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NEW YORK Parenting

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Manhattan Family
August 2018



24

FEATURES

- 8 Ten tips to flush out potty mouth**
BY DENISE YEARIAN
- 10 Creative problem solving**
Education reform to prepare kids for future challenges
BY DEBORAH BRADLEY-KRAMER
- 18 Helping out**
Benefits of volunteering at your child's school
BY MYRNA BETH HASKELL
- 22 Feeding good**
New cookbook aims to make meals easier for new moms
BY TAMMY SCILEPPI
- 24 Splash smarter**
Tips for keeping it fun and safe at the water park
BY MYRNA BETH HASKELL

COLUMNS

- 6 Short Stuff**
- 20 FabuLYSS Finds**
BY LYSS STERN
- 26 Ask an Attorney**
BY ALISON ARDEN BESUNDER, ESQ.
- 27 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 28 Just Write Mom**
BY DANIELLE SULLIVAN
- 38 New & Noteworthy**
BY LISA J. CURTIS

CALENDAR

- 30 August Events**

SPECIAL SECTIONS

- 12 Schools Directory**
- 37 The Marketplace**



30



22

Halfway through summer

The summer is half gone and it never fails to amaze me how fast the weeks fly. Winter never moves that fast. Right?

Your kids may still be away at camp or more than halfway through their day camp season. My daughter is a director of a popular day camp that's all outdoors and these last weeks have been a nightmare for them coping with the rain issues, especially at dismissal time when they are struggling to get the kids on the right buses.

Along with the Fourth of July week, many families take the end of August for vacation when the camps close and just before school begins. It's been pretty nice locally, except for the recent rainy days, and there have been some really exquisite beach days.



We've been to the beach quite a lot and even had some great meals on the Brooklyn Brighton Beach Boardwalk on some balmy evenings. Wonderful Russian food! Friday nights they have fireworks at The Cyclones in Coney Island and you can see them nicely too in Brighton. Going to a game at The Brooklyn Cyclones is

a great event for families. Affordable and scaled down to be a perfect family outing, the F train takes you right there.

Minor league baseball is hardly minor.

I've been very impressed with the renovations to the Boardwalk at The Rockaways. The NYC Ferries can take you there from many locations around the boroughs and they're lots of fun! It's a very popular destination this summer, and impressively

from my point of view they have closed a small section for the nesting of some very small but endangered birds called Piping Plovers. Their chicks are apparently the size of cotton balls. Isn't that adorable?

However you and your family spend the end of summer, I sincerely hope it's a safe and happy one.

Make the most of the still long days and all the outdoor activities that go with it. Tennis anyone?

Thanks for reading.

Susan Weiss-Voskidis,
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20
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Short Stuff

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The illustrations of food, animals, clothing, and vehicles by La ZOO are designed to get little ones to use their imagination — and their fine motor muscles. Who wouldn't want to decorate their dream doughnut, or give a zebra it stripes? Wipe-off pages hold crayon beautifully and can be wiped clean easily with a paper towel so little artists can make their mark again and again. (Wet-erase and dry-erase makers also work on the pages.)

"I Can Do That! Origami"

Children as young as 3 years old can follow simple instructions for cutting and folding to transform an elephant into a teapot, make a hippo roar, and turn a car into a dessert. The activities are clever and surprising and help to



build focus, encourage children to follow sequential directions, and enhance fine motor muscles.

"I Can Do That! Stickers"

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hours. What's more, these value-packed pages help children ages 3 to 5 build problem-solving, number sense, fine motor, and reasoning skills while they play. Plus, the 350 reusable stickers in the book can be enjoyed again and again.

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NEW YORK
Parenting

Ten tips to flush out **potty mouth**

BY DENISE YEARIAN

At one time or another, parents may have to censor their child's speech. When cursing or other inappropriate language erupts from your child's mouth, consider these 10 tips:

1. Recognize developmental level. Children under the age of 6 think in concrete terms, so use simple statements like, "That's not a nice word; we don't say it." Kids over age 6 think in the abstract, so use it to teach why certain words are unacceptable.

2. Ask and explain. Don't assume your child knows the meaning of the word or its inappropriateness. Ask him, and then explain that it is offensive and could affect how others perceive and receive him.

3. Avoid overreacting. Some experts suggest ignoring the first offense, others say to address it immediately. Whatever you choose, stay calm and in control. Overreacting clues kids in that these are emotionally charged words, and they could use it to leverage attention.

4. Set guidelines. Establish boundaries on what is and isn't ac-

ceptable speech.

5. Opt for alternatives. Brainstorm acceptable words to use in place of expletives. Also, if he feels frustrated or angry, encourage him to take time for self-reflection.

6. Be mindful of media. Monitor the content of the TV shows and movies you allow in your home. Even if your child seems engrossed in another activity, if he's within earshot, he is hearing it.

7. Don't joke around. Resist the urge to laugh or video record him swearing, so you can upload it on social media sites. This sends a mixed message and reinforces bad behavior.

8. Be a good role model. If your child says, "You say it!" don't deny it, justify it, or set double standards. Admit your mistakes and agree to stop. What's more, if regular house guests have a propensity to swear, ask them to curtail cursing in your home.

9. Define consequences. If the problem persists, establish consequences and be consistent, i.e. put 50 cents in a jar for every offense.

10. Praise positive changes. If swearing was a problem and your child is now making an effort to stop, give praise when he expresses himself appropriately.

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





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Creative problem solving

Education reform
to prepare kids for
future challenges

BY DEBORAH BRADLEY-KRAMER

There has never been a greater need for education reform than the present moment. Educators and parents face an enormous challenge today in preparing present and upcoming generations for a rapidly changing and highly unpredictable future. In the next few decades, automation and artificial intelligence may make seemingly stable professions largely redundant. Changes to our climate may lead to sweeping migration and drastic transformation of economic production models. Technologies that seem cutting-edge and rich in opportunity may be entirely obsolete by the time today's kindergarten enters the job market. As a result, an educational model that was developed for the industrial era is likely to be entirely insufficient to the actual world our children and students will live in.

So how can we best prepare these children for the world they will inherit, whose parameters we can only guess at? The philosophy of education known as inquiry-based learning or phenomenon-based learning has been developed and applied with great success in countries such as Finland and Singapore that regularly score towards the top of global educational benchmarks such as the Programme for International Student Assessment.

Unfortunately, educators in U.S. schools often fail to teach our children how exciting and mesmerizingly beautiful the inquiry process can be — fixating on the destination rather than the journey of learning. If our nation's citizens are to acquire the skills necessary to remain competitive in an age of accelerating change, it is paramount that we urgently engage in a humanist approach to science, technology, engineering, and mathematics education reform to revolutionize our standings in the global knowledge economy.

So how does one teach creativity? One of the most effective ways to do this is through integrated, interdisciplinary investigation of problem, theme, or phenomenon, where learners become open to making unexpected connections. For example, a teacher may choose to extend an exploration of sustainable systems by challenging students to improve the overall energy efficiency of their own homes. A third-grader may tie together her under-

standing of energy loss, simple machines, and magnets to conceive of a device that will keep the door to the family refrigerator shut once and for all. Given the time to test, analyze, and redesign her invention, this child will not only have reduced her carbon footprint, but mom and dad's energy bill as well.

Now, imagine that your child attends a school where inquiry-based learning is encouraged. A first-grader is motivated by natural curiosity and asks: "Why are some ladybugs yellow?" Supported by enthusiastic interest from the rest of the class, the teacher orders several dozen ladybug eggs that the children raise in the classroom over the course of the next month. Your child and her classmates record observations of the ladybugs in interactive notebooks each day — watching as they hatch into some larvae, crystallize into some pupae, and emerge as adult ladybugs.

Together, the class develops a list of critical questions that they would like an-



swered. They form a variety of hypotheses that they test while they acquire and practice skills in measurement, mathematics, biology, and drawing that they need to record and analyze their data. Collaborative planning amongst your child's teachers results in supplemental activities involving reading, writing, engineering, multimedia design, visual and performance art, civil debate, public outreach, and much more.

Driven again, by the authentic interest of the class, the teacher facilitates a series of daily, mini-experiments. Does a ladybug prefer a wet or a dry habitat? What is the ideal temperature for a ladybug habitat? What is a ladybug's favorite food?

"But why are some ladybugs yellow?" one student asks again. As the insects begin to hatch, students see some yellow ladybugs, but then they switch to red. The students grapple with their observations in search of an explanation until finally, someone has the idea to put a hidden camera in the ladybug habitat. The following day, the teacher shows a video to the class that reveals a ladybug hatching from its pupae! Eagerly leaning forward, the class watches together and ... the new ladybug is yellow! Your child raises her hand to suggest skipping forward in the video and sure enough, the ladybug has turned red after several hours. Yellow ladybugs are just red lady-

So how does one teach creativity? One of the most effective ways to do this is through integrated, interdisciplinary investigation of problem, theme, or phenomenon, where learners become open to making unexpected connections.

bugs that have freshly hatched!

It is a different era, and we need fresh approaches to pedagogy and education. It is worth noting that in a 2013 study of Google employees, the seven most important qualities were: being a good coach, communicating and listening well, possessing insights into others, having empathy toward and being supportive of one's colleagues, being a good critical thinker and problem solver, and being able to make connections across complex ideas. These qualities are valuable in many fields

beyond technology.

A holistic approach to education creates minds able to rapidly acquire new modes of learning, develop new strategies, adapt to the needs of future quandaries, and fully explore their own passions. In this model, the individual interest and talents that make each child unique are not ignored, but rather, fully embraced in order to create a dynamic community of diverse learners. Autonomy, creativity, and lateral thinking are valued over rote memorization, creating students fluent in their ability to generate original ideas. Motivated not by grades, but by the natural curiosity that is present in every child, a humanist approach to education creates intrinsically motivated kids that simply love to learn.

A generation of creatively literate citizens is a non-negotiable requirement for future success. It is therefore important that students are taught how to teach themselves, how to define and solve their own problems, and how to work collaboratively towards meaningful goals; all skills that will empower them to become the innovators, leaders, and change agents of tomorrow.

Deborah Bradley-Kramer is MUSE Academy's Head of School. For more, visit <https://museacademybk.com>.

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www.theepiphanyschool.org

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Lower East Side

212-233-5151

917-803-2570

www.nyc.greatoakscharter.org

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Upper West Side


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www.theidealschool.org


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International Academy of New York

Continued on page 14




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Schools

DIRECTORY

Continued from page 12

Upper East Side

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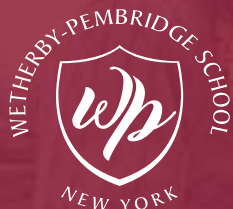
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Continued on page 16



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Schools

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Continued from page 14

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Wetherby-Pembridge School

Upper East Side

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Helping out

Benefits of volunteering at your child's school

BY MYRNA BETH HASKELL

Has your child's teacher asked for volunteers this year? If you have never offered your services, you may want to reconsider. Many elementary school teachers are eager to accept help from parents. Sometimes classes have as many as 25 or 30 students, and it can be a blessing to have an extra pair of hands. Even at the middle school and high school levels, parents are needed for a variety of reasons.

When my kids were still in school, I volunteered in many capacities, including Parent-Teacher Association president. My home office provided flexibility, which made it easier to find opportunities to help out during the day. However, there are plenty of ways parents can offer their assistance, even if they work during school hours.

Volunteering at your child's school will help your child as much as his teacher. He will realize that his education is just as important to you as it is to him. Having a relationship with school staff also makes it easier to address concerns or issues that may arise during the school year. It's a win-win for everyone.

Benefits of volunteering in the classroom

"Volunteering in your child's class gives you a delicious peek into your child's daily life," explains Dr. Eileen Kennedy-Moore, a psychologist, internationally published author of several parenting books, and co-author of the recently-released "Growing Friendships: A Kid's Guide to Making and Keeping Friends" (Aladdin-Beyond Words). "You'll be able to see how the teacher and students interact, pick up on the atmosphere in the classroom, and perhaps see a whole new side to your own child. Kids often behave very differently at school. Your chat-box at home may be on the quiet side at school, or your baby of the family may show an impressive degree of independence and resourcefulness in the classroom."

Christina Hibbert, founder of Motherhood Radio-TV and bestselling author of several books — including the award-winning "This is How We Grow" (Oracle Folio Books), says, "Volunteering can help you

Classroom volunteer etiquette

If you decide to volunteer, here is a short list of some dos and don'ts to consider:

- *Do* tell your child's teacher about any skills or hobbies you have.
- *Do* show up on time.
- *Do* refer to your child's teacher as Mrs. Smith (not Mary) in the classroom.
- *Do* wait for an appropriate time to ask about your child's progress (not in the middle of a messy art project).
- *Do* dress comfortably and appropriately.
- *Don't* ask for special favors.
- *Don't* overstay your welcome.
- *Don't* make a pest of yourself. (You are there to help out, not chat about a million other things.)
- When in doubt ... *ask!*

better understand your child's strengths and weaknesses, to see her at her best or at her not-so-best, and to get a feel for what she loves about school and where she might be struggling."

Better communication

By volunteering, I was able to have constructive conversations with my children about their school day. I was familiar with the daily class schedule, so I was able to ask the right questions. For instance, instead of the generic "what-did-you-do-in-school-today?" I would ask, "What was the topic for writer's workshop this morning?" Specific questions seem to generate an actual response instead of a vague, "Ah ... nothing."

Kennedy-Moore states, "Knowing more about your child's school environment is very helpful if your child doesn't usually tell you what's happening at school."

Communication with school staff might be easier as well.

"Volunteering can also help you build relationships with school personnel," Kennedy-Moore points out. "This can be useful for facilitating communication and addressing your child's needs."

Bonding aspect

Volunteering helps build strong relationships.

Hibbert elaborates, "Volunteering helps your child feel connected to you. As you participate in his world, he'll feel the love you have for him, and he'll know that you support him. Young children love to 'show off' their parent at school, because it makes them feel special having you there. You may also develop a stronger relationship with your child's teacher, and this will allow you to be more involved in your child's learning and progress in school."

Kennedy-Moore adds that your involvement at your child's school is also a catalyst for building community relationships.

"Volunteering also helps you get to know other parents who can be great sources of information about resources or opportunities for your child. Meeting other parents might even lead to family relationships that offer your child a special sense of connection to the school."

For those with less flexible work hours

Many parents don't have a flexible work schedule or the time to participate in classroom activities on a regular basis. If you want to volunteer, but your work schedule does not permit helping with activities in the class, ask your child's teacher if you can do something from home or attend evening activities and meetings.

"When my children were in elementary school, I worked a 45 to 55-hour work week," says Linda Witherwax, former Taconic Region PTA director in New York and current Volusia County Council PTA president in Florida. "What really helped me stay involved with my children's school was getting involved in the PTA." Witherwax believes this was a very good way to stay connected and to have updated information about what was going on at the school. "The principal attended all the meetings and talked about current issues and upcoming events. I got to meet other parents, which also helped me to stay connected and informed." She also suggests participating in evening events, such as back-to-school nights.

"If your work schedule gets in the way of



volunteering during the school day, don't worry! There are plenty of opportunities to pitch in on weekends or in the evening," says Kennedy-Moore. She suggests looking into the following:

- Administrative role to help with fund-raisers.
- Organizational projects that can be done via e-mail.
- Doing a presentation about your career in your child's classroom on "Career Day."

Hibbert proposes volunteering for after-school activities.

"Perhaps you could be the team parent for after-school sports. You can volunteer at an after-school book fair or carnival, too." She also suggests helping with projects you can work on at home. "Teachers are usually more than willing to send home items you can help with, such as creating project pieces for school projects. You'll be pleasantly surprised by how many opportunities there are to volunteer after business hours."

Donations are always needed as well. "You can volunteer by donating needed classroom supplies or snack items," adds Hibbert.

Volunteering at the secondary level

When I was PTA president at my children's middle school, I was told that finding parent volunteers in secondary schools

is like finding a needle in a haystack. However, it's even more important that parents remain involved as their children get older. This is the time when things might go awry, and if there are problems, they certainly will be bigger ones.

It's important that teens understand that their parents are not "checking up" on them, but helping out, because they care about their teen's education and special interests.

Older students are capable of planning things on their own and running clubs. Therefore, you will probably be given a more supervisory type of role.

Witherwax claims that PTA is important at the secondary level as well.

"There seems to be so much more going on at the secondary level. There are often guest speakers from the district who share curriculum news."

At the high school level, there are usually student representatives talking about the specific events for each class, such as prom.

Joining booster clubs or serving as an advisor are great ways to show your support. I was the National Art Honor Society advisor when my daughter was in high school. I had a great rapport with the students, and my daughter was thrilled to have me volunteer in this capacity, because she knew that I also had an interest in art. It was a great way for me to share her love of fine art and meet other students with similar interests.

There are usually opportunities to volunteer at concerts, honor roll events, and sports events as well. At this level, students are usually from neighborhoods that are a greater distance away. So, an additional benefit is meeting the parents of some of the other teens whom you wouldn't have met otherwise.

Be sure to subscribe to the school's online newsletter or mass e-mails — if your teen is not talking about what is going on, you will still be informed.

"I had e-mail addresses for all my children's teachers," shares Witherwax. "E-mail was a popular means of communication with secondary teachers."

Studies show that your involvement in your child's school makes a difference at all levels. The cooperative alliance of parents and teachers who work together as a team is a formula for success. Find the time to get involved, and show your child how much you care about his education. Any level of participation is important. Your child can only benefit from your genuine interest.

Kennedy-Moore asserts, "Most importantly, volunteering at your child's school shows that you value education and care about helping to build the school community."

Myrna Beth Haskell is an award-winning author (www.myrnahaskell.com). She is also co-founder and managing editor of SANCTUARY (www.sanctuary-magazine.com).



"Vitaly: An Evening of Wonders"

Cool summer ideas!

Did you know that the dog days of summer are traditionally the 40 days beginning July 3 and ending Aug. 11? According to *The Old Farmer's Almanac*, the 40 days coincide with the dawn rising of Sirius, the Dog Star. They might be the hot, sultry days of summer, but I have a few FabULyss Finds to cool you off.

No more time-consuming trips to the liquor store or carrying those heavy bags of glass bottles into the grocery store followed by a specialty store for the perfect cocktail ingredients and your favorite snacks for on-the-beach entertaining and barbecues. Boxed Spirits is giving everyone a one-stop-shop solution that delivers your must-haves right to your front door. Save on gas or MetroCard refills, skip the traffic, and conserve your valuable time!

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Visit www.boxed.com.

Looking for a new, FabULyss family show to keep everyone entertained and cool? My boys and husband loved the off-Broadway show "Vitaly: An Evening of Wonders."

"Hailed as one of the most unique and innovative illusionists in the world, Vitaly Beckman recently stumped Penn and Teller on their hit television show 'Fool Us' with one of his clever creations," according to the show's website, EveningOfWonders.com. "Blending art and illusion with his captivating style, Beckman's one-of-a-kind theatrical experience retraces his journey

from a boy with a dream to a man with a vision. During this journey, the audience re-discovers the importance of finding beauty and wonder in everyday life and in all living things."

Don't ask me how he does the license trick. It's truly astonishing and amazing!

"*Vitaly: An Evening of Wonders*" at *Westside Theatre* (407 W. 43rd St. between Ninth and 10th avenues, www.EveningOfWonders.com) now through Sept. 30.

I have discovered a new, FabULyss book series for little ones. The hardcovers, written by Shannon Jones and illustrated by Casey Uhelski, touch on international travel and so much more!

My daughter loves hearing Jones' stories every night before bed. We journey to a different European city within each book in the "KeeKee's Big Adventures" series. (Paris, France might be our favorite adventure.) The hot-air-balloon-traveling cat, KeeKee, has animal friends all over the world who have taught her about their country, language, culture, food, and traditions — which are brought to you in these colorful picture books.

Visit keekeesbigadventures.com

A couple of FabULyss summer beach reads for adults are "The Perfect Couple" and "The Intermission." I read "The Perfect Couple" (Little, Brown and Company), by Elin Hilderbrand, in two days. Set on Nantucket, this murder mystery is "perfect" for the beach. "The Intermission" (Berkley), by Elyssa Friedland, about a couple



FABULYSS FINDS

LYSS STERN

who decide to take a break from their marriage, is also a super beach read. You will not be able to put either book down.

Both available on www.amazon.com.

Most of the kids have been unplugged for the summer. When they come back from camp and are looking for something fun to do indoors, check out Yokey Pokey in Brooklyn. This provider of family-friendly virtual reality is FabULyss for birthday parties, as everyone is always looking for new, fun, and interactive birthday party venues.

Yokey Pokey [537 Atlantic Ave. between Third and Fourth avenues, (732) 965-3969, yokeypokey.com].

Another new FabULyss Find is Little Aurelia Probiotic Skincare for little ones. Discover bio-organic, luxury skincare to nurture and support your child's wellbeing and help them sleep soundly.

Designed for babies and young children, Little Aurelia blends gentle, yet effective, botanical ingredients with soothing essential oils to calm and settle them at bath time and before bed.

My daughter especially loves the "Sleep Time Top to Toe Cream," made with linden blossom, angelica, lavender, and calendula.

Visit www.aureliaskincare.com/littleaurelia.

Savor the last few weeks of summer and make lots of memories before the kids go back to school. Before we know it, we will be packing lunches, doing back-to-school shopping, and filling out lots of school forms. Enjoy the time with your families!

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

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COLORING HEALTHY FOODS!

Feeding good

New cookbook aims to make meals easier for new moms

BY TAMMY SCILEPPI

Okay, it's time I came clean: When my sons were tots, I just didn't have the time, energy, or motivation for creative meal-making, or the know-how to prepare tasty baby- and toddler-friendly chow the old-fashioned way — from scratch.

Once my baby boys were introduced to solid food, they were fed every Gerber variety I could find on the supermarket shelf, along with other mushy staples, like mashed bananas, rice cereal, etc. As toddlers, they graduated to chunkier jar choices.

Isn't that what most moms — who weren't hippies — have been giving their youngins for decades?

I still talk about the mini food processor I bought many moons ago, during a passing make-my-own-baby-food phase. It's still sitting unused in the back of a kitchen cabinet.

Sure, my precious darlings always ate balanced, nutritious meals based on the recommended food groups ... that were hurriedly prepared when I came home

tired and stressed out from a long day at work. And, oh yeah, meatloaf was my specialty. We also ordered in a lot. I would tell myself that everything was made with lots of love. And that no one, including my hubby, went hungry.

Phew! So, now my secret is out there. And what a relief that I'm past those chaotic and exhausting years. Although I do feel sad that everything went by too quickly, and I didn't savor every single moment. I tried, but there was so much going on and life got in the way.

In these enlightened, organic times, many new parents enjoy making their own natural tot food and are committed to providing healthier options for their growing families. As their kids get older, most wouldn't be caught dead serving them oven- or microwave-ready frozen fish sticks with a side of tater tots and canned corn, or pasta with Ragu tomato sauce and salad for dinner, no matter how busy their day was.

My family survived despite my awkward attempts at cooking. And if you ask them today, they would probably say my lunch and dinner offerings were okay, but kinda

limited. In other words: B-O-R-I-N-G! Let's face it, the wow factor just wasn't there.

Recently, I came across a bunch of amazing, mouth-watering recipes from Queens author and mother of two, Aurora Satler. Her new collection of recipes "The Ultimate New Mom's Cookbook: A Complete Food and Nutrition Resource for Expectant Mothers, Babies and Toddlers" (Page Street Publishing) is specifically for pregnant and new moms. As a non-foodie, I have to admit that I was intrigued, and even wowed. I told myself, it was obviously too late for me, and sadly, my boys, now that they're making their own food choices. But nevertheless, I felt inspired by what I saw and thought: Perhaps I can make some of these attractive, healthy dishes anyway, 'cause everyone would love 'em — even my grown-up friends. So, I did, and they were a hit. The diverse recipes are easy to follow, and prep and cooking times aren't long.

Who could say "no" to brisket sliders with carrot cilantro slaw, or "our favorite fish tacos?"

While I appreciate the out-of-the-box, family-friendly ideas this young mom had come up with and the time she put into the creation of her beautiful 224-page cookbook — which is chock-full of 80-plus recipes for a growing familia, along with color photos that she took — I also feel a twinge of guilt, and I'm kinda jealous. Perhaps because Satler seems like a super mom and the kind of creative cooker I should've been had I had the inclination and culinary interest, and if, truth be told, I had carved out more time to make better meals for my family. And because creating simple, healthy, yummy dishes seems to come so naturally to her.

After all, having a flair for good cooking is a gift of sorts, and if you and your family sample her tempting offerings, I think you, too, will agree that her recipes rock!

As an Astoria resident and mother of future foodies, Jack, 3, and 1-year-old Lila, the author is raising her family in the most diverse area on the planet — "The World's Borough."

Being a health-conscious person and passionate foodie, as well as a former creative director, made her transition into cookbook author a smoother one, for sure.

Winner winner chicken dinner

Makes 1½ cups

This is chicken soup for the baby's soul with tender chicken, sweet peas, carrot, and stars. It tastes pretty much like a creamed chicken pot pie. Dig in, baby!

INGREDIENTS:

¼ cup small, diced carrots (it is important to cut small for even boiling)

½ cup chicken stock

2 tablespoons frozen sweet peas

¼ cup diced, cooked chicken breast (oven-roasted chicken is great for tenderness)

1 cup cooked, star-shaped pasta (also called pastina or stelline)

DIRECTIONS

In a small stockpot, combine carrots with stock and bring to a boil. Once boiling, reduce to a low boil and cook for 20 minutes. Carrots should be tender and fall apart when tested by a fork. Add in



peas in the last five minutes. Then add in cooked chicken and ½ cup star pasta. Puree until just smooth then mix in the remaining stars.

Cool and serve, or freeze in individual portions for later use.

— An excerpt from "The Ultimate New Mom's Cookbook" (Page Street Publishing) by Aurora Satler and Allison Childress



Satler said she created the book after having her son, and finished it in her final trimester with her daughter, who was born last August.

"My inspiration was to create an all-inclusive manual for first-time parents to make the culinary journey from pregnancy through the toddler years so much simpler.

"I was sick of consulting over 10 sources to feed my husband, myself, and also my son, and wanted to put all the necessary dietary information in one place with an easy-to-read and fun format."

She added: "This book was truly a labor of love. It was created to make the process of feeding a family easier. From pregnancy through the life of a growing child, parents go through so many culinary transitions, and these are on top of all the developmental milestones.

"It's a period of sleepless nights, scrambling about, and really reorganizing your life to include a new and demanding member. I wanted to make easy recipes that would be as tasty as they were nutritious. I also wanted to create a book that had a longer shelf life than just the time of introducing solids."

Another cool aspect is that all seven

recipe-filled chapters are designed to maintain a delicious and diverse diet for a long time, while helping to develop healthy eating habits from the very beginning. Check out her pregnancy and breastfeeding options, finger-food ideas, dips, salads, salsas, and more.

And let dads and the kids get in on the cooking fun as well. Teaching young children how to make healthy meals is really important.

Satler recalled that as a new mom she was overwhelmed, exhausted, and basically hungry all the time. And she was breastfeeding.

"I breastfed both my children and am still breastfeeding my daughter. I am very grateful I was able to do so," she says, pointing out that the American Academy of Pediatrics recommends breastfeeding exclusively (when possible) for the first six months, then starting solids at six months of age.

Life for new parents is always hectic, and the author says she felt like she was "always a step behind and usually missing a meal" as she rushed about her day.

"When my son was born, I worked as

the creative director for Many Kitchens, an e-commerce site for artisanal food, and actually styled our first cookbook with him at my side. (I even wore him in a baby carrier for a couple shots)," recalled Satler.

"Along the way, I developed recipes for my family that made all the juggling a little easier."

But what about eating out?

Like most New Yorkers, Satler admits she sometimes eats out or orders in, and says she doesn't know a single parent who doesn't.

"We live around some of the best restaurants in the world, and Queens offers so many diverse options. I feel incredibly lucky to live in Queens, where I have access to so many culinary traditions and flavors. It would be a sin not to indulge sometimes, and it also feels nice to leave the dishes for someone else from time to time.

"We are constantly discovering more amazing restaurants and markets. For groceries: Food Bazaar on Northern Boulevard has an incredible selection and is often my local go-to [supermarket] when in search of a hard-to-find ingredient."

When shopping for and serving meals, like all parents, this busy mama likes to offer the healthiest options for her children.

"I often consult the Clean 15 (<https://www.activebeat.co/diet-nutrition/clean-15-the-15-lowest-pesticide-prone-forms-of-produce/2/>) and Dirty Dozen (<https://www.ewg.org/foodnews/dirty-dozen.php>) to avoid pesticides in the produce I purchase," she notes, adding: "My book does not set out to say 'you have to buy organic,' since that is truly an economic decision."

There are also a lot of gluten-free recipes, but the cookbook isn't entirely gluten-free.

For her book, the author teamed up with Allison Childress, who is an assistant professor at Texas Tech University and chief clinical dietitian of the university's Nutrition and Metabolic Health Institute.

"She supplied the nutritional information for each chapter as well as some great humor from being a mom herself," says Satler, who explains that she used the "winners" from the first two years of her son's life in creating recipes. "These are the meals we make time and again and continue to eat to this day."

"The Ultimate New Mom's Cookbook" (Page Street Publishing) by Aurora Satler and Allison Childress is available on Amazon.com.

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

Splash smarter

Tips for keeping it fun *and* safe at the water park

BY MYRNA BETH HASKELL

My family always enjoyed planning our annual summer vacation together. As our kids got older, our getaways needed to include their favorite summer activity — at least one day at a nearby water park. We would scout locations to be sure there was a park in the general vicinity, guaranteeing a day of unbridled splashing, tubing, and sliding. We have probably visited 15 over the years.

We found that there was always something for all of us to enjoy. I favored the lazy rivers, wave pools, and family tube rides. My husband and kids were more adventurous — enjoying free-fall type slides and water coasters.

Nothing beats the summer heat like a day full of wet and wild fun; however, as with most activities in and around water, there are safety precautions parents should take to ensure a healthy day at the water park.

Read park guidelines prior to visit

It's imperative to read the park's guidelines before you go. Information about picnic areas, swim diapers, first aid, electrical storm shelters, and other policies can usually be found on the park's website. If you have a question that is not answered in the guidelines, call ahead.

Wayne L. Franks, Jr., director of operations for Camelbeach Mountain Waterpark in Pennsylvania, says, "Camelbeach provides life jackets for free, which are available for all non-swimming guests. For our Kahuna Lagoon Wavepool, all guests under 48 inches in height are required to wear a life jacket and have a responsible chaperone within an arm's length of them at all times."

Foam toys or air-filled arm rings are not substitutes for U.S. Coast Guard-approved life jackets, and are usually not allowed at water parks.

There will be rules about attire as well.

"Footwear is encouraged for all guests while traveling from one attraction to the next," says Franks. "However, most footwear is restricted from being worn while riding, with the exception of aqua-socks or

Safety first

Parents may find additional safety information at the following websites:

- International Association of Amusement Parks and Attractions: <http://www.iaapa.org/safety-and-advocacy/safety/water-park-safety/tips>

- Healthy swimming tips: <https://www.cdc.gov/features/healthyswimming/index.html>

- The model aquatic health code: An all-inclusive model public swimming pool and spa code: <https://www.cdc.gov/mahc/>

water shoes. There is a shoe and garment rack available at all slides and attractions for guests to deposit their personal belongings while enjoying the ride," he adds.

Check restrictions on loose-fitting garments. Certain attractions may require swim shirts (fitted, flexible tees made for swimming) or bathing suit only (e.g. at Camelbeach, shirts are not allowed on the Vortex slide). Metal zippers and other adornments may not be permitted as well, so read the rules carefully.

Swim diapers are required for children who are not potty trained.

"Swim diapers must be worn by all guests who are not 100-percent potty trained. Swim diapers are available at our water park retail store," says Franks. Some water parks will not have swim diapers available for purchase, so parents need to come prepared with extras.

Requirements vary from park to park regarding unsupervised minors and age minimums for "supervisors." Remember, too, that lifeguards are there to protect guests from drowning or other attraction emergencies, not to supervise children.

Parents should also locate the first-aid office as soon as they enter the park.

Prevent bacterial infections

Some water parks have rides that utilize both chlorinated pools and adjacent fresh water areas (e.g. a lake). Swimmers need to take precautions while swimming in both fresh water and chlorinated pools.

Water park essentials pack list:

Pack the following items the night before you plan a trip to a water park to be sure you have the right supplies on hand:

- Sunscreen for body and face
- Hats and extra T-shirts (or water tees)
- Sandals or water shoes with treaded or rubber soles to prevent slippage
- Sunglasses with strap
- EpiPen if needed
- Band-Aids, anti-bacterial ointment
- Waterproof watch and camera
- Extra swim diapers
- U.S. Coast Guard-approved swim vest for non-swimmers, unless provided by park

"Bacteria and pathogenic amoebae are present in freshwater lakes and ponds and in improperly chlorinated swimming pools," explains Francine Marciano-Cabral, professor of microbiology and immunology at Virginia Commonwealth University. "In warm weather, pathogenic bacteria and amoebae divide rapidly in fresh water."

Marciano-Cabral discusses ways to prevent bacterial and amoebic infections.

"When freshwater lakes or ponds appear cloudy, it is best to avoid swimming there. When swimming in lakes and ponds, do not stir up the bottom. It is also important to keep the head above water as many pathogens can enter the nasal passages, or contaminated water can be swallowed. Use nose clips if children go to a water park where the water shoots up out of the ground."

Chlorinated water may contain bacteria.

"The problem with chlorinated pools is that in the hot weather, with the sun shining, the chlorine dissipates and the levels fall rapidly. So it is important that chlorine levels are checked frequently," Marciano-Cabral says. "Shoes are important to wear to prevent fungal infections to feet."

"To help limit the spread of infection, you should stay out of the water if you



have diarrhea or open wounds,” advises Dr. Melissa Winterhalter, a physician with the section of ambulatory pediatrics at Nationwide Children’s Hospital in Ohio. “Showering, even a quick, one-minute rinse before and after swimming, can help to decrease pathogens,” she adds.

Winterhalter recommends that parents change their babies and toddlers frequently, even if wearing swim diapers.

“Most swim diapers are made to hold the stool or urine output, but they will leak after extended time. Check the diaper often to be sure it doesn’t need to be changed — every 30 to 60 minutes helps prevent urine or stool leakage,” she says. “Changing should be done in the bathroom or in a diaper changing station, not poolside.”

Swim safety tips

According to the Centers for Disease Control and Prevention, “Drowning is a leading cause of unintentional injury or death among children 1–14 years old. Swimmers can prevent drowning by learning swimming skills such as floating, by wearing life vests, and by swimming under the supervision of parents, caregivers, or lifeguards who know cardiopulmonary resuscitation (CPR).”

“Always swim with a buddy and where

there is a qualified lifeguard on duty,” advises Franks.

Everyone should follow all posted height and weight restrictions and should follow the lifeguard’s specific instructions when riding the slides, tubes, and other attractions.

Parents should never leave a non-swimmer unattended, even if a lifeguard is nearby.

Hydration

When you’re frolicking in the water, it doesn’t always feel like you need to drink water.

“Most children don’t drink enough when they are at a water park or enjoying outdoor play,” warns Winterhalter. “As a guideline, try to take a break every hour in the shade to drink, rest, and re-apply sunscreen. Younger children may need more frequent breaks. If your child goes to the potty and their urine is dark or strong smelling, they need to focus on drinking more than usual and may need a longer rest.”

Sun safety

The Centers for Disease Control and Prevention reports, “Sunburn is not immediately apparent. Symptoms usually start about four hours after sun exposure, worsen in 24–36 hours, and resolve in three to five days.”

Therefore, parents should regularly

apply sunscreen, because burns may not be easily detected.

“Everyone should apply sunscreen of SPF 30 or greater any time they are outdoors and exposed to the potentially harmful rays of the sun,” Franks says. “Be sure not to forget your face, tips of the ears, and tops of your feet, as these are tender areas often forgotten and susceptible to severe sunburn.”

Of course, if you notice a sunburn developing, it is best to seek shade, drink water, and apply after-sun lotion to rehydrate the skin (e.g. one containing aloe).

Security and emergencies

Family members getting lost or separated is always a concern at any amusement park.

“At Camelbeach, we encourage all families and groups to have a pre-established plan for a meeting place if any one of their party happens to become separated,” says Franks.

Water parks have security teams trained to help reunite family members, so parents should point out staff uniforms, so their children can locate an employee or security personnel if they get lost or frightened.

John Poncy, a security expert and chief executive and quality officer of The Densus Group, suggests that parents teach their family members a five-point contingency plan that Poncy learned in the military. This can be modified for any amusement park or other crowded venue so that family members know what to do in case of separation or emergency:

G – Where leader is *Going*: Know which part of the park Mom, Dad, or an adult supervisor will be at any particular time

O – *Others* leader has with him or her: Who is with Mom in the toddler area?

T – *Time* leader will be gone: Know what time Dad plans to return to the wave pool or other specified meeting place.

W – *What* to do if the leader does not return on time: If Mom doesn’t return by 4 pm, go to the Security Office and wait for her there.

A – *Actions* in an emergency if leader is not present: If there is an emergency at your location (such as violent weather), wait for authorities or security personnel to give you instructions.

Poncy also reminds parents to help their children memorize phone numbers.

“Make them memorize your phone number, because if their phone dies and they need to use someone else’s phone, they will need to know the number to call.”

Myrna Beth Haskell is an award-winning author. She is also cofounder and managing editor of SANCTUARY (www.sanctuary-magazine.com).

Ditch the excuses: Here's why it's time to plan your estate

Estate planning is about ensuring that your legacy is directed to the right place — that your assets and belongings are distributed to individuals or organizations in accordance with your stated wishes. Estate planning remains critical even if reducing the tax burden is not your main concern.

Many people hesitate to do an estate plan properly. Here are some of the objections people raise and the reasons to push through those objections to get this item off your to-do list:

It costs too much

Often, the hesitation to move forward is cost. However, trying to save on estate planning through a “do-it-yourself” will is the true embodiment of “penny wise, pound foolish.” You may save yourself the legal fee on the front end, but your heirs will almost certainly pay for it on the back end.

For example, there are specific formalities to executing a will that could render it invalid and not admitted to probate by the court. A beneficiary who is also a witness would have to forfeit his or her inheritance in order for the will to be valid. Removing the staples means that someone will need to attest to how those staples were removed. Handwritten material on the will might not be viewed as part of the testamentary instrument.

When you pay a legal fee for estate-planning documents, you are not so much paying for the drafting of a document (the “it’s just a form” statement I hear from many potential clients) but rather for the knowledge and experience of the attorney whose guidance helps minimize problems.

The laws keep changing

Another objection is that the tax laws keep changing. The tax laws have changed since 2001, but the key is to have a document that is flexible enough to allow for the

change in the law. It is also important to review your documents every so often to ensure that they still meet your objectives.

Distribution dilemmas

If you’re married, many people leave their spouse their assets. Yet, many wonder what will happen to those assets if the spouse is remarried. Others would prefer to not leave their spouse assets, and pass the assets on to their children. This can be the case where the spouse has his or her own assets sufficient to fund their care and lifestyle, or in a second marriage scenario.

You should also keep in mind that state law dictates whether there is a minimum that you must leave your spouse. In New York, for example, a spouse is entitled to a minimum of one-third unless he or she has waived their “right of election” — their right to elect to take one-third of the estate if the testamentary plan leaves them less than one-third. Once you’ve decided how much to leave your spouse, if you have children, the next questions you should ask are:

- Do I want to leave money equally to all of my children?
- Do I want to include my grandchildren in my beneficiaries, or should they wait to take from their parents?
- Am I charitably inclined and do I want to leave assets to charitable organizations, either outright when I die or in a charitable remainder trust?

The answers to these questions will depend on your wishes as well as the extent and nature of your assets. For example, the answer for a person whose primary asset is her or his business may have a very different plan than a couple with a house and the predominant amount of liquid assets in an IRA.

Guardian disagreement

This is one of the most common barriers I hear for couples hesitating on moving forward. My advice is for the couple to at



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

least make the appointment with the estate-planning attorney to get an overview and move forward with the drafting of the documents, even if they have not finalized the decision to name a guardian for your children in the terrible, but yet, unlikely event that both parents have died.

However, the decision is not irrevocable. The person you name as guardian for your 18 month old is going to change when that baby is a tween or teenager. Once you have the foundation set by doing your estate-planning documents and having it in place, the change of guardian is an easy fix — my clients will often come in to execute a short “codicil,” basically an addendum to the will, to update the nomination of guardian. In this way, you don’t have to reinvent the wheel, you’re just doing a “refresh” that does not take a lot of time or incur a massive cost.

In January, many people call me, because their New Year’s resolution is to take estate planning off their to-do list. There is a similar influx of calls on the other end of the calendar in December from people who had estate planning on their January to-do list and are determined to finish it before the year’s end, and avoid it rolling over to the next year’s list of resolutions. We find ourselves at the mid-point of the calendar, so despite the carefree days of summer, if you have had this on your list for a while, there is no time like the present to start the process!

Disclaimer: This column is provided by Arden Besunder P.C. and New York Parenting Media as a public service to inform readers of legal issues. It is not intended to advise. Since legal issues vary with an individual’s situation and needs, one should consult with an attorney. It is impossible to cover all aspects of the law in an article. Please be advised that the laws are constantly changing. The content in this article reflects the current law. Nothing contained in this article is intended as advice and does not create an attorney-client relationship between the reader and the firm. Individual consultation with an attorney is required to determine the specific facts and circumstances of any particular situation. A written retainer agreement between you and the firm is required before any attorney-client relationship may be created. Circular 230 Disclosure Notice: To ensure compliance with Treasury Department rules governing tax practice, we inform you that any advice contained herein (including in any attachment) (1) was not written and is not intended to be used, and cannot be used, for the purpose of avoiding any federal tax penalty that may be imposed on the taxpayer, and (2) may not be used in connection with promoting, marketing or recommending to another person any transaction or matter addressed herein.



The power couples

Double your nutrition with these duos

Picture this: You're about to pop something "healthy" into your mouth, perhaps some broccoli flowerets or roasted chickpeas. What if you could significantly boost the nutrients your body is about to receive? You can! A growing number of foods have been shown to have a "one-plus-one-equals-three" nutritional effect when eaten together.

For example, combining foods that contain carotenoids with a healthful fat makes it easier for the body to absorb the nutrients more readily. Some classic — and delicious — examples of this include tomatoes with extra virgin olive oil, or a crisp, green salad with added avocado or oil in the dressing.

Does your family enjoy guacamole? This popular dip is brimming with boosted nutrition. The fat in the avocado makes the lycopene in the tomatoes, the limonene in the lime, and other nutrients more bio-available to you.

Let's look at some additional dietary duos your family can begin incorporating today:

Whole grain bread and nut butters. Whole grains are a good source of vitamin E, which helps to prevent cell damage from free radicals. Adding a healthy fat such as peanut or almond butter assists the body

to absorb this fat-soluble vitamin.

Banana and yogurt. Everyone knows yogurt contains probiotics, the good bacteria our bodies need for digestive and immune health. But these bacteria need "food" to munch on, which is where the prebiotics found in plant fibers come in. Bananas are rich in prebiotics, as are many other fruits, vegetables, whole grains and nuts.

Black beans and salsa. **Garbanzo or kidney beans with bell peppers.** **Vegetarian chili with red bell peppers.** **Breakfast cereal with strawberries or kiwis.** **Spinach salad with mandarin orange.** **Spinach with lemon.** These are all examples of pairing plant-based iron sources with vitamin C. The body can absorb only two to 20 percent of the non-heme iron found mostly in plant-based foods. Luckily, vitamin C boosts iron absorption by three- to six-fold.

Beef and broccoli for Chinese takeout. **Roasted Brussels sprouts with crushed Brazil nuts.** These are two examples of combining sulforaphane, a plant compound found in cruciferous vegetables, with the mineral selenium. When sulforaphane enters the bloodstream, it can inhibit the growth of tumor cells. Selenium, a mineral found in fish, meat, eggs, nuts (especially Brazil nuts) and mushrooms, binds with



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

proteins in our bodies to form antioxidant enzymes, which protect us from free radicals. Together, they're up to four times more effective than as single nutrients.

Garlic and chickpeas. Adding even a tiny amount of fresh garlic to these popular beans boosts the amount of iron the body can absorb by about 17 percent.

Tea with a squeeze of lemon. This classic combo is delicious hot or cold. Lemon boosts tea's levels of catechins — found in green, black, and white tea — that are available for your body to absorb, helping to stop cell damage.

Spice-rubbed grilled meat. Grilling over high heat brings out sublime meat flavors. But it also results in the fat forming a compound called malondialdehyde, linked to chronic diseases such as cardiovascular disease and cancer. Research published in the American Journal of Clinical Nutrition suggests adding an antioxidant-rich blend of oregano, rosemary, black pepper, paprika, and garlic as a rub on lean steaks or mixing it into burgers significantly reduces these damaging compounds.

Can't remember all of these pairings? No worry! The best way to spot synergy on your plate and to ensure a nutritious meal is to make sure it has a minimum of three colors and contains healthful fat from foods such as avocado, a healthful oil, or nuts.

Christine Palumbo, is a Naperville, Illinois-registered dietitian nutritionist and fellow of the American Academy of Nutrition and Dietetics. Her favorite dietary duo is spinach sautéed in olive oil with a squeeze of lemon juice and a touch of garlic. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter, or ChristinePalumbo.com.



Now I'm bugging out

The dreaded school e-mail about — lice

Surely one of the worst e-mail subject lines to receive from your child's school is "Head lice." A few years ago, that exact note landed in my inbox from my children's principal. I proceeded to click on the e-mail with a cautious mind, figuring that schools had the responsibility to regularly educate parents about the seasonal buggers, so I would probably find a simple cautionary advisement.

I clicked on it and read the first line:

"Dear Parents: One of your child's classmates had head lice."

Ugh! I start talking to myself out loud, something along the lines of "Oh ... my ... god. No."

I'm not sure which child this was referring to since I had two in the school at the time, and it didn't mention which grade. I was sincerely hoping it was my older OCD-ish daughter and not my younger, more laidback, will leave his clothes, hat, gloves, books anywhere son.

To say the thought of tiny, little bugs running along my children's heads disturbed me — not to mention having them invade our home — would be a massive understatement at best. I was already

itchy, literally, just reading the e-mail. I'm slightly suggestive, I suppose.

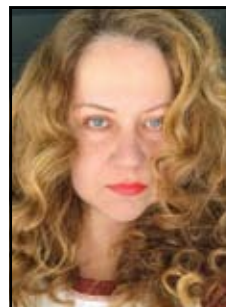
The principal cautioned us to check the heads of each family member that same day and also gave us instructions about what to do if we find the critters. Then he wisely advised us not to judge:

"It is absolutely nothing to do with the kind of parents that child has. It has nothing to do with cleanliness; in fact, head lice prefer a clean, healthy head to a dirty one. Anyone, adult or child, can get head lice."

Thankfully, my kids (knock on wood) have never had head lice. (Maybe they have dirty heads?) And every year that goes by, I feel like this is the year that our luck might run out!

Between the ever present bedbugs around the city, a nightly swarm of mosquitoes at dusk each night, and multiple, random raccoons and opossum scurrying around in my neighborhood — or just our family even riding the subway — I guess we should be lucky we don't pick up anything worse.

But every year, the morning after notes like these go home, there will be those that judge and gather in huddled groups



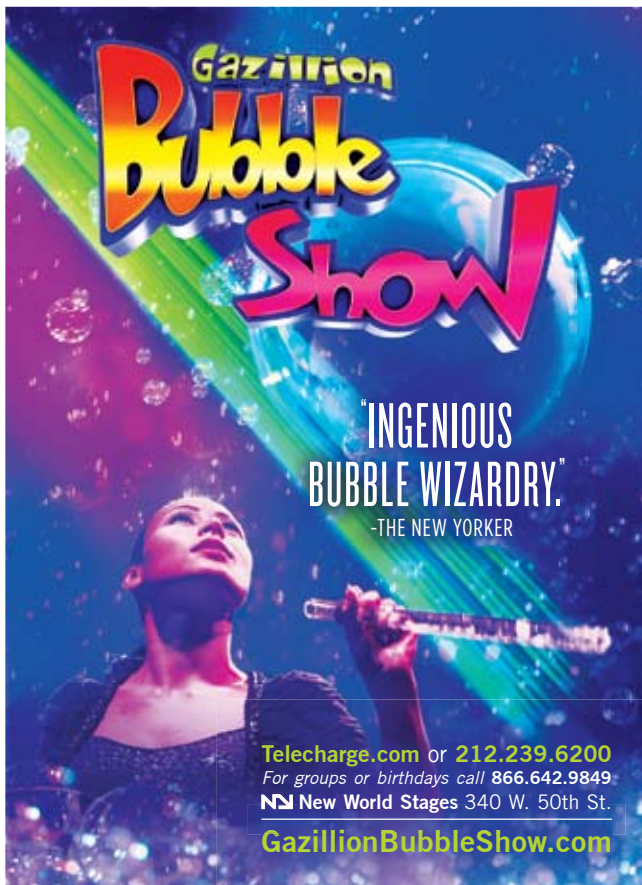
JUST WRITE MOM

DANIELLE SULLIVAN

whispering about the culprit. (And make no mistake, someone will make it their business to tell everyone which child it is.) And as much as I detest insects infesting any part of our home, let alone body, kids who get lice just have unfortunate luck, not any hygienic shortcoming.

Of course, that doesn't mean that I won't want to shave my kids' heads bald and throw out every bit of fabric in my house if they ever bring those buggers home!

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




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Calendar

AUGUST



Daniel K. Sneed

Dance at the Battery

Come and enjoy the 37th annual Battery Park Dance Festival at Robert F. Wagner Jr. Park from Aug. 12 through Aug. 17.

Watch original works of dance against the breathtaking backdrop of the New York Harbor. Featured artists include the best of New York City as well as dancers from Botswana, Canada, Gabon, Kazakhstan, Macedonia, Spain, Turkey, and a collection of India's greatest Kathak dancers.

In addition to the live performances,

there will be a screening of the film "Moving Stories," held in the Robert F. Wagner Jr. Park on Aug. 11, at 8 pm. "Moving Stories" follows Battery Dance's dancers as they travel to India, Romania, Korea, and Iraq working with at-risk youth through the Dancing to Connect program.

Dance Festival from Aug. 12 through Aug. 17, 7 pm to 9 pm. Free.

Robert F. Wagner Jr. Park (20 Battery Pl. at Battery Park City Esplanade; <http://batterydance.org/battery-dance-festival>).

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Calendar

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

WED, AUG. 1

IN MANHATTAN

LEGO Bricks – A celebration!: Scandinavia House, 58 Park Ave.; (212) 779-3587; info@amscan.org; www.scandinaviahouse.org; Noon to 6 pm; Free.

Featuring sculptures, mosaics, and interactive play zones by renowned LEGO Certified Professional artist Sean Kenney, the exhibition will also include an overview of the LEGO Group's history and educational mission, as well as a variety of children's workshops.

"Golly Gee Whiz!": TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252-1619 X 4; djerabek@tadatheater.com; www.tadatheater.com; Noon and 2 pm; \$25 (\$15 children).

A tribute to the classic Mickey Rooney and Judy Garland film musicals of the 1930s and '40s, "Golly Gee Whiz!" takes place in an American town, Happyville, during the Great Depression. Happyville's residents are unmotivated and bored. Eager to make a change, a group of local children band together with the help of Mickey and Judy to put on a great show and re-establish Happyville as the bustling, optimistic town that it once was.

Dance Concert: Peter Jay Sharp Theater, 155 W. 65th St.; (212) 769-7406; 2 pm; Free.

Hosted by Symphony Spacce and presented by Young Dancemakers Company, this dance concert is for young people and adults, featuring choreography created and performed by New York City teens, with live and recorded music and colorful themes. Concert concludes with audience participation on stage.

FURTHER AFIELD

Fun Days: Cape May Lighthouse, Cape May Point State Park, New Jersey; (800) 275-4278; www.capemaymac.org; 9 am to 2 pm; Free to activities on the grounds (separate fee to climb the lighthouse: \$8 for adults and \$5 for children (ages 3–12)).

Family Fun Days provides kids with hands-on activities like pirate hat-making, along with performers and kid-friendly entertainment, and adults may browse among the crafts vendors, all at the base of the lighthouse. Contact Cape May Historic Accommodations at www.cape-maylodging.com, for lodging information.



Learn tennis in the parks

Dust off that racket and get ready for Tennis in the Parks as part of City Parks Foundation's Summer Sports program, from now until Aug. 28.

Children up to 17 years old have the opportunity to work with the pros in lessons for all skill levels, and can participate in tournaments and leagues.

Classes are offered at these locations:

- **Central Park Tennis Center** (93rd Street near West Drive) Tuesday and Thursday, 1

pm to 4 pm.

- **East River Park** (Montgomery Street to E. 12th Street and F.D.R Drive) Tuesday and Thursday, 9 am to noon.

- **Inwood Hill Park** (207th Street and Seaman Avenue) Monday and Wednesday, 1 pm to 4 pm. Intermediate level on Monday and Wednesday, 9 am to noon.

All classes are free, and registration is required online at: www.cityparksfoundation.org.

THURS, AUG. 2

IN MANHATTAN

Summer in the Square: North Plaza at Union Square, E. 14th Street and Park Avenue South; (212) 460-1200; <https://www.nycgov-parks.org/events/2018/06/14/summer-in-the-square>; 7 am to 8:30 pm; Free.

Family-friendly activities plus shows, live music and dance performances, and movie nights; interactive children's activities and performances from 9 am to 6 pm. Bring your family and friends for some summer fun for the whole gang on the park's South Plaza!

LEGO Bricks: A celebration! Noon to 6 pm. Scandinavia House. See Wednesday, Aug. 1.

"Golly Gee Whiz!": Noon and 2 pm. TADA! Youth Theater. See Wednesday, Aug. 1.

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.

Beginning cross-stitchers will learn the basic stitch and create a bookmark with their new

skill. More seasoned stitchers can continue working on their bookmark or branch into more complicated designs — make a hand-crafted gift for someone! Younger kids may also enjoy coming along and contributing to our community weaving using recycled fabrics and ribbons. Please contact familyprograms@nyhistory.org for more information and pricing.

FRI, AUG. 3

IN MANHATTAN

LEGO Bricks: A celebration! Noon to 6 pm. Scandinavia House. See Wednesday, Aug. 1.

Kids 'N Comedy: Gotham Comedy Club, 208 W. 23rd St.; (212) 877-6115; www.kidsn-comedy.com; 2 pm; \$10 cover plus one item minimum (Kids menu available).

The camp Kids 'N Comedy Kids are graduating. During their season, the troupe of teenagers tries out material and now they are ready to hit the big time. They are as good as adult comics, but they are clean. The camp kids routine is made up of improv, sketch comedy acting, and stand-up comedy. Online ticketing is not available.

Calendar

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

Free Fridays at the Museum: The Seaport Museum, 12 Fulton St.; (212) 748-8600; info@seany.org; <https://southstreetseaportmuseum.org>; 3 pm to 7 pm; Free.

The South Street Seaport Museum preserves and interprets the history of New York as a great port city. Designated by Congress as America's National Maritime Museum, the Museum houses exhibition galleries and education spaces, working 19th century print shops, and an active fleet of historic vessels that all work to tell the story of "Where New York Begins."

Virtuous Journeys: Sugar Hill Children's Museum, 898 St Nicholas Ave.; (212) 335-0004; www.sugarhillmuseum.org; 3:30 pm to 4:30 pm; Free with museum admission.

Surprising, funny, quirky, serious, and silly—it's Story Hour at Sugar Hill Children's Museum.

Summer on the Hudson – #TotallyPublicKaraoke: Pier 1 at Riverside Park South, W. 70th Street and Riverside Boulevard; 311; <https://www.nycgovparks.org/events/2018/06/01/summer-on-the-hudson-totallypublickaraoke>; 6 pm to 10 pm; Free.

Amaze the crowd when you rock the mic at #TotallyPublicKaraoke nights. Bring your friends, your voice, and your courage. All ages! This is a popular event, so please note that sign-ups are required and close between 8:30 pm and 9 pm, depending on attendance. You may not have a chance to sing. One song per person/group. We alternate young singers with adults in the lineup.

Family Fridays: Hudson River Park at Pier 46, Charles Street, at Christopher Street; www.hudsonriverpark.org; 8 pm; Free.

Enjoy the view and family-friendly flicks, with a new one each week, including "Paddington 2" (PG) on Aug. 3, "Spice World" (PG) on Aug. 10, "The Karate Kid" (1984) (PG) on Aug. 17, and "Coco" (PG) on Aug. 24.

SAT, AUG. 4

IN MANHATTAN

Family Adventure Race: Inwood Hill Park, Seaman Avenue and W. 207th Street; (718) 760-6999; Sports@CityParksFoundation.org; www.cityparksfoundation.org/events/category/adventure-race; 9 am and 10 am.

This exciting, parent-child race incorporates basic exercises and sports skills, and provides a healthy, one-hour dose of fun for all. Activities include: javelin throw, jump rope, basketball free throw, hurdles, and a mini climbing wall. Awards will be given to the top three finishers in each race. Team must include one parent or guardian and up to two children (open to ages 8-13).

Parent and Me Yoga: Abby's Lawn at Fort Tryon Park, Margaret Corbin Drive and Ft. Tryon Place; (212) 795-1388; <https://www.nycgovparks.org/events/2018/07/07/parent-and-me-yoga>; 9 am to 9:45 am; Free.

Join us for free yoga for children and their parents or caregivers with Christina Shablak, a certified children's instructor. All children



Damir Vysupov

Swans take flight uptown

The Bolshoi Ballet dances onto stage at Symphony Space with a production of "Swan Lake" on Aug. 5.

"Swan Lake" is the premier ballet of Pyotr Tchaikovsky, and fashioned on Russian and German folk tales. It tells the story of Odette, a princess turned into a swan. In the dual role, prima ballerina Svetlana Zakharova portrays the vulnerability of white swan Odette

and the cunning of her rival, the black swan Odile, through technical mastery. The production includes breathtaking scenes with the Bolshoi's corps de ballet — a classic at its finest.

"Swan Lake" on Aug. 5 at 1 pm. Tickets are \$14 and \$15.

Symphony Space [2537 Broadway at W. 94th Street on the Upper West Side, (212) 864-5400; www.symphonyspace.org].

are welcome with a parent or caregiver. Please arrive early, and bring a towel or yoga mat. Please note: The ground is sloped and there are uneven spots. In case of rain or wet ground, this event will be cancelled.

Discovery Walk for Families – Towering Trees: Charles A Dana Discovery Center, 110th Street between Fifth and Lenox avenues; (212) 310-6600; <https://www.nycgovparks.org/events/2018/05/05/central-park-tour-discovery-walk-for-families-towering-trees>; 10 am to 11:30 am; Free.

Learn about the architecture, landscapes, and ecosystems of the park through hands-on exploration using Discovery Kits — rugged backpacks filled with kid-friendly binoculars, field guides, and hand lenses. Terrain is uneven, with hills and stairs. Walk is approximately 90 minutes, and space is limited, so registration is required. Families with children ages 5 and up only; no groups, please. Please arrive at walk location 15 minutes before the start of the Discovery Walk to allow time for check in and to pick up Discovery Kits.

Lego Bricks: A celebration! Noon to 6 pm.

Scandinavia House. See Wednesday, Aug. 1.

Meet Adelaide Hermann, the Queen of Magic!: New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; www.nyhistory.org/childrens-museum/families; Noon to 4 pm; Free with museum admission.

Don't miss your chance to see magicienne and scholar Margaret Steele pay homage to Madame Hermann while wearing a reproduction of a custom gown made for her 1899 Vaudeville debut. Enjoy her tribute to historical illusions like multiplying spheres, a vanishing and reappearing ring, a feather dancing in mid-air, and silk scarves that untie themselves!

Le Carousel Story Time: Bryant Park's Carousel, W. 42nd Street and Sixth Avenue; bryantpark.org; 1 pm to 2 pm; Free.

Cali Co Cat and her carousel pals get you jumpin' and leapin' with fun, games, and stories to boot.

Showtime Saturdays: Sugar Hill Children's Museum, 898 St Nicholas Ave.; (212) 335-0004; www.sugarhillmuseum.org; 1 pm to 2

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pm; Free with museum admission.

Surprising, funny, quirky, serious and silly — it's Story Hour at Sugar Hill Children's Museum. Every Saturday!

Arts and Crafts: Bryant Park's Carousel, W. 42nd Street and Sixth Avenue; bryantpark.org; 1 pm to 1:45 pm; Free.

Come to fun classes at the Bryant Park Reading Room Kids and enjoy arts and crafts classes with Private Picassos on Saturdays from 1 pm to 1:45 pm, immediately following Reading Room Kids. These creative classes are perfect for little hands, ages 1–10. Materials provided, and are washable, but kids should wear clothes that can get messy.

ComedySportz New York City: Broadway Comedy Club, 318 W. 53rd St. at Eighth Avenue; (646) 580-0291; csznewyork.com/info-and-tickets/tickets; 6 pm; \$20 (\$15 special online price, \$25 for general admission plus two sodas, \$35 for general admission plus any two items).

This fast-paced, family-friendly improvisational comedy, is played as a sport. Two teams take turns making up scenes, playing games and singing songs — and the audience votes on which team they like the best.

Summer on the Hudson – Stargazing: Riverside Park South, W. 70th Street, in front of Pier 1 Cafe; (212) 535-2922; <https://www.aaa.org/observing/pier-i-cafe-stargazing-and-sungazing>; 8–11pm; Free.

Peer heavenward to see celestial wonders with The Amateur Astronomers Association. A summer evening in Manhattan is made complete with a great skyline and the stars, planets, and moon in full view.

SUN, AUG. 5

IN MANHATTAN

Meet Adelaide Hermann, the Queen of Magic! Noon to 4 pm. New-York Historical Society. See Saturday, Aug. 4.

"Swan Lake": Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 1 pm; \$14–\$15.

In the dual role of white swan Odette and her rival black swan Odile, prima ballerina Svetlana Zakharova exudes both vulnerability and cunning through superb technical mastery, alongside the powerful and emotional Siegfried, Denis Rodkin.

Sunday Fundays: Sugar Hill Children's Museum, 898 St Nicholas Ave.; (212) 335-0004; www.sugarhillmuseum.org; 1 pm to 2 pm; Free with museum admission.

Sing, dance, and play with the magical musical stories performed by the fabulous Flor Bromley!

Bring Ya Mamma: Village Lantern Comedy Club, 167 Bleecker St.; <https://www.eventbrite.com/e/bring-ya-mamma-tickets-323548793157aff=eac2>; 2 pm to 4 pm; \$10.

Family-friendly clean stand-up comedy show for all ages. Watch NYC club comics do their best clean jokes and enjoy a delicious brunch



Comedy gets competitive

These jokes are slam dunk at ComedySportz, now until Aug. 18 at the Broadway Comedy Club.

ComedySportz is fast-paced, family-friendly improvisational comedy played as a sport. Two teams take turns making up scenes, playing games and singing songs — and the audience votes on which team they like the best. It's all presided over by a referee, who keeps things moving, calls the fouls, and takes suggestions shouted out by

the audience before each game.

ComedySportz, Saturdays, now until Aug. 18 at 6 pm. Tickets are \$20, (\$15 online special; \$25 for general admission plus two sodas; \$35 for general admission plus any two items). Reservations not required, recommended for older children.

Broadway Comedy Club [318 W. 53rd St. at Eighth Avenue in Hell's Kitchen, (646) 580-0291; www.csznewyork.com/info-and-tickets/tickets].

menu.

Le Carrousel Magique: Bryant Park's Carousel, W. 42nd Street and Sixth Avenue, bryantpark.org; 2 pm to 3 pm; Free.

Fantastic illusions, sleight of hand, even levitation! It's fun for the whole family at Le Carrousel Magique in Bryant Park.

FURTHER AFIELD

Adventure Course: Alley Pond Park, Cross Island Parkeay and Grand Central Parkway, Queens; (718) 217-4685; www.nycgovparks.org; 9:30 am and 1 pm; Free.

Alley Pond Adventure Course is an outdoor adventure that fosters trust, problem-solving, and team-building. Please dress appropriately — no sandals, flip flops, or open-toed shoes are allowed. Our programs are appropriate for those ages 8 and older. The Adventure Course program lasts about two hours. Space is limited. A valid Photo ID is required for participants ages 18 and older.

MON, AUG. 6

IN MANHATTAN

Drop in art sessions: The Jewish Museum, 1109 Fifth Ave. at 92nd Street; (212) 423-3200; thejewishmuseum.org; 1 pm to 4 pm; Free with museum admission.

Families may explore a variety of materials and ideas through weekly Monday drop-in sessions in July. Inspired by works of art on view in the Museum, paint a vibrant still life with an array of natural forms, design whimsical sculptures within a diorama, create one-of-a-kind patterns through printmaking techniques, and more.

TUES, AUG. 7

IN MANHATTAN

Story Time: Bryant Park's Carousel, W. 42nd Street and Sixth Avenue, bryantpark.org; 10:30 am to 11:30 am; Free.

Calendar

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

Stories, meowsic, arts and crafts, and fun make up this hour made special by Bryant Park's own Cali Co Cat (for ages 3–9).

Family Music: Pats Lawn, W. 218th Street and Indian Road; (212) 569–4112; 6 pm to 6:30 pm; Free.

In this highly entertaining and educational class, music is used as a vehicle for kids to learn about the world around them. Hank's intention is to help kids and parents embody the music learned in class so it can be easily translated to experiences out in the world. For families with kids ages birth to 6 years.

WED, AUG. 8

FURTHER AFIELD

Fun Days: 9 am to 2 pm. Cape May Light-house. See Wednesday, Aug. 1.

THURS, AUG. 9

IN MANHATTAN

Citi Summer in the Square: 7 am to 6 pm. Union Square Park. See Thursday, Aug. 2.

Cross-Stitch Circle: 3:30 pm to 5:30 pm. New-York Historical Society. See Thursday, Aug. 2.

FRI, AUG. 10

IN MANHATTAN

Free Fridays at the Museum: 3 pm to 7 pm. The Seaport Museum. See Friday, Aug. 3.

Free Fridays: 3–7pm. The Seaport Museum. See Friday, Aug. 3.

Virtuous Journeys: 3:30 pm to 4:30 pm. Sugar Hill Children's Museum. See Friday, Aug. 3.

Summer on the Hudson – #TotallyPublicKaraoke: 6 pm to 10 pm. Pier 1 - Riverside Park South. See Friday, Aug. 3.

Family Fridays: 8 pm. Hudson River Park - Pier 46. See Friday, Aug. 3.

SAT, AUG. 11

IN MANHATTAN

Parent and Me Yoga: 9 am to 9:45 am. Abby's Lawn - Fort Tryon Park. See Saturday, Aug. 4.

Conjuring Colonial Illusions: 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.

Long before Houdini, a Mr. Bayly advertised that he could present feats of magic “without the use of Pockets, Bags, or Sleeves.” Portrayed by Living Historian Robert Olson in 18th-century garb, watch him restore ribbons cut into pieces, make coins fly from the hand of one spectator to another, and make playing cards dance above a bottle that you can hold!

Summer on the Hudson – Play Dates: West Harlem Piers, 125th Street and Marginal



Graduation for jokers

It's Graduation Day for the kids in the Kids 'N Comedy camp on Aug. 3 and Aug. 17 at the Gotham Comedy Club.

During their season, the troupe of talented tweens and teen tries out material, and now these grads are ready to hit the big time. They are as good as adult comics, but they are clean.

The camp routine is made up of im-

prov, sketch comedy acting, and stand-up comedy.

Graduation Day, Aug. 3 and Aug. 17 at 2 pm. Tickets \$10 cover, plus one item minimum (kids menu available). Reservations required. Online ticketing is not available.

Gotham Comedy Club [208 W. 23rd St. between Seventh and Eighth avenues, (212) 877–6115; www.kidsncomedy.com].

Street; 311; <https://www.nycgovparks.org/events/2018/05/12/summer-on-the-hudson-play-dates>; 1 pm to 4:30 pm; Free.

Sammie and Tудie — a comedy magic show for kids of all ages. Join us at this fun family-friendly outdoor party featuring a children's entertainer, arts and crafts, and neighborhood fun!

Showtime Saturdays: 1 pm to 2 pm. Sugar Hill Children's Museum. See Saturday, Aug. 4.

Arts and Crafts: 1 pm to 1:45 pm. Bryant Park's Carousel. See Saturday, Aug. 4.

ComedySportz: 6 pm. Broadway Comedy Club. See Saturday, Aug. 4.

SUN, AUG. 12

IN MANHATTAN

Conjuring Colonial Illusions: 11 am to 4 pm. New-York Historical Society. See Saturday, Aug. 11.

Sunday Fundays: 1 pm to 2 pm. Sugar Hill Children's Museum. See Sunday, Aug. 5.

Le Carrousel Magique: 2 pm to 3 pm. Bry-

ant Park's Carousel. See Sunday, Aug. 5.

37th Annual Battery Dance Festival: Robert F. Wagner Jr. Park, 20 Battery Place at Battery Park City Esplanade; batterydance.org/battery-dance-festival; 7 pm to 9 pm; Free.

Battery Dance, in association with Battery Park City Authority, presents this annual event with performances from artists including New York City dancers and dancers from Botswana, Canada, Gabon, Kazakhstan, Macedonia, Spain, Turkey, and a collection of India's greatest Kathak dancers. The event culminates in a closing event and reception on Aug. 18, from 6 pm to 8 pm at The Schimmel Center at Pace University.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Al-ley Pond Park. See Sunday, Aug. 5.

MON, AUG. 13

IN MANHATTAN

Drop in art sessions: 1 pm to 4 pm. The Jewish Museum. See Monday, Aug. 6.

37th Annual Battery Dance Festival:

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

7–9pm. Robert F. Wagner Jr. Park. See Sunday, Aug. 12.

TUES, AUG. 14

IN MANHATTAN

Story Time: 10:30 am to 11:30 am. Bryant Park's Carousel. See Tuesday, Aug. 7.

Family Music: 6 pm to 6:30 pm. Pats Lawn. See Tuesday, Aug. 7.

37th Annual Battery Dance Festival: 7 pm to 9 pm. Robert F. Wagner Jr. Park. See Sunday, Aug. 12.

WED, AUG. 15

IN MANHATTAN

37th Annual Battery Dance Festival: 7 pm to 9 pm. Robert F. Wagner Jr. Park. See Sunday, Aug. 12.

FURTHER AFIELD

Fun Days: 9 am to 2 pm. Cape May Lighthouse. See Wednesday, Aug. 1.

THURS, AUG. 16

IN MANHATTAN

Citi Summer in the Square: 7 am to 6 pm. Union Square Park. See Thursday, Aug. 2.

Cross-Stitch Circle: 3:30 pm to 5:30 pm. New-York Historical Society. See Thursday, Aug. 2.

37th Annual Battery Dance Festival: 7 pm to 9 pm. Robert F. Wagner Jr. Park. See Sunday, Aug. 12.

FRI, AUG. 17

IN MANHATTAN

Kids 'N Comedy: 2 pm. Gotham Comedy Club. See Friday, Aug. 3.

Free Fridays: 3–7 pm. The Seaport Museum. See Friday, Aug. 3.

Virtuous Journeys: 3:30 pm to 4:30 pm. Sugar Hill Children's Museum. See Friday, Aug. 3.

Summer on the Hudson – #TotallyPublicKaraoke: 6 pm to 10 pm. Pier 1 - Riverside Park South. See Friday, Aug. 3.

37th Annual Battery Dance Festival: 7 pm to 9 pm. Robert F. Wagner Jr. Park. See Sunday, Aug. 12.

Family Fridays: 8 pm. Hudson River Park - Pier 46. See Friday, Aug. 3.

SAT, AUG. 18

IN MANHATTAN

Parent and Me Yoga: 9 am to 9:45 am. Abby's Lawn - Fort Tryon Park. See Saturday, Aug. 4.

Discovery Walk for Families – Tower-

Stitched up

Take a stitch in time at the Cross-Stitch Circle at the Dimenna Children's History Museum, now through Aug. 30. This unique drop-in workshop allows children age 6 and older to try their skills at one of the oldest forms of embroidery in the world.

Participants can learn the basics of this craft, or they can make a handcrafted gift.

Cross-Stitch Circle on Thursdays, now through Aug. 30, from 3:30 to 5:30 pm. Free with museum admission.

DiMenna Children's History Museum at the New-York Historical Society [170 Central Park West between W. 76th and W. 77th streets on the Upper West Side, (212) 485-9273, www.DimennaChildrensHistoryMuseum.org].



ing Trees: 10 am to 11:30 am. Charles A. Dana Discovery Center. See Saturday, Aug. 4.

Learn a Parlor Trick!: New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; www.nyhistory.org/childrens-museum/families; Noon to 4 pm; Free with museum admission.

Join parlor magicians from the turn-of-the-century portrayed by Living Historians for a taste of close-up illusions. Try some sleight-of-hand yourself and see if you can conjure up an act for your family!

Showtime Saturdays: 1 pm to 2 pm. Sugar Hill Children's Museum. See Saturday, Aug. 4.

Arts and Crafts: 1 pm to 1:45 pm. Bryant Park's Carousel. See Saturday, Aug. 4.

ComedySportz: 6 pm. Broadway Comedy Club. See Saturday, Aug. 4.

SUN, AUG. 19

IN MANHATTAN

Learn a Parlor Trick!: Noon to 4 pm. New-York Historical Society. See Saturday, Aug. 18.

Sunday Fundays: 1 pm to 2 pm. Sugar Hill Children's Museum. See Sunday, Aug. 5.

Le Carrousel Magique: 2 pm to 3 pm. Bryant Park's Carousel. See Sunday, Aug. 5.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. All-ley Pond Park. See Sunday, Aug. 5.

MON, AUG. 20

IN MANHATTAN

Drop in art sessions: 1 pm to 4 pm. The Jewish Museum. See Monday, Aug. 6.

TUES, AUG. 21

IN MANHATTAN

Family Music: 6 pm to 6:30 pm. Pats Lawn. See Tuesday, Aug. 7.

WED, AUG. 22

FURTHER AFIELD

Fun Days: 9 am to 2 pm. Cape May Lighthouse. See Wednesday, Aug. 1.

THURS, AUG. 23

IN MANHATTAN

Citi Summer in the Square: 7 am to 6 pm. Union Square Park. See Thursday, Aug. 2.

Cross-Stitch Circle: 3:30 pm to 5:30 pm. New-York Historical Society. See Thursday, Aug. 2.

FRI, AUG. 24

IN MANHATTAN

Free Fridays at the Museum: 3 pm to 7 pm. The Seaport Museum. See Friday, Aug. 3.

Virtuous Journeys: 3:30 pm to 4:30 pm. Sugar Hill Children's Museum. See Friday, Aug. 3.

Calendar

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

Summer on the Hudson – #TotallyPublicKaraoke: 6 pm to 10 pm. Pier 1 - Riverside Park South. See Friday, Aug. 3.

Family Fridays: 8 pm. Hudson River Park - Pier 46. See Friday, Aug. 3.

SAT, AUG. 25

IN MANHATTAN

Parent and Me Yoga: 9 am to 9:45 am. Abby's Lawn - Fort Tryon Park. See Saturday, Aug. 4.

Watson Adventures' Wizard School Scavenger Hunt for Harry Potter Fans: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-7710; rsvp@watsonadventures.com; www.metmuseum.org; 10:30 am to 12:30 pm; \$31 to \$42 (includes museum admission).

Join Watson Adventures on a unique scavenger hunt for Harry Potter fans ages 10 and up! Follow in the footsteps of young wizards on a field trip to the Metropolitan Museum of Art in search of art that echoes characters, places, and enchanted objects in the famed Harry Potter books and movies. Kids must be accompanied by an adult, but all-adult teams can compete separately. Advance purchase is required.

Visit a Victorian Magic Lantern Show: New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; www.nyhistory.org/childrens-museum/families; Noon to 4 pm; Free with museum admission.

What was the grandfather of movies? Join filmmaker and collector Joel Schlemowitz for Capturing the Magic Weekend to discover how lantern slides entertained turn-of-the-century New Yorkers young and old. Examine antique projection equipment and painted glass slides.

Showtime Saturdays: 1 pm to 2 pm. Sugar Hill Children's Museum. See Saturday, Aug. 4.

SUN, AUG. 26

IN MANHATTAN

Summer on the Hudson – Sun Gaze Sundays: Pier 1 at Riverside Park South, W. 70th Street; 311; Noon to 4 pm; Free.

The Amateur Astronomers Association and solargazing return with solar telescopes specifically designed to safely look at the sun and see sunspots and prominences under a summer sky.

Visit a Victorian Magic Lantern Show: Noon to 4 pm. New-York Historical Society. See Saturday, Aug. 25.

Sunday Fundays: 1 pm to 2 pm. Sugar Hill Children's Museum. See Sunday, Aug. 5.

Le Carrousel Magique: 2 pm to 3 pm. Bryant Park's Carousel. See Sunday, Aug. 5.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Al-

ley Pond Park. See Sunday, Aug. 5.

MON, AUG. 27

IN MANHATTAN

Drop in art sessions: 1 pm to 4 pm. The Jewish Museum. See Monday, Aug. 6.

TUES, AUG. 28

IN MANHATTAN

Family Music: 6 pm to 6:30 pm. Pats Lawn. See Tuesday, Aug. 7.

THURS, AUG. 30

IN MANHATTAN

Citi Summer in the Square: 7 am to 6 pm. Union Square Park. See Thursday, Aug. 2.

Cross-Stitch Circle: 3:30 pm to 5:30 pm. New-York Historical Society. See Thursday, Aug. 2.

Family Fun Night: Adam Clayton Powell, Jr. State Office Building, 163 W. 125th St.; (212) 961-4390; www.summerstageinharlem.org, 5 pm to 8 pm; Free.

Get ready for a summer evening of family fun with a back-to-school theme and entertainment provided by several youth groups. The event will include participation by the Harlem School of the Arts, which helps enrich the lives of young people and their families through world-class training and exposure to the arts across multiple disciplines.

FRI, AUG. 31

IN MANHATTAN

Free Fridays at the Museum: 3 pm to 7 pm. The Seaport Museum. See Friday, Aug. 3.

Virtuous Journeys: 3:30 pm to 4:30 pm. Sugar Hill Children's Museum. See Friday, Aug. 3.

Summer on the Hudson – #TotallyPublicKaraoke: 6 pm to 10 pm. Pier 1 - Riverside Park South. See Friday, Aug. 3.

LONG-RUNNING

IN MANHATTAN

"Frozen" on Broadway: St. James Theatre, 246 W. 44th St.; (866) 870-2717; frozen-themusical.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.

Ripley's Relic Interactive exhibition: Ripley's Believe It or Not, 234 W. 42nd St.; ripleysnewyork.com; Daily, 9 am to 1 pm; \$15.

This new interactive New York adventure features the latest in high-tech components

and top-tier movie-quality set design with Relic seekers working together with a live guide to unlock a series of puzzles and decipher a strange assortment of scientific symbols that were recently discovered in Times Square.

Sing: 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; Wednesdays, 9:15 am, until Wed, Oct. 24; \$10.

Join Rebecca Schoffer and Parenting Center staff for a fun sing-a-long of old time favorites, folk songs and childhood classics.

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.

Governors Island: New York Harbor; <http://govisland.com>; Weekdays, 10 am-6 pm, Saturdays and Sundays, 10 am-7 pm, until Wed, Oct. 31; Ferries run from Manhattan and Brooklyn. Check website for schedules and fares. Entry to the island is free.

The 172-acre island in the heart of New York Harbor has something for everyone, from biking, slides, play fountains and hammocks to tours of historic Fort Jay and Castle Williams.

Kids Yoga: Playground at Washington Square Park, University Place and Sullivan Street; (212) 396-5873; <http://www.nycgov-parks.org/events/2018/07/04/free-kids-yoga-at-washington-square-park>; Wednesdays, 10 am to 10:45 am, until Wed, Sept. 12; Free.

Kids can join in the yoga fun as they stretch and move to songs, rhymes, and more with Sacred Sounds Yoga. Please bring your own yoga mat. Adults must be present throughout the class.

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

New Parent get together: 92Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; Wednesdays, 10:30 am to noon, until Wed, Oct. 24; \$15.

Led by 92Y Parenting Center Director Sally Tannen and New York's top child psychologists and pediatricians, this weekly discussion group is a great way for new parents to share experiences, learn from one another, and make friends.

Tennis: Inwood Hill Park, 207th Street and Seaman Avenue; www.CityParksFoundation.org; Mondays and Wednesdays, 1 pm to 4 pm, until Tues, Aug. 28; Free.

Calendar

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

CityParks Tennis provides free tennis lessons to children, ages 6 to 17. Lessons for kids are offered at all skill levels. Opportunities include free beginner lessons, tournaments, leagues, excellence programs and special events.

"Momix": The Joyce Theater, 175-Eighth Ave.; (212) 691-9740; joyce.org/performances/momix; Tuesdays and Wednesdays, 7:30 pm, Thursdays and Fridays, 8 pm, Saturdays, 2 pm and 8 pm, Sundays, 2 pm, until Sun, Aug. 12; \$26 to \$66.

The company of dance illusionists under the direction of Moses Pendleton brings its latest mix of multi-media magic to New York. The presentation combines the wonders of the human form, nature, music and life; using spectacular lighting effects, outrageous costumes and unbelievable props to enchant audiences of all ages.

Tennis: East River Park, Montgomery Street to E. 12th Street and F.D.R. Drive; www.CityParks-Foundation.org; Tuesdays and Thursdays, 9 am to noon, until Tues, Aug. 28; Free.

Tennis: Central Park Tennis Center, 93rd Street near West Drive; www.CityParksFoundation.org; Tuesdays and Thursdays, 1 pm to 4 pm, until Tues, Aug. 28; Free.

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, Fri, Aug. 3 – Fri, Aug. 31; Free with museum admission.

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

Cowpoke class with Hopalong Andrew: Whole Foods Tribeca, 270 Greenwich St.; hopalongandrew.com; Saturdays, 10 am to

10:45 am, until Sat, Sept. 15; Free.

Hopalong Andrew adapts the classic cowboy songs to reflect life as an urban cowpoke. He plays interactive "Cowpoke Classes" geared for all-age enjoyment.

Urban Farm Exploration Day: Urban Farm at Randall's Island, Wards Meadow Loop; (212) 830-7722; Saturdays and Sundays, 11 am to 5 pm, until Sun, Oct. 14.

Take a self-guided tour through the Urban Farm to see the variety of fruits and vegetables that we are growing this season. Our farmers have planted some surprising and interesting produce this year so we encourage you to come visit! All ages welcome.

"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, \$59.

Now in its third year delights, it amazes and educates audiences. The shows are performed in repertory on Saturday and Sunday.

History Detective Briefcase – Summer of Magic Edition: 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, Aug. 4 – Sun, Aug. 26; Free with museum admission.

Young magicians can check out a special Summer of Magic-themed History Detective Briefcase in our DiMenna Children's History Museum and use it to explore the exhibition! Each briefcase is chock full of activities that invite families to draw, discuss, interpret, and even do a little magic of their own. At the end of your visit, simply return it!

Puppet Show: Le Carrousel at Bryan Park, W. 42nd Street and Sixth Avenue; bryantpark.org; Saturdays, 2 pm to 3 pm, until Sat, Sept. 22; Free.

Puppets, puppets, and more puppets bring whimsy and fun to the line-up. Wonder Spark Puppets perform "Fox Fables," "Goldilocks and The Three Bears," "The Lion & The Mouse," and "Princess Petunia's Dragon," to name but a few.

West African Dance Class: Morris-Jumel Mansion, 65 Jumel Terrace; (212) 923-8008; <https://www.nycgovparks.org/events/2018/07/01/free-west-african-dance-class>; Sundays, Noon to 1:30 pm, until Sun, Oct. 14; Free.

Come alone, with a friend, or with the whole family and take a West African Dance Class led by World Renowned Master Drummer/Teacher Yahyah Kamate!

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

FURTHER AFIELD

Ocean Wonders – Sharks!: New York Aquarium, 602 Surf Ave. between W. Eighth and W. Fifth streets, Brooklyn; (718) 265-3448; www.nyaquarium.com; Daily, 10 am; Free with admission to the aquarium.

The new exhibit will amaze visitors as they journey through nine galleries breathtakingly eye-to-eye with sharks, rays and hundreds of species of ocean wildlife.

theMarketplace

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New & Noteworthy

BY LISA J. CURTIS



Glowing back to school

If the idea of sending your little one off to pre-K or kindergarten has you fretting, there is an enchanting new backpack for your tiny scholar — complete with glowing wings — that will remind you what a magical time this is.

The small “Forest Fairy Flyer” backpack is sized just right for students ages 3 to 5, who will be smitten by the teal-and-purple color scheme which shimmers in iridescent glory in daylight and, with a flick of a switch, positively glows at night.

The whimsical — yet sturdy — backpack impresses with its many thoughtful details: exterior side pockets, a nameplate, a tote handle, and horizontal design that keeps weight above the waist.

It's fairy nice indeed

Small “Forest Fairy Flyer” backpack, \$44.99, Bixbee.com.

Hear, hear

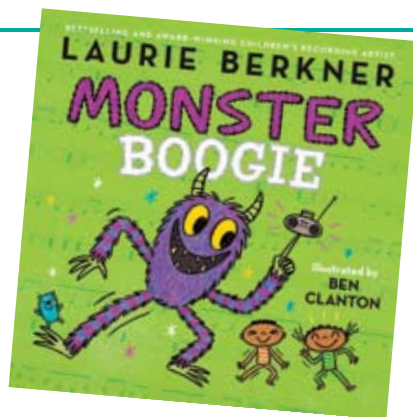
Going back to school still means stocking up on pencils, highlighters, and composition notebooks, but nowadays, it can also mean students need to fill their backpacks with a flash drive and child-safe headphones — especially if their classroom is using the popular Google Chromebooks.

LilGadgets' new BestBuds Earbuds are made to meet the unique needs of children ages 6 and older. They're particularly suited for kids, because their volume is capped by a 93-decibel limit to protect young ears, and they're made to reduce outside noise levels, so kids won't have to max out the volume to enjoy their apps, phones, or videos.

The BestBuds, which are in-ear headphones, also have a microphone for phone calls or communicating with apps. The earphones also

come with a firm storage case which contains the additional Earbud covers and Y-shaped “SharePort” adapter, so your child can share his screen-finds with family and school friends.

BestBuds Earbuds by LilGadgets, \$19, Walmart.com.



'Monster' yuks

In her latest children's book, which features her popular song “Monster Boogie” (Simon & Schuster Books for Young Readers), kindie singer-songwriter Laurie Berkner has teamed up with illustrator Ben Clanton (of Narwhal and Jelly book series fame) to encourage kids to face their fears, get up, and dance.

The sheet music for the song is printed on the book's back cover — or for the musically illiterate among us, you can listen to Berkner's “Monster Boogie” video on YouTube.

Recommended for 4 to 8 year olds, Berkner's book features a brother and sister trying to go to sleep, but are awakened by a giant monster — with, gasp!, green teeth — who exhorts the kids to lighten up, “boogie” and “wiggle.” And that's good advice for readers of any age.

“Monster Boogie” book by Laurie Berkner, \$17.99, Amazon.com.

Minute to win it

Beat the clock, by beating and heating your eggs in this morning lifesaver!

The new Breakfast Sandwich Maker from Pampered Chef is an incredible help for parents trying to get healthy food into a tween or teenager — and still get them to school on time!

With the Maker, we made a delicious, nutritious meal in 90 seconds! Butter the bottom of the ceramic bowl and add a beaten egg seasoned with salt and pepper. Then add the deep silicone insert filled with a pre-cooked meat of your choice (such as a slice of ham or bacon). Cover with the ceramic lid, and microwave for 30 seconds. Finally, add the shallow insert with a multigrain English muffin with cheddar cheese, replace the lid, and microwave for 30 seconds.

Assemble your sandwich, and impress your family with a breakfast sandwich that rivals any fast-food restaurant in good looks, but outshines them with its freshness, low cost, and nutrients. Foster independence by encouraging tweens to make their own eggs in this maker, which is easily handwashed and dishwasher safe. Bon appétit!

Breakfast Sandwich Maker, \$29.50, PamperedChef.com





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