natural foods is the best way to increase microbial diversity, and there’s no better time to do this than during the first few years of life. For example, rather than feeding your baby only rice cereal for weeks until the package is empty, offer a variety of grains, including barley, rice, oats, and quinoa.

Think of dietary fiber as food for your gut microbiome. But not from a drink or pill. Eat a diverse array of fibers from a lot of different plant materials. Whole grains are better than refined ones.

Leafy green vegetables contain an enzyme that’s been found to feed good bacteria while limiting bad bacteria. Protein-rich legumes — such as lentils, beans, and peas — have lots of fiber and can be easily mashed for tiny mouths. Try starchy veggies such as parsnips, sweet potatoes, or cassava (tapioca) rather than just sticking to low-fiber veggies. As children get older, add fermented foods such as yogurt, buttermilk, kefir, kimchi, miso, sauerkraut, and pickled vegetables.

Serve your family less sugar, animal fat,



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

and refined grains.

Here are some other ways to boost your child’s diversity of gut bacteria:

1. Encourage your children to get at least 30 minutes of physical activity on most days. Research in mice suggests that physical activity, especially early in life, may help promote a beneficial gut microbiota.

2. If it is safe to do so, encourage the kids to spend time outside. At least one study shows that people who are regularly exposed to natural settings have a more diverse microbiota, suggesting a little dirt may be good for us.

3. Spend some time in a rural area.

4. Take the kids to a petting zoo.

5. Get a dog.

6. Give your child a probiotic, especially when your child is taking an antibiotic.

7. Grow foods or herbs in a garden. This could even be a container garden on your balcony. Let the kids poke around in the dirt.

8. Avoid antibacterial soap.

We are only beginning to scratch the surface of the importance of the microbiome for human health. The good news is that we can influence the compatibility of these microscopic, single-celled houseguests by altering our environment and our diet. Indulge your children’s natural impulse to get good and dirty.

Christine Palumbo is a Naperville-registered dietitian nutritionist and Fellow of the American Academy of Nutrition and Dietetics. She suspects her childhood, largely spent outdoors, may have helped her avoid allergies. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter, or ChristinePalumbo.com.

Misbehaving kids?

Dr. Marcie Beigel's new book could be the solution

BY ALLISON PLITT

Do you have a child with a behavioral problem that you have been unable to change? Perhaps you have a child that has a habit of hitting. Maybe you have a kid who constantly whines. Or possibly, you have child who has trouble answering questions and acts apathetic when asked for an opinion.

If these frustrating scenarios sound familiar to you, it would be worth your while to read "Love Your Family Again: The Guidebook for Becoming the Parent of Your Dreams," by best-selling author Dr. Marcie Beigel, whom NY Parenting readers know for her monthly column Behavior Therapy. With a specialty in "behavior," Beigel is a board-certified behavior analyst-doctorate, and has two master's degrees as well as a doctorate from Teachers College, Columbia University.

Beigel sees her book as a reference guide for families whenever misbehavior arises. In it, she provides three essential keys "to unlock solutions for behavioral problems:"

- Speak with purpose, as words matter.
- Do more, as actions count.
- Choose honey, as perspective is powerful.

Although Beigel knows her book "cannot replace individualized supervision, counseling, and personalized support," she believes parents will find it useful because "the strategies are general and the concepts broad." Beigel also reminds her readers that she uses the term "small beings" when referring to children "to remind us that we are all human and deserve respect."

Speak with purpose, words matter

Beigel thinks children know when parents do not follow through on their word, so it is important that caregivers only give instructions when they are "ready to enforce compliance." If you tell your children what actions you want to see, then they can clearly follow directions.



Dr. Marcie Beigel

As an example, Beigel outlined a scenario of a 4-year-old boy who had a habit of hitting, which she describes as a "defensive instinct." Recommending that parents stop constantly telling a child to not hit, she suggested the parents keep track of when and where the hitting was occurring. With this information, the parents could then recognize a behavioral pattern and intervene at appropriate times to prevent their child from hitting in the future. Beigel also presented various reasons for why a child misbehaves.

In the first instance, every time the child hit, he received individualized attention from adults. By tracking that the boy was alone for a while before he started hitting, it became obvious that he was misbehaving for attention. As a result, the parent was able to time when it was necessary to intervene and give the boy the attention he needed before he started to hit.

The second reason for misbehavior was if the child was hitting to escape. Beigel gives an example of a birthday party that became too chaotic for the child. Before the child had the chance to hit, the parent would intervene and give the child a break

from the scene.

Sometimes a small being hits because he likes the feeling of the pressure against his skin. In this instance, the parent must let the child know "that hitting is never fun, funny, or playful." Parents can teach their kids to hit a ball or engage in clapping games to demonstrate when hitting is appropriate.

Do more, actions count

Beigel gives an example of a small being who whines because "he is not in a calm mental state." The child whines often "as a regular form of communication because it works for him." If the boy does not get what he wants quickly or at all, he may find that whining will get him attention and even control.

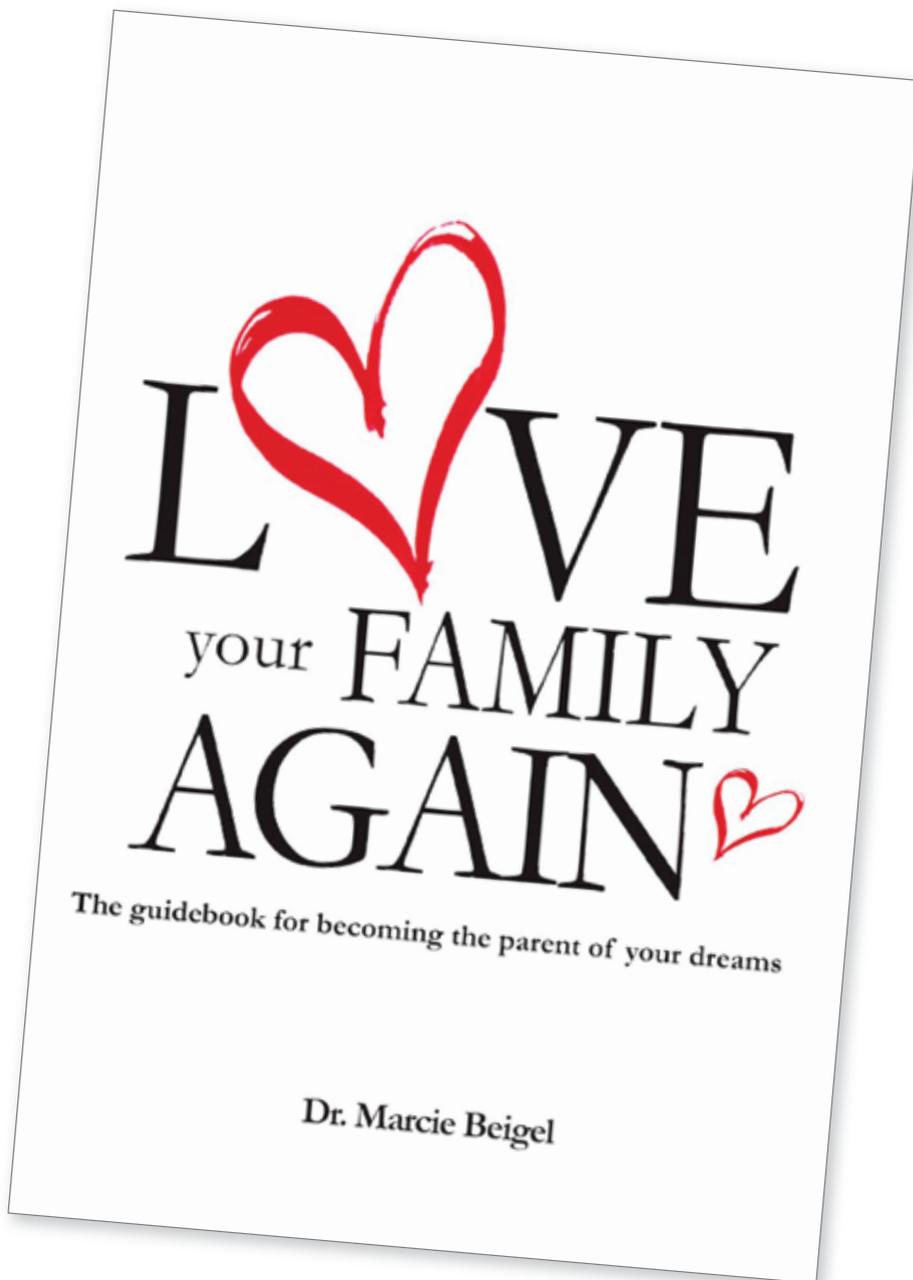
To correct this small being's behavior, Beigel recommends parents stop providing the child with attention for whining and "start providing attention for good behavior (proper, kind, polite, appropriate) communication."

With a plan in place, parents should let their child know that he needs to speak "in a full, beautiful voice." They will not respond to him if he whispers, whines, or yells. If the child does not meet these expectations, the parents can ask the child to repeat his sentence until he speaks in a regular voice.

This new way of speaking is called replacement behavior. Parents should remind their child of this new replacement behavior about three times a day. If a parent does not provide a replacement behavior, one negative form of acting will be replaced by another.

The longer the child has been whining, the longer it will take to replace or remove it. If your small being has been whining for three or four years, it may take several months until he stops the negative behavior. If he has suddenly started to whine, it may take only a few weeks to eliminate his misbehavior.

When the child finally does speak in an appropriately toned voice, parents should celebrate this achievement. Any improve-



ments in behavior should be recognized and serve as an impetus for better behavior in the future.

Choose honey, perspective is powerful

Beigel believes that if parents repeat expectations every time an event begins, they will spend less time correcting their children later on. When parents first start a behavioral program, small beings should be praised for even their smallest steps of improvement.

When parents talk about their children, they should stop complaining about their negative behavior and speak about their children in a positive tone of voice. Beigel reminds parents that they should not take misbehavior personally, as “kids do not act out to make their parents miserable.”

If a parent feels overwhelmed by their child’s misbehavior, they should break down their action plan into small enough steps to make it achievable. Beigel encourages parents to create a log of their child’s improvements, which they should refer to when they start to feel discouraged.

Beigel gives an example of an 8-year-old girl named Chloe who “found it very challenging to make decisions.” Although she acted like she didn’t care, Beigel realized that Chloe cared very much. The small being needed help but did not know how to get it. Beigel observes, “This is a child who expects to fail. She expects to get into trouble and mess up.”

As the girl’s therapist, Beigel found out that Chloe had “older siblings with lots of

If parents behave negatively, children will follow that behavior.

opinions and often told her that her ideas were stupid.” In contrast, whenever Chloe answered a question, Beigel celebrated her answers. After receiving much positive feedback to her responses, Chloe slowly started to say what she wanted to do.

As Beigel recalls, “My enthusiasm for her ideas brought out her opinions. She always had them but was hiding them. Now she was able to make her voice be heard.”

Another exercise Beigel uses with her apathetic clients is something the whole family can participate in. Have your child stand up with her hands on her hips and her feet apart in a “classic Wonder Woman” pose. Have the child repeat saying, “I am amazing.” Set up a timer and have your small being repeat this phrase over and over until the timer goes off.

While this exercise does sound a “little silly,” it does change how small beings feel about themselves. Beigel says numerous research studies “support how physical shifts can create psychological and physical changes. It is hard to get into trouble when you believe that you’re amazing.”

Parents as role models for good behavior

As a role model to your children, parents should not gossip or complain about everything to their small beings nor respond to them sarcastically. If parents behave negatively, children will follow that behavior.

Furthermore, parents should not tolerate mean behavior, and should let their children know if they do not behave kindly. Parents should let their small beings know that there are expectations as well as consequences for polite and rude behavior.

Most importantly, Beigel writes, “Teaching small beings to have outstanding behavior requires ongoing attention. The best way to ensure you stay on track is to make monitoring behavior a daily habit. Don’t wait to be reactive. Use these tools in your family every day. Small steps every day make all the difference.”

Allison Plitt is a frequent contributor to this publication and lives in Queens with her 12-year-old daughter.

Calendar

APRIL



Florence Montmare

It's really, really, really high art

Take a flight of fancy in “Air Play” at the New Victory Theater, now through April 15.

Watch in absolute wonder as umbrellas take flight, balloons sprout minds of their own, and shimmering silks ripple to the rafters in this modern circus spectacle.

With knowing smiles and suitcases full of surprises, the globetrotting Acrobuffos, Seth Bloom and Christina Gelsone elicit gasps and giggles in equal measure as they animate airflow, goad gravity,

and make buoyant, beautiful and really, really, really high art out of the very thing we breathe.

“Air Play” April 1, 7, 8, and 15 at 11 am and 3 pm; April 4 and 5 at 2 pm; April 6 at 2 pm and 7 pm; April 13 at 7 pm; and April 14 at 3 pm (this is a special autism-friendly performance).

Tickets start at \$16. April 14 show is \$25.

The New Victory Theater [209 W. 42nd St. between Seventh and Eighth avenues in Midtown, (646) 223-3010; www.newvictory.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 — 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!

MON, APRIL 2

IN MANHATTAN

Kids Week – Reptiles and Amphibians:

Payson Center, Payson Avenue and Dyckman Street; (212) 304-2277; www.nycgovparks.org/events/2018/04/02/kids-week-manhattan-reptiles-and-amphibians; 1 pm to 2:30 pm; Free.

Do you think reptiles and amphibians are cool or creepy? Gain a new appreciation for these misunderstood creatures. Find out how reptiles and amphibians play an important role in our local ecosystem.

TUES, APRIL 3

IN MANHATTAN

Watson Adventures' Grand Central Scramble Family Scavenger Hunt:

Grand Central Station, 89 E. 42nd St., (877) 946-4868; rsvp@watsonadventures.com; www.watsonadventures.com/public/event/grand-central-scramble-family-scamper-hunt; 10:30 am; \$17.50–\$21.50.

Join Watson Adventures on a unique scavenger hunt for adults and kids 7 and up! Kids and adults work together to uncover the secrets of this amazing train station. To win, you'll have to go nuts in the Whispering Gallery, learn a secret about the stars in the "sky," find TV celebs in the food court, stand on fish under an upside-down tree in the Grand Central Market, learn the arrival time of a "ghost" train, and think like Willy Wonka in the Transit Museum Gallery. Kids must be accompanied by an adult. Advance purchase is required.

Kids Week Manhattan – Urban Wildlife:

Dana Discovery Center, Central Park at 110th Street between Fifth and Lenox avenues; (212) 304-2277; www.nycgovparks.org/events/2018/04/03/kids-week-manhattan-urban-wildlife; 1 pm to 2:30 pm; Free.

Get to know your neighbors! New York has a reputation as a concrete jungle, but thousands of animal species can be found in our parks. Join the Urban Park Rangers as they guide you to just a few of the many birds, reptiles, and mammals that call New York City home.



Rachel Neville

World of 'Wonderland'

Don't be late for a very important date. "The Alice in Wonderland Follies" is coming to the Florence Gould Hall on April 28 and 29.

"Alice in Wonderland Follies" follows Alice's adventures through Wonderland as she meets some of the most beloved characters in children's literature. Presented in a vaudeville style, this ballet draws on a range of cultural dance forms — from Irish step to African Juba to classical ballet — brought together by the ingenious

Keith Michael as an entertaining one-hour live performance. It's part of New York Theater Ballet's Once Upon a Ballet series.

"Alice in Wonderland Follies," April 28 and 29; Saturday at 1 pm; Sunday at 11 am, 1 pm, and 3:30 pm. Tickets are \$34, \$24 for children 12 and younger. Suitable for children 3 years and older.

Florence Gould Hall [55 E. 59th St. in Midtown, (212) 355-6160; <http://nytb.org/calendar-and-tickets/view/The-Alice-in-Wonderland-Follies/>].

WED, APRIL 4

IN MANHATTAN

Kids Week – Tree Walk: Isham Park, Isham Street and Seaman Avenue; (212) 360-1470; 1 pm to 2:30 pm; Free.

Trees are budding and birds are singing. Join the Urban Park Rangers for a walk looking for wildlife clues while identifying trees.

THURS, APRIL 5

IN MANHATTAN

Watson Adventures' Grand Central Scramble Family Scavenger Hunt: 10:30 am. Grand Central Station. See Tues-

day, April 3.

Kids Week – Insect Exploration: Dana Discovery Center, 110th Street between Fifth and Lenox avenues; (212) 360-1444; 1 pm to 2:30 pm; Free.

Take the kids to the park to enjoy a family-friendly, guided hike filled with learning activities. You never know what you may observe on these insect exploration hikes lead by the Urban Park Rangers.

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

Drop in to try your skills at one of the old-

Calendar

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est 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. Younger kids may also enjoy coming along and contributing to our community weaving using recycled fabrics and ribbons. Please contact familyprograms@nyhistory.org for more information and pricing.

FRI, APRIL 6

IN MANHATTAN

Kids week – All about raptors: Payson Center, Payson Avenue at Dyckman Street; www.nycgovparks.org/events/2018/04/06/kids-week-manhattan-all-about-raptors; 1 pm to 2:30pm; Free.

School is out! Get outside and get excited. Take the kids to the park to enjoy a guided bird walk, perfect for young bird-watchers! Bring your own binoculars, or ask a park ranger to borrow a pair. You never know what you may observe on these nature walks.

SAT, APRIL 7

IN MANHATTAN

Central Park Discovery Walk for Families – Statues and Monuments: Samuel F. B. Morse Statue, Central Park at E. 72nd Street and Fifth Avenue; (212) 310-6600; 10 am to 11:30 am; Free.

Join us on a kid-friendly adventure as we discover the secrets and mysteries of Central Park's most beloved children's sculptures! Central Park Conservancy Guides will lead this wintery exploration, featuring some of the park's most popular statues for children. Highlights of this guided walk include Balto, Alice in Wonderland, and Hans Christian Andersen. Meet in front of the Samuel F. B. Morse statue (inside the park at 72nd Street and Fifth Avenue). Terrain is uneven, with inclines and stairs; may not be suitable for strollers. Tour is approximately 90 minutes. Families with children ages 5 and up only. Please arrive at walk location 15 minutes before the start of the Discovery Walk.

Annual Shearing of the Heather Celebration: Heather Garden at Fort Tryon Park, Cabrini Boulevard and Fort Washington Avenue; (212) 795-1388; 10:30 am to noon; Free.

The three-acre Heather Garden is the site of our annual rite of spring — the Shearing of the Heather by members of the Northeast Heather Society and Heather Garden staff. Bring your musical instruments and join in our community parade through the Heather Garden. Learn why Fort Tryon Park has the largest heath and heather collection in the northeast, and learn how to propagate your own heathers with clippings from the shearing. Make flower-themed crafts, create bou-

Back to the 'Island'

Enjoy a book reading of "Island-born" on April 13 at the United Palace Theater.

Pulitzer Prize winner and MacArthur fellow Junot Díaz reads and signs his debut children's picture book with a question and answer to follow.

The story explores diversity and imagination through the eyes of young protagonist Lola. After her teacher asks students to draw a picture of the places where their families immigrated from, Lola struggles to remember the island that she left when she was just a baby. With help from family, friends, and imagination, Lola takes an extraordinary journey back to The Island.

Book signing, April 13 at 5:30 pm. Admission: \$25 includes a copy of the



book, \$15 does not. \$5 children 12 and under and seniors 65 and older (does not include book).

The United Palace Theater (4140 Broadway at 175th Street in Washington Heights, www.unitedpalacearts.org).

tonnières, and get your face painted.

Living History – Pinkerton's Historic Detectives: New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; www.nyhistory.org/childrens-museum/families; 1 pm to 4 pm; Free with museum admission.

Go undercover for an afternoon at the museum! In conjunction with our History Detective Briefcase for Families, meet an investigator from the Pinkerton National Detective Agency portrayed by one of our trained Living Historians. Examine how a 19th-century gumshoe used disguises to spy on troublemakers, learn the Pinkerton Code and Agency methods for protecting people and uncovering crime, and listen to suspenseful stories about detectives — like America's first female private eye, Kate Warne, who halted an attempt to hurt Abraham Lincoln in 1861!

"Sleeping Beauty:" Galli Theater, 357 W. 36th St. #202; (212) 731-0668; www.gallitheaternyc.com/shows; 2 pm; \$20 (\$15 child; \$35 one parent one child).

A wicked fairy is upset at not being invited to a princess's birthday celebration and casts a sleeping spell on the entire kingdom for a hundred years. Will the perfect prince come.

SUN, APRIL 8

IN MANHATTAN

Go out and Play: Museum at Eldridge Street, 12 Eldridge St.; (212) 219-0888; www.eldridgestreet.org; 11 am; \$14 (\$8 chil-

dren and seniors; Free for children under 5).

Stickball, stoopball, handball, hit the penny, jump rope and jacks — there was a time when these games and their pint-sized devotees ruled the Lower East Side streets. Bring the whole family for this fun program that brings analog gaming back to the neighborhood! We'll bring the gear, you bring the kids!

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

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

Living History – Pinkerton's Historic Detectives: 1 pm to 4 pm. New-York Historical Society. See Saturday, April 7.

"Sleeping Beauty:" 2 pm. Galli Theater. See Saturday, April 7.

Nocturnal Wildlife: Central Park, 81st Street and Central Park West; (212) 360-1444; 8 pm to 9:30 pm; Free.

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 an Urban Park Ranger to bor-

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row a pair.

THURS, APRIL 12

IN MANHATTAN

Family Day – Design for Living: Center for Architecture, 536 LaGuardia Pl.; (212) 358-6133; info@cfafoundation.org; www.centerforarchitecture.org/familyday; 11 am; \$12 per child and \$6 per adult.

Families will explore the Center's exhibition *Social Housing – New European Projects* to see examples of creative designs and new options for affordable housing being built in other countries. Kids will then have a chance to create their own innovative housing designs for New York City.

MOCAKIDS Storytime!: Museum of Chinese in America, 215 Centre St., (855) 955-6622; 3:30pm to 4 pm; 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 in America for stories, finger-plays, songs, and more in English and Mandarin! Interactive songs, nursery rhymes, and arts and 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.

Cross-Stitch Circle: 3:30 pm to 5:30 pm. New-York Historical Society. See Thursday, April 5.

FRI, APRIL 13

IN MANHATTAN

"Islandborn:" The United Palace Theater, 4140 Broadway at 175th Street; www.unitedpalacearts.org; 5:30 pm; \$25 (includes book) \$15 (does not include book); \$5 children 12 and under and seniors 65 and older (does not include book).

Pulitzer Prize winner and MacArthur fellow Junot Díaz reads and signs his debut children's picture book with a question and answer to follow. The story explores diversity and imagination through the eyes of young protagonist Lola. After her teacher asks students to draw a picture of the places where their families immigrated from, Lola struggles to remember the Island that she left when she was just a baby. With help from family, friends, and imagination, Lola takes an extraordinary journey back to the Island.

SAT, APRIL 14

IN MANHATTAN

Suzi Shelton's Whole Band Show: Hudson Eats at Brookfield Place, 225 Liberty



Rocking out with Suzie

Suzie Shelton and her whole band stop in at Hudson Eats at Brookfield Place on April 14. Join Suzi and her band as they preview new songs from the soon-to-be-released album.

Local songstress Suzi Shelton is an award-winning singer and songwriter who has been performing for families

for more than 15 years in and around the New York area.

Suzie Shelton at Hudson Eats on April 14 at 10 am. Free. Suitable for children up to 8 years old.

Hudson Eats at Brookfield Place [225 Liberty St. in the Financial District, (212) 978-1698].

St.; (212) 978-1698; 10 am; Free.

Join Suzi and her band as they preview her new songs from her soon to be released album.

Sou Sou: Caribbean Cultural Center African Diaspora Institute, 120 E. 125th St. cccadi.org/sousou; Noon to 4 pm; Free.

The family-oriented program is inspired by the savings clubs tradition of the African Diaspora with a twist — a culture savings club for the entire family. Attendees get to enjoy art, dance, music workshops, and many more activities that elevate the history and traditions of the African diaspora.

Print-making workshops: International Print Center New York, 508 W. 26th St. Fifth Floor (High Line); (212) 989-5090; www.ipcny.org; 1 pm to 4 pm; Free.

Participants explore print-making techniques such as woodblock, etching, engraving, and silkscreen, with a presentation of printmaking tools. Kid-friendly print-making activity tailored to the current show.

"Sleeping Beauty:" 2 pm. Galli Theater. See Saturday, April 7.

"Bubble Guppies Live!": The Beacon Theatre, 2124 Broadway; www.msg.com/

calendar/beacon-theatre-april-2018-bubble-guppies-live-ready-to-rock; 2 pm; \$25–\$125.

What time is it? It's time for Bubble Guppies! Dive in to this interactive musical underwater adventure! The Bubble Guppies are getting ready to rock 'n' roll with everyone's favorite tunes, but when a special band member goes missing, the show can't go on! With help from Mr. Grouper and giggly little fish, Molly, Gil, and the whole gang embark on a musical expedition as they search every corner of their bubbly world for their friend!

"Liz Buck & Jon Boogz – Love heals all wounds": Skirball Center, 566 La Guardia Pl.; (212) 999-4941; skirball.boxoffice@nyu.edu; 3 pm and 7:30 pm; Tickets start at \$40.

This work by Movement Arts Is addresses social issues such as police brutality and violence in America while seeking to promote diversity, inclusion, and empathy as a unifying force. Movement Art Is, co-founded by Jon Boogz and Lil Buck, uses movement artistry to inspire and change the world while elevating the artistic educational and social impact of dance.

Calendar

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

SUN, APRIL 15

IN MANHATTAN

Living History – Fighting the Revolution on Horseback: New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; www.nyhistory.org/childrens-museum/families; 11 am to 4 pm; Free with museum admission.

This Sunday, meet Living Historians from the Second Continental Light Dragoons, an organization that brings to life the first congressionally authorized cavalry regiment in American history. (In fact, it is still recognized as an active unit in the military today!) These mobile troops are stationed at the museum on their feet for the day to answer all of your questions about fighting on horseback. Watch a saber drill and take a close look at their special helmets, military saddle, and other equipment!

“Bubble Guppies Live!”: 11 am. The Beacon Theatre. See Saturday, April 14.

Spring Family Fair: The Morgan Library & Museum, 225 Madison Ave. at 36th Street; (212) 685-0008; tickets@themorgan.org; www.themorgan.org/programs/spring-family-fair; 2 pm; Free with museum admission.

Celebrate art and literature at our annual Spring Family Fair! Inspire your family's love of books with a visit to Mr. Morgan's historic library, explore our spring exhibitions, compose your own poetry on our poetry wall, make crafts inspired our collections, and through an interactive performance, meet Belle da Costa Greene, Pierpont Morgan's librarian and the first director of the Morgan Library.

“Sleeping Beauty”: 2 pm. Galli Theater. See Saturday, April 7.

MON, APRIL 16

IN MANHATTAN

NYC Autism Charter Schools Board Meetings: NYC Autism Charter Schools, 433 E. 100th St. in Manhattan; 977 Fox St. in Bronx; (212) 860-2580; csecharan@nycacharterschool.org; www.nycautismcharterschool.org; 5:00pm; Free.

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

THURS, APRIL 19

IN MANHATTAN

Cross-Stitch Circle: 3:30 pm to 5:30 pm. New-York Historical Society. See Thursday, April 5.

FRI, APRIL 20

IN MANHATTAN

Earth Day 5k Green Tour 2018: Union Square, 14 Union Square Pl., (212)

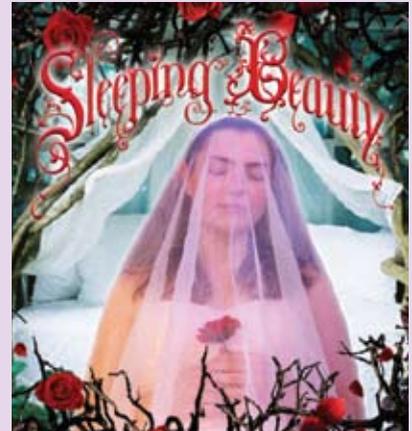
Magic kiss

Will just one kiss break the spell? Come and find out when “Sleeping Beauty” comes to the Galli Theater on April 7, 8, 14, 15, 21, and 22.

A wicked fairy is upset at not being invited to a princess's birthday celebration and casts a sleeping spell on the entire kingdom for 100 years. Will the perfect prince come and bestow the kiss that can break the curse and wake the sleeping princess and the kingdom?

“Sleeping Beauty” on April 7, 8, 14, 15, 21, and 22; all performances at 2 pm. Tickets \$20 (\$15 child; \$35 one parent one child).

Reservations not required.



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

922-0048; events@earthdayny.org; www.earthdayinitiative.org/earth-day-new-york-2017/2016/6/14/earth-day-5k-green-tour-2017-ply2x; 9:00am; \$30.

Join our annual walking tour of green sites around the city! The tour is a fantastic way to get outside on Earth Day and get involved with some of the great green groups. Past sites on the tour have included a rooftop farm in Midtown Manhattan, the Lowline Lab, a natural food cooking school, and a composting site. You'll travel from site to site and learn about what each group is doing on the ground to help green the city. The tour is great for school groups, employee engagement teams, or anyone who wants to learn more about some of the environmental work being done right around the corner.

SAT, APRIL 21

IN MANHATTAN

Central Park Discovery Walk for Families – Statues and Monuments: 10 am to 11:30 am. Samuel F. B. Morse Statue. See Saturday, April 7.

“Sleeping Beauty”: 2 pm. Galli Theater. See Saturday, April 7.

SUN, APRIL 22

IN MANHATTAN

Earth Day: Heather Garden at Fort Tryon Park, Cabrini Boulevard and Fort Washington Avenue; (212) 795-1388; 10 am to 2 pm; Free.

Celebrate Earth Day by being a great park steward — give back to the park by volunteering with the Friends Committee of the Fort Tryon Park Trust and NYC Parks at a Beautification Day. Plants, tools, and gloves will be provided. Wear long pants and sturdy

shoes. Sign in with the Friends Committee at the Margaret Corbin Circle entrance to the Heather Garden. Groups must RSVP by emailing info@forttryonparktrust.org by April 10. Volunteers under 18 must be accompanied by an adult.

Kids 'N Comedy: Gotham Comedy Club, 208 W. 23rd St.; (212) 877-6115; 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 his/her 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.

“Sleeping Beauty”: 2 pm. Galli Theater. See Saturday, April 7.

THURS, APRIL 26

IN MANHATTAN

MOCAKIDS Storytime!: Museum of Chinese in America, 215 Centre St., (855) 955-6622; www.mocanyc.org/visit/events/storytime; 3:30 pm-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 in America for stories, finger-plays, songs, and more in English and Mandarin! Interactive songs, nursery rhymes, and arts and 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 online calendar is updated daily at www.NYParenting.com/calendar

Our program invites everyone from native speakers to those seeking their first exposure to a new language.

Cross-Stitch Circle: 3:30 pm to 5:30 pm. New-York Historical Society. See Thursday, April 5.

FRI, APRIL 27

IN MANHATTAN

"REP": Florence Gould Hall, 55 E. 59th St.; nytb.org/calendar-and-tickets/view/Mother-GOOSE; 7:30 pm; \$29 (\$14 seniors & students).

Presented by New York Theatre Ballet, this dance series features Gemma Bond's "Optimists" and David Gordon's "Beethoven."

SAT, APRIL 28

IN MANHATTAN

Central Park Discovery Walk for Families – Statues and Monuments: 10 am to 11:30 am. Samuel F. B. Morse Statue. See Saturday, April 7.

Street Games 2018: Thomas Jefferson Park, 114th Street and Pleasant Avenue; (212) 360–8214; 11 am to 3 pm; Free.

Play old-school street games from the '60s and '70s at our 11th annual Street Games festival in East Harlem! Make your first stop to the city Parks booth to pick up a Street Games Passport! Complete five out of 10 of the activities on the passport to redeem a prize. Games include: Pogo sticks, hula hoops, double Dutch, hippity hop, yo-yos, box car derby, jumbo games, obstacle course, and more. Street Games is also more than just games! Join us for performances by a yo-yo master, hip-hop breakdancers, and the Dance Theatre of Harlem!

"Alice in Wonderland Follies:" Florence Gould Hall, 55 E. 59th St.; (212) 355–6160; nytb.org/calendar-and-tickets/view/The-Alice-in-Wonderland-Follies; 1 pm; \$34 (\$24 for kids 12 and under).

Follow Alice's adventures through Wonderland as she meets some of the most beloved characters in children's literature. Presented in a vaudeville style, this ballet draws on a range of cultural dance forms — from Irish step dancing to African Juba to classical ballet — brought together by the ingenious Keith Michael as an entertaining one hour live performance.

Print-making workshops: 1 pm to 4 pm. International Print Center New York. See Saturday, April 14.

"REP": 7:30 pm. Florence Gould Hall. See Friday, April 27.

FURTHER AFIELD

Run for the Wild: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220–5103; www.bronxzoo.com; 8 am; Registration for the run is \$50 for adults,



Scott Olinger

Flight from the fishbowl

"The Little Red Fish" is swimming to Theatre Row's Lion Theatre weekends from April 7 to April 29.

The New York City Children's Theatre presents this production, created by Puppet Kitchen, that tells the tale of Jeje, who is finally allowed to accompany his grandfather to the library, and he brings his pet fish in a bowl along with him.

But after the fish disappears into

a book, Jeje must dive in and travel through the adventure-filled pages to follow his friend.

"The Little Red Fish" Saturdays and Sundays, April 7 to April 29 at 11 am and 2 pm. Tickets are \$29.25. Suitable for children 3 years and older. Run time: 50 min.

The Lion Theatre at Theatre Row (410 W. 42nd St. at Ninth Avenue in Midtown, www.nycchildrenstheater.org).

\$40 for children (ages 3–15), and \$40 for seniors (ages 65 and up). All WCS members receive a discount on registration. All adult (and senior) participants are required to raise a minimum of \$35 in order to participate.

Runners and walkers will be participating on behalf of the five species of big cats identified as priority species for conservation — cheetahs, jaguars, lions, tigers, and snow leopards. Run for the Wild participants are encouraged to fund-raise and seek individual sponsors for their effort. The price of registration includes parking and general admission to the Bronx Zoo on the day of the event. Total Experience Ticket upgrade is available on site. Registrants can choose from two different events. The 5K run for individual runners will begin at 8 am; casual runners and walkers can take part in the Family Fun Run/Walk at 8:45 am.

Sakura Matsuri 2018: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway, Brooklyn; (718) 623–7220; www.bbg.org; 10 am to 6 pm; \$25, \$20 for seniors and students, free for children under 12 and members.

Sakura Matsuri offers more than 60 events and performances that celebrate traditional and contemporary Japanese culture. The festival celebrates the Japanese cultural tradition of enjoying each moment of the cherry blossom season.

SUN, APRIL 29

IN MANHATTAN

March of Dimes: Lincoln Center Area, Columbus Avenue between W. 65th and W. 62nd streets; www.marchforbabies.org; 8:30 am (10 am); Registration fees.

Nearly half a million babies are born premature or with birth defects in the United States; March of Dimes is hosting its annual March for Babies to raise funds and spread awareness. Join in with family, friends, corporate partners, and supporters and take to the streets to walk in support of moms, dads, and babies. The walk is approximately three miles.

"Alice in Wonderland Follies:" 11 am, 1 pm, and 3:30 pm. Florence Gould Hall. See

Calendar

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

Saturday, April 28.

FURTHER AFIELD

Sakura Matsuri 2018: 10 am to 6 pm.
Brooklyn Botanic Garden. See Saturday, April 28.

LONG-RUNNING

IN MANHATTAN

"Frozen" on Broadway: St. James Theatre, 246 West 44th St. (866) 870-2717; frozenthemusical.com; \$100 and up.

A musical worth melting for! If you loved the movie "Frozen," you'll love seeing Anna, Elsa, Kristoff, and Olaf come to life on stage to tell the timeless tale of two sisters who are pulled apart by a mysterious secret. Of course, there's the classic song "Let It Go," plus many new numbers for this new production.

Unseen Oceans: American Museum of Natural History, Central Park West at W. 79th Street; (212) 769-5200; www.amnh.org; Daily, 10 am-5:45 pm; \$28 adults, \$16.50 children.

Take a deep dive into modern ocean exploration in this brand-new exhibition at the American Museum of Natural History! Highlights include a virtual ride in a submersible into the shadowy depths and a magnetic sand table where visitors can dig trenches and form islands. There are also live marine animals such as comb jellies, seahorses, pipefishes, and chain catsharks.

New York International Auto Show: Jacob Javits Center, 11th Avenue between W. 34th and W. 40th streets; www.auto-showny.com/tickets; Mondays - Saturdays, 10 am to 10 pm, Sundays, 10 am to 7 pm, until Sun, April 8; \$17 (\$7 children under 12).

Come on down and get a gander at the latest in automotive trends; take the opportunity to sit behind the wheel and experience the newest models and current models in motoring.

4-D Theater: Central Park Zoo, E. 64th Street and Fifth Avenue; <https://centralparkzoo.com>; Daily, 11 am to 4 pm, until Sat, June 30; Free with Total Experience (\$7 per person).

An immersive experience featuring the visual drama of a 3-D film with a variety of built-in sensory effects. It's quite an adventure. Please note: this experience is geared for children ages 6 and up, and is not recommended for children under age 4.

"Air Play:" The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; www.newvictory.org; Sunday, April 1, 11 am and 3 pm; Wednesday, April 4, 2 pm; Thursday, April 5, 2 pm; Friday, April 6, 2 pm and 7 pm; Saturday, April 7, 11 am and 3 pm; Sunday, April 8, 11 am and 3 pm; Friday, April 13, 7 pm; Saturday, April 14, 3 pm (special); Sunday, April 15, 11 am and 3 pm; Tickets start at

March for Babies

Walk for babies, walk for families, and raise awareness and funds at the annual March for Babies, hosted by the March of Dimes, on April 29 on the Upper West Side.

Nearly half a million babies are born premature or with birth defects in the United States, and March of Dimes is hosting its annual walk to spread awareness and raise funds for these infants and their families.

Join in with family, friends, corporate partners, and supporters, and take to the streets to walk in support of moms, dads, and babies. The Walk is approximately three miles long. Pre-registration is required, and strollers are welcome.

March for Babies on April 29, sign in at 8:30 am, with walk beginning at 10 am.



Registration fees apply.

Lincoln Center area (Columbus Avenue between W. 65th and W. 62nd streets on the Upper West Side; www.marchforbabies.org).

\$16 (April 14 show \$25).

Watch in absolute wonder as umbrellas take flight, balloons sprout minds of their own and shimmering silks ripple to the rafters in this modern circus spectacle. With knowing smiles and suitcases full of surprises, the globetrotting Acrobuffos — Seth Bloom and Christina Gelsone — elicit gasps and giggles in equal measure as they animate airflow, goad gravity, and make buoyant, beautiful and really, really, really high art out of the very thing we breathe. (Special autism-friendly performance April 14).

Fourth annual Scholastic Art & Writing Award Exhibition: The Metropolitan Museum of Art's Ruth and Harold D. Uris Center for Education, 1000 Fifth Ave.; alivingston@scholastic.com; artandwriting.org; Daily, 11 am to 6 pm; until Tues, May 29; Free.

The nonprofit Alliance for Young Artists & Writers and The Metropolitan Museum of Art will hosting an opening reception for the fourth annual New York City Scholastic Art & Writing Awards exhibition at The Met's Ruth and Harold D. Uris Center for Education. The exhibition features more than 600 original works of art and writing from New York City-based Gold Key recipients in the 2018 Scholastic Art & Writing Awards, the country's longest-running and most prestigious award and recognition program for creative teens.

"That Physics Show" and "That

Chemistry Show": The Playroom Theater, 151 W. 46th St., eighth floor; (212) 967-8278; www.sciencetheatercompany.com; Saturdays and Sundays, Noon and 3 pm, beginning Sun, April 1; \$59.

The Science Theater Company, the newly formed theatre company founded by producer Eric Krebs that "uses the magic of the theatre to make science fun." Now in its third year, it delights, amazes, and educates audiences. The shows are performed in repertory on Saturday and Sunday.

"Neverland: Peter Returns:" Swedish Cottage Marionette Theater, W. 79th and West Drive; (212) 988-9093; www.cityparksfoundation.org; Tuesdays - Fridays, 10:30 am and 11:30 am, Saturdays and Sundays, 1 pm, \$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.

Youth Wheelchair Basketball: Gertrude Ederle Recreation Center, 232 W. 60th St.; (646) 632-7344; www.nycgovparks.org.

Calendar

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

org/events/2018/03/04/youth-wheelchair-basketball-hosted-by-new-york-rolling-fury; Sundays, 1 pm to 3:30 pm, Free with center membership.

Have you ever wanted to learn how to play wheelchair basketball and know the rules inside and out? Well, here's your chance to learn from the best! Come out and scrimmage against other wheelchair basketball players from the area.

Little New-Yorkers: New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; www.nyhistory.org/childrens-museum/families; Tuesdays and Fridays, 3:30 pm, Tues, April 3 – Fri, April 27; 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.

Shababa Fridays: 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; Fridays, 9:30 am, until Fri, May 18; \$10.

Get ready for Shabbat with a joyous and

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

"The Little Red Fish:" The Lion Theatre at Theatre Row, 410 W. 42nd St. at Ninth Avenue; <https://nycchildrenstheater.org>; Saturdays and Sundays, 11 am and 2 pm, Sat, April 7 – Sun, April 29; \$29.25.

Created by Puppet Kitchen, this show tells the tale of when Jeje is finally allowed to accompany his grandfather to the library, he brings his pet fish in a bowl along with him. But after the fish disappears into a book, Jeje must dive in and travel through the adventure-filled pages to follow his friend. Run time is 50 min.

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

Calling all history detectives! Check out

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

"Geniuses:" TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252-1619 X 4; www.tadatheater.com; Saturday, April 28, 7 pm; Sunday, April 29, 2 pm and 4 pm; Saturday, May 5, 2 pm and 4 pm; Sunday, May 6, 2 pm and 4 pm; Friday, May 11, 7 pm; Saturday, May 12, 2 pm and 4 pm; Wednesday, May 16, 10 am and noon; Saturday, May 19, 2 pm and 4 pm; Sunday, May 20, 2 pm and 4 pm; \$15 (\$25 adults).

TADA presents this original musical about two kids from a school for children who learn differently, who sneak into an elite private school for students with exceptionally high IQs and shake things up for the better, especially when they uncover one student's evil plot to take control of the world.

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New & Noteworthy

BY LISA J. CURTIS

Jumper for joy

With an impending royal wedding on the horizon, our attention is drifting toward Britain's adorable prince and princess, and finally, to the United Kingdom's kids clothing company, JoJo Maman Bebe, for a bit of classic spring style. JoJo Maman Bebe's latest collection is just as sweet as a smile from Prince George. We're particularly smitten with their sunny yellow jumper dress with a blue bird appliqued near the front hem. Available in sizes 6–12 months to 5–6 years, the dress is made from cotton twill and embellished with floral embroidery. Layer it over one of their blouses with a Peter Pan collar, and your little princess will be ready for the paparazzi (aka the grandmothers). For chilly early spring days, you'll want to scoop up JoJo Maman Bebe's cotton cardigan, also available in those sizes and in that happy shade of lemon. The sweater features blue bird intarsia, floral embroidery, and a swing shape. Tiaras are sold separately.

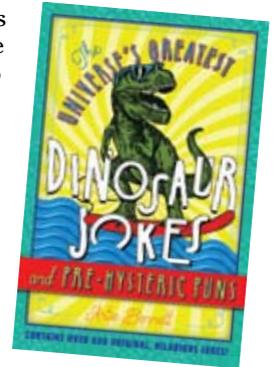
Girls' Bird Jumper Dress, \$44, Bird Cardigan, \$45, by JoJo Maman Bebe, jojomamanbebe.com.



Paleo humor

From the same Brooklyn author that penned the children's classic "Poopendous" comes a joke book that's ideal for the mini John Oliver in your life. "The Universe's Greatest Dinosaur Jokes and Pre-Hysterical Puns" (Sterling Children's Books) by Artie Bennett has paleo humor that will get the whole family — especially those members ages 5–12 — laughing. Exhibit A: "Which dinosaur was entirely sightless? Never-saur-us!" and "Why were Brachiosauruses so slow to apologize? It took them a long time to swallow their pride." Bennett's joke book is the Tyrannosaurus Rx we didn't know we needed in this turbulent moment in American history!

"The Universe's Greatest Dinosaur Jokes and Pre-Hysterical Puns" book by Artie Bennett, \$6.95, www.amazon.com.



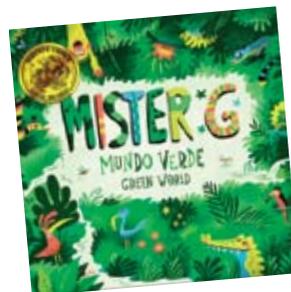
Crack the code

Children have to obediently follow instructions at home and school, but with a Kibo robot, they're giving the commands. Kids can begin to understand the basics of coding with Kinderlab Robotics' adorable Kibo Robot Kit. Recommended for budding software engineers — ages 4–7 — the toy arrives disassembled. Kids install Kibo's accessories, which allow him to move, see, hear, flash, and more. With the set of wood building blocks, children decide what Kibo will do: shake, turn left, flash a color, and more. They scan the bar codes on the building blocks, and watch the robot execute their blocks' commands. Created by Tufts Prof Marina Bers, Kibo allows kids to be creative, problem solve, and learn the basics of coding, without screen time. And for that, we give Kibo our kudos.

Kibo 21 Robot Kit, \$499, www.kinderlabrobotics.com.

Viva planet Earth!

Look no farther than Mister G's eighth children's album, "Mundo Verde/Green World" for a bilingual soundtrack to your 2018 Earth Day celebration. Circle April 22 on your calendar and use this date — and this rollicking album — to talk with your child about what your family does, and what more you can do to get out and enjoy nature and take care of "Pachamana/Mother Earth." Mister G debuted the songs from the album at the National Climate March in Washington, D.C., and they are a joyful ice breaker for opening a dialogue about our planet and its innumerable gifts, from "Agua/Water," to "Cuantos Peces/How Many Fish," to "Las Abejas/The Bees." The album is also an exuberant showcase of Latin American music styles (bomba, samba, reggae, and bossa nova) and the Spanish language; it features Santo Domingo-based merengue superstars 440 on "Gozar/Enjoy." And the final track, "Las Estrellas/The Stars," features Cuban-Mexican jazz



legend Arturo O'Farrill on piano!

"Mundo Verde/Green World" CD by Mister G, \$14.99, www.mistergsongs.com.



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