

MANHATTAN

Family

www.NYParenting.com

October 2018

FREE

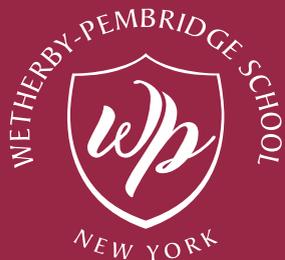
**High School
Choices**

**9 tips to help
your teen rest**

**Haiku that's
just perfect
for kids**

**A child
sex abuse
survivor
fights for
change**





At Wetherby-Pembridge School, we inspire the individual to reach personal confidence and success with integrity, kindness, respect and manners.

Nursery 3 - Grade 8.



Respect, Resilience, Responsibility

Our school vision is to awaken curiosity, cultivate high standards and celebrate successes. We combine the merits of single-sex and co-education in a unique provision that is both family-friendly and educationally sound.



Backed by decades of educational experience at Wetherby School and Pembridge Hall in London, the children at Wetherby-Pembridge in New York enjoy a balanced, diverse and inspiring academic programme. They are challenged and fulfilled at all stages, embrace opportunities and learn from failure.

Join our Autumn Open Houses

Please note that registration is required, visit our website or call to sign up.

Thursday 11th October, 5:30pm - 7:00pm
Tuesday 23rd October, 9:00am - 10:30am
Saturday 27th October, 10:00am - 12:00pm



NEW YORK Parenting

Manhattan Family
October 2018

Where every child matters



36



46

FEATURES

- 8 9 tips to help teens get their Zs**
BY KIMBERLY BLAKER
- 10 Flashback to the '80s**
Teens today don't know how good they've got it!
BY CHERYL MAGUIRE
- 12 Leave it to the pros**
Orthodontists wince at do-it-yourself teeth-straightening
- 22 Little poems for little kids**
New children's book features haiku
BY TAMMY SCILEPPI
- 28 In her own words**
A child sex abuse survivor, now a mother, fights for change
BY TAMMY SCILEPPI
- 30 Breast cancer — and keeping your breasts**
Coping with the threat, beyond preventive surgery
BY HEATHER FRIMMER

COLUMNS

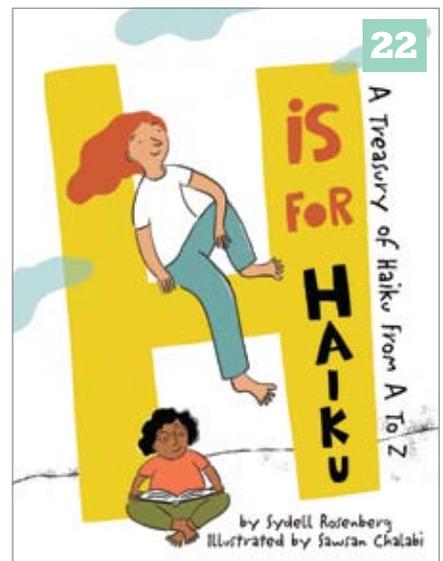
- 6 Short Stuff**
- 18 Just Write Mom**
BY DANIELLE SULLIVAN
- 20 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 24 Healthy Living**
BY DANIELLE SULLIVAN
- 26 FabuLYSS Finds**
BY LYSS STERN
- 32 Behavior & Beyond**
BY DR. MARCIE BEIGEL
- 34 Family Health**
BY DR. PRAMOD NARULA, MD
- 35 Tips from a Teacher**
BY LAUREN ROSEN
- 46 New & Noteworthy**
BY LISA J. CURTIS

SPECIAL SECTIONS

- 14 High School Directory**
- 45 The Marketplace**

CALENDAR

- 36 October Events**



22

Preteens and teens

Something happens to most children when they are nearing their teen years. Think back to your own experience. Reaching puberty is complicated and consuming and that part of it never really changes. What changes are the needs and demands of today's young people in this strong digital age, in an age when so much information is at their fingertips, literally.



There is a lot of confusion in the years that begin at 10, 11 or 12 and go on through to the 20s, and also a myriad of changes. All kinds of things are affected, like sleep, moods, growing pains of all kinds, and certainly awareness of sexuality.

I remember back to my own preteen and teen years and can recall how exciting it was and at the same time how

challenging. Experiencing that time through my daughter showed me that although many things stay the same, a great deal has also changed. Kids these days are more informed, more aware and less insular than we were. The internet has added its influence as well as social media.

New pressures, competitive realities, and, of course, being kids in a major and busy metropolis like New York City all add their effects to what used to be more innocent times in one's growth experience. These kids are savvy and in the know. They are tuned in and connected. Often, as parents, we struggle to keep up with them. It remains our responsibility however, to keep aware of their circumstances and try to remain current.

The main reason we focus on teens

this month is because many of the high schools in our communities are having open houses for next year's registration. Whether you are interested in public or private options, there is something for everyone and we're proud to present some of the terrific schools located around the boroughs. It's an important time for our kids and they need us to be vested and engaged along with them. Make sure you look around carefully for the best school option for your child's needs.

Happy Fall! Thanks for reading.

Susan Weiss-Voskidis,
Publisher/Executive Editor
Susan@nyparenting.com

Community News Group

PRESIDENT & PUBLISHER:

Victoria Schneps-Yunis

CEO & CO-PUBLISHER:

Joshua Schneps

New York Parenting

PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss

PUBLISHER / BUSINESS MANAGER:

Clifford Luster

OPERATIONS ASSOCIATE:

Tina Felicetti

SALES REPS: Erin Brof, Mary Cassidy,

Shelli Goldberg-Peck, Jay Pelc

ART DIRECTOR: Leah Mitch

WEB DESIGNER: Sylvan Migdal

GRAPHIC DESIGNERS: Arthur Arutyunov,

Gardy Charles, Earl Ferrer, John Napoli,

Marcos Ramos

MANAGING EDITOR: Vince DiMiceli

ASSISTANT EDITOR: Courtney Donahue

COPY EDITOR: Lisa J. Curtis

CALENDAR EDITOR: Joanna Del Buono

Contact Information

ADVERTISING: WEB OR PRINT

(718) 260-4554

Susan@NYParenting.com

CIRCULATION

(718) 260-8336

Tina@NYParenting.com

EDITORIAL

(718) 260-4554

Family@NYParenting.com

CALENDAR

(718) 260-2523

ADDRESS

New York Parenting Media/CNG

1 Metrotech Center North

10th Floor

Brooklyn, NY 11201

www.NYParenting.com



The acceptance of advertising by **New York Parenting** does not constitute an endorsement of the products, services or information being advertised. We do not knowingly present any products or services that are fraudulent or misleading in nature.

Editorial inquiries, calendar information, advertising rates and schedules and subscription requests may be addressed to **New York Parenting**, One Metrotech Center North, 10th Floor, Brooklyn, N.Y. 11201.

New York Parenting can also be reached by calling (718) 260-4554, emailing Family@NYParenting.com or by visiting our website, NYParenting.com.

Join the conversation on Facebook.

New York Parenting has been recognized for editorial and design excellence by PMA.

New York Parenting is published monthly by Queens Family Media, LLC. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2018





You want the *best*
for your child.
So do we.

Our students, ages 2-14,
succeed, thrive, and love learning in
our international school community
located in Downtown Manhattan.



**NORD ANGLIA
INTERNATIONAL
SCHOOL
NEW YORK**

Join us for an upcoming Open House and explore our award winning school, our personalized curriculum and learn how our collaborations with MIT, Juilliard and UNICEF inspire and prepare our students to become future, independent, global citizens.

- **September 25**, 9:30 – 10:00 am
(Juilliard Performance)
- **September 27**, 6:00 – 7:00 pm
- **October 10**, 9:00 – 10:00 am
(MIT WOW presentation)
- **October 13**, 10:00 am – 12:00 pm
- **October 18**, 9:00 – 10:00 am

RSVP at 212.600.2010 or info@ny.nae.school
naisny.com



PACE UNIVERSITY OASIS PROGRAM

The Ongoing Academic and Social Instructional Support (OASIS) program at Pace offers one of the most comprehensive college support programs for students with learning differences. The program helps prepare students for community integration, employment, and adult life.

- **Designed for students** with Asperger syndrome, autism spectrum disorders, learning challenges, nonverbal learning differences, and related challenges.
- **Academic coaches meet with students** several times a week to assist with assignments, organization, and management of studies.
- **Personalized study plans** leverage student strengths and address individual challenges.
- **Students learn alongside peers** where accommodations in courses are provided, but the work is not modified and remains at the college level.
- **Campus life coordinators and social coaches help students to integrate into dormitory and campus life**, including club participation, activities, trips, and more.
- **Collaboration with Career Services and outside agencies** provide opportunities for internships and future employment.
- **Graduate with a bachelor's degree** in any field of study.

With the continuous help and support provided by the OASIS team, anything is achievable.

For more information, please visit
www.pace.edu/OASIS or call (212) 346-1088.

PACE
UNIVERSITY

9 tips to help teens get their **ZZZs**

BY KIMBERLY BLAKER

Teen sleep habits are an ongoing frustration for many parents. Teens often stay up into the wee hours of the night and then struggle to wake up for school on weekdays, then tending to sleep the days away on the weekends. This results in daily battles between many parents and teens.

But sleep is crucial to adolescents' well-being. School-age children, from ages 6 to 13, need 9 to 11 hours of sleep per night, according to the National Sleep Foundation. Teens, from ages 14 to 17, need 8 to 10 hours. Yet studies find only a small percentage of teens are getting the necessary sleep.

The problem is, as experts point out, during puberty, teens' circadian rhythm shifts. During their earlier years, kids start feeling sleepy around 8 or 9 pm. But during adolescence, it's 10 or 11 pm before they start getting tired. This is called "sleep phase delay," which is likely caused by a delay in the release of the body's melatonin.

Sleep phase delay, however, isn't the only reason teens don't get enough sleep. Increased demands on their time — including additional household responsibilities, homework and extracurricular activities, socializing with friends, and media use — also contribute to a short-

age of sleep.

So what's a parent to do? In a perfect world, all high schools would adjust their school day to begin and end at least an hour or so later each day. This would make it easier for teens to get the sleep they need and significantly benefit students.

For example, Kyla L. Wahlstrom and her colleagues at the University of Minnesota conducted a three-year-long study of 9,000 students. Their findings, reported in "Examining the Impact of Later High School Start Times on the Health and Academic Performance of High School Students: A Multi-Site Study," revealed high schools that start the day at 8:30 am

or later see several benefits.

First, 60 percent of these students were able to get at least eight hours of sleep per night during the school week. Those getting the extra rest also had lower rates of depression and caffeine use and were at decreased risk for substance use. These students showed better academic performance and had better achievement test scores as well, while having a reduction in tardiness. Also, where schools shifted the start time to 8:55 am, the risk of traffic accidents involving teen drivers was significantly reduced.

You might find it worth talking to other parents about the teen-sleep di-



lemma and the benefits of later school hours. Then create a concerted effort among parents to take the issue to the school board. Of course, this is a longer term solution that won't likely be implemented at least until the following school year.

Fortunately, there are several things you can do right now to help ensure your teens get the sleep they need:

Set a regular bedtime routine

Teens should go to bed and wake up at roughly the same time each day. It might also be helpful to allow your teen to sleep in a little later on the weekends to catch up a little.

But don't let your adolescent sleep in too much later on the weekends. Otherwise, your teen will likely stay up much later as well. Then it'll be much more difficult to fall back into an early bedtime routine during the week.

Remove media from bedrooms

Televisions, computers, music, and cell-phones serve as perfect distractions to keep kids awake late into the night. Have your teen remove all media from the bedroom before bedtime. If your teen usually

uses a phone alarm, get an alarm clock instead.

Restrict caffeine

Soda, coffee, and energy drinks that are consumed late in the evening impede sleep.

Set a curfew for these beverages two to three hours before bedtime.

Keep the bedroom cool

Being too warm at night interrupts sleep. Set the thermostat to 3 degrees cooler at night than it's set at during the daytime. Just make sure your teen has plenty of blankets to maintain comfort.

Eat some carbs before bed

Have your teen eat a light, high-carbohydrate snack before bedtime. Fruit and white grains tend to be high in carbohydrates. Just make sure your teen doesn't overdo it, since feeling stuffed can also make it difficult to fall asleep.

Practice relaxation

Have your teen start winding down 30 to 60 minutes before bedtime.

Your teen should do something relaxing such as read, listen to calm music, or watch a light television show. Better yet, see if you can get your teen to practice

meditation or yoga.

Restrict work hours

Teen jobs often require working the late shift. Restrict the hours your teen can work both on weeknights and weekends during the school year to ensure she can get her Zs.

Take a hot bath

This is a good way for your teen to relax before bed. It could also provide your adolescent an extra 20 minutes of sleep in the mornings by getting the bath or shower out of the way the night before.

Seek medical advice

If you've tried everything and your teen still isn't getting enough sleep or feels sleepy during the daytime, it might be a good idea to talk to your doctor. There are several sleep disturbances such as insomnia, sleep apnea, or a sleep movement disorder that can contribute to the problem. Some mental health conditions such as attention deficit hyperactivity disorder, depression, and bipolar disorder can also contribute to sleep disturbances.

Kimberly Blaker is the author of the book "Horoscopes: Reality or Trickery?"



Affinity Health Plan

BECAUSE TRUST IS IMPORTANT

Child Health Plus offers the benefits kids need for a healthier future.

Call **866.206.1741** (TTY 711)



To learn more about applying for health insurance, including Medicaid, Child Health Plus, Essential Plan, and Qualified Health Plans through NY State of Health, The Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 855.355.5777.

AffinityPlan.org/CHP    



Flashback to the '80s

Teens today don't know how good they've got it!

BY CHERYL MAGUIRE

"I'm so jealous of you!"

That was me speaking, not my teen. We signed up for a music-subscription service and within minutes, she had all the latest hits on her iPhone playlist. I was in awe but also jealous of her easy access to music. As a teen growing up in the 1980s, I would have loved to have had the ability to listen to a song of my choosing within seconds. Even though technology can have its downfalls, I'm envious of all the ways my teen will have it better than I did growing up:

Music

Me in the '80s: I loved all types of

music. One of my favorite things to do was create a mixtape. Using my dual-cassette boom box, I recorded a mix of songs onto a cassette tape to later play on my yellow, waterproof Sony Walkman. Sometimes, it would take over a week just to make one mixtape. If I didn't own the album, I waited for the song to play on the radio, and then I recorded it onto the cassette tape, which often captured a little bit of the DJ introducing the song or the song's ending was cut short. If I wanted to change a song, I would have to rewind the tape and record over it, which would really only work for the last song. Recording over a mid-tape song risked recording over other tracks I wanted to keep. Mostly, I was stuck with it.

As you can see, it was a cumbersome,

elaborate process, and by the time you were done making a mixtape, you were sick of most of the songs and ready to make another one.

My teen now: Within seconds, she downloads 20 songs onto a playlist on her phone which she can bring with her anywhere. If she becomes tired of a song, clicking delete will eliminate it instantly, or she can simply hit "next" to forward to the next song without waiting for the tape to move along or without trying to figure out how long to fast forward until the song is over.

Writing research reports

Me in the '80s: Thumbing through the library card catalog, I found a book related

to my research paper. I then searched through the library for it, and checked it out. Usually, I needed at least three or four books, which meant repeating the process. I then had to write the paper by hand (we didn't have a typewriter or word processor, which I didn't use until college) and used my mother as a spellchecker since I was horrible at spelling.

My teen now: A quick Google search reveals more than 100 different links related to her research topic. She then types up her paper in a Google Doc using spellcheck — although, unlike her mother (more like her grandmother), she is an incredible speller and doesn't even need it.

Making a phone call

Me in the '80s: After I finished shopping at the mall with my friends, I needed to find a pay phone (along with a quarter) to ask my mom to pick us up. She gabbed away for more than three minutes, which required me to feed the pay phone another quarter since she went over the time limit. I thought to myself, "I should have used the collect call trick — when they ask for my name I would say, 'Pickup Mall.'"

My teen now: She sends a quick text from her phone, "Please pick me up now," without needing any quarters or search-

After I finished shopping at the mall with my friends, I needed to find a pay phone (along with a quarter) to ask my mom to pick us up.

ing for a pay phone, or using the "collect call" trick.

Communicating with friends

Me in the '80s: One phone in the house and me, my two sisters, and my mom was not a good combination, since we always seemed to want to use it at the same time. If you wanted to make a phone call outside of our town, you would be charged per minute.

My teen now: Everyone in the house has their own phone line and can easily make unlimited phone calls (or Facetime) anywhere in the country without paying additional fees. She hardly ever makes "real" phone calls though — she mostly uses text messages or social media. I doubt she has ever heard a "busy signal" or understands how great it was when

"call waiting" was introduced. (She probably doesn't even know what that is either.)

Taking a picture

Me in the '80s: I loved taking pictures, but similar to the mixtapes, it involved many steps. You had to buy film, use it up by taking 24 pictures, and develop it by bringing it to the store, which could sometimes take a week. It also could add up, costing a lot of money to buy the film and develop it.

My teen now: She snaps pictures of her friends, her sister, or the wall without costing anything, and gets to see it instantly.

...

The next time your teen says, "I'm bored," you can wow her with your stories about how you created mixtapes, needed a pay phone to call home, or used a library card catalog. I recently did this with my niece who said, "I know, and you didn't even have electricity!" which made me laugh, since she really thought that was true.

If nothing else, it will ensure you don't hear the phrase, "I'm bored," ever again.

Cheryl Maguire holds a Master of Counseling Psychology degree. The married mother of three has been published in Parents Magazine, Upworthy, "Chicken Soup for the Soul: Count Your Blessings," and Twins Magazine. You can find her at Twitter @CherylMaguire05

JOFFREY BALLET SCHOOL
FOUNDED BY ROBERT JOFFREY IN 1953

Fall & Spring 2018/2019

CHILDREN'S DANCE
Ages 2-7

YOUTH BALLET
Ages 8-18

COME GROW WITH US

LET'S START LEARNING BALLET

Register today to be a part of our of the amazing Nutcracker Performance - Available to all age groups!

Use code: **NUTDANCE** and save \$50.00

www.joffreyballetschool.com | 434 Ave. of the Americas, 3rd Fl, NY NY 10011

Leave it to the pros

Orthodontists wince at do-it-yourself teeth-straightening

The idea of do-it-yourself braces may seem cringeworthy to many adults, but a quick search of YouTube shows that plenty of young people still think straightening their own teeth is a fantastic idea.

They couldn't be more wrong, says Kerry White Brown, an orthodontist and author of "A Lifetime of Sensational Smiles: Transforming Lives Through Orthodontics."

"That sort of thing can cause permanent damage to your teeth," White Brown says. "There's a lot that goes into straightening teeth, and even most dentists don't have the additional training involved."

The do-it-yourself trend isn't new, but it continues to grow, despite the frantic warnings coming from the orthodontic and dentistry worlds.

Just this month, the British Dental Association cautioned that poorly applied braces can cause a child's teeth to fall out, and urged YouTube to remove do-it-yourself tutorials posted on the video site.

When the American Association of Orthodontists surveyed its members last year, 13 percent reported seeing an uptick in the number of patients who had tried do-it-yourself teeth straightening, in some cases causing irreparable damage to their teeth.

The methods and materials commonly used include rubber bands, dental floss, fishing line, paper clips, biting on pencils, creating fake retainers, and pushing teeth with fingers, the association reports.

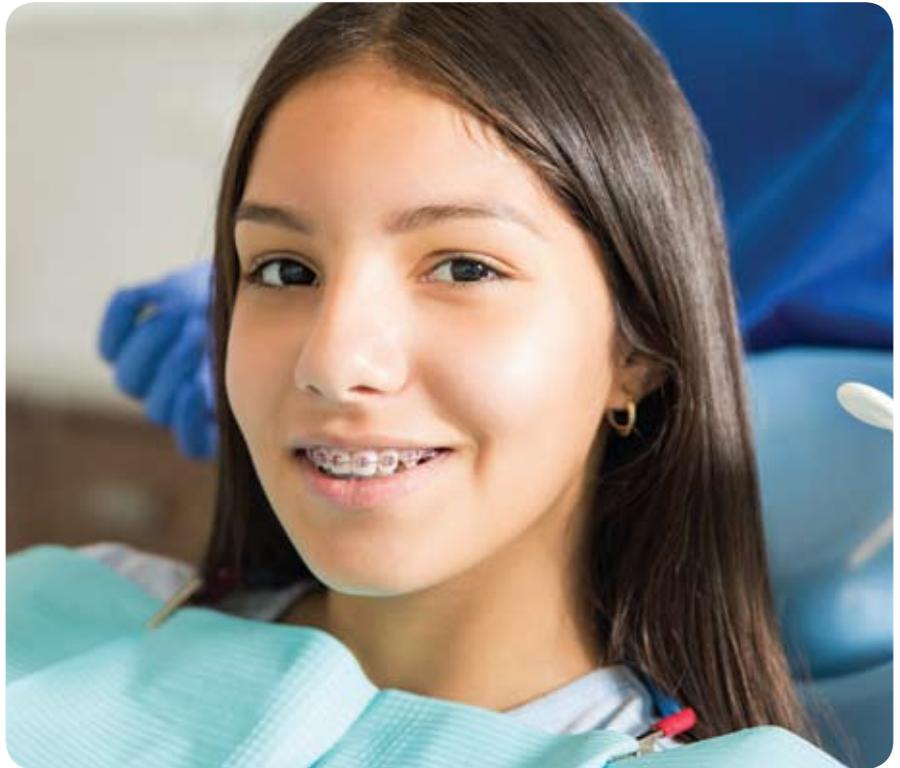
White Brown says that a lot more goes into correctly straightening teeth than people realize. An orthodontist, for example, focuses on such issues as whether the teeth and the jaws are properly aligned, and whether there are any muscular issues or skeletal problems preventing the healthy function of the teeth and the jaws.

Do-it-yourselfers aren't taking any of that into account.

White Brown offers a few additional observations on the do-it-yourself movement:

Why the do-it-yourself trend gained traction

Social media sites, including YouTube, make sharing these tutorials much easier than would have been the case years ago. Some people may also be trying to avoid



the cost of braces.

But there's an additional reason why some young people might be desperate to fix crooked teeth and try such extreme means, White Brown says.

"Children can be cruel to each other about appearance, and being the target of mockery or bullying leaves a real mark on a child's psyche," she says. "The pressure only gets worse as they get older."

Even most dentists leave teeth straightening to the specialists

While all orthodontists are dentists, just six percent of dentists are orthodontists.

"Dentists can identify any potential problems with the growth and development of a child's teeth during a routine office visit," White Brown says. "But they usually refer patients to an orthodontist for braces, Invisalign, or other more advanced orthodontic work."

"If you're the parent of a child with misaligned teeth, you may see that your child is suffering the pangs that a less-than-sensational smile can cause," White Brown says. "If cost is the issue, there are

many creative ways to finance a child's orthodontics. But those children need to understand they can make things worse, not better, if they try to take matters into their own hands."

Direct-to-consumer kits also can be problematic

Some companies allow people to order an at-home kit that they will use to do their own molds and submit their case for review. Based on that mold, they are sent invisible aligners that guide their teeth into alignment.

That's better than following a do-it-yourself tutorial by a teenager, but White Brown still thinks the transformation should be monitored by a licensed professional to make sure, along with straight teeth, the result is also a bite that is correct and functional.

Dr. Kerry White Brown (www.whitebrownsmiles.com) operates an orthodontics practice, White Brown Smiles, in South Carolina with six locations. She is a member of the American Dental Association, the American Association of Orthodontists, and the South Carolina Association of Orthodontists.

COULD IT BE HUNTER SYNDROME?

Learn more about this rare, progressive, genetic disease^{1,2} at www.hunterpatients.com



¿PODRÍA SER EL SÍNDROME DE HUNTER?

Obtenga más información sobre esta enfermedad rara, progresiva genética^{1,2} en www.hunterpatients.com/es

1. Waithy JE et al. Genet Med 2008; 10(7): 508-516
2. Kellmann A et al. J Inher Metab Dis 2012; 35(2): 343-351

Shire © 2018 Shire S41250 07/18



Intellect & Integrity

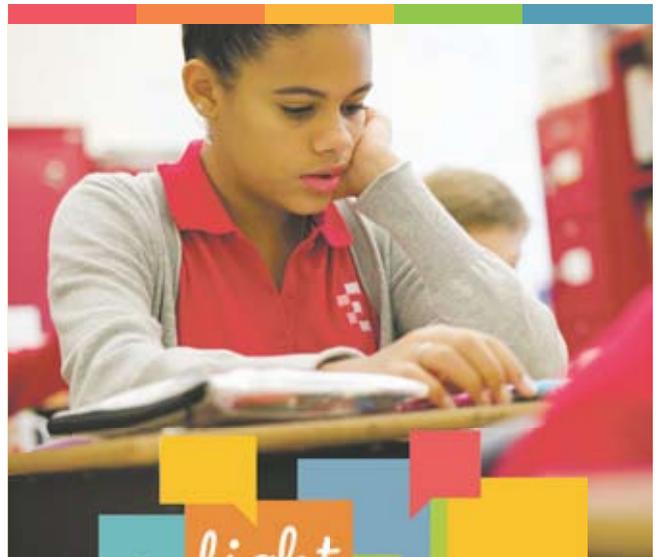
VISIT SPEYER to understand how we cultivate them both.

SCHOOL TOURS are every Monday and Wednesday at 9:00 AM or 1:00 PM.

OUR OPEN HOUSE is Wednesday, October 17 at 5:00 PM.



HEAD TO SPEYERSCHOOL.ORG to reserve your school tour date and register for our Open House.



MATERNELLE - GRADE 8

The École, formerly École Internationale de New York, provides students with a comprehensive French-American bilingual education, while fostering strong multicultural and global values. Each child is taught to value their own individuality, develop their talents and begin their path as future world citizens.

Come visit!

Open Houses in October & November:

Tuesday, October 23, 2018 at 8:15am

Tuesday, November 13, 2018 at 8:15am

Tuesday, November 27, 2018 at 8:15am

For more dates or to sign up for an Open House, please visit einy.org/admission/school-tours



theÉcole

111 East 22nd Street
New York, NY 10010
646.410.2238
admissions@theecole.org
www.TheEcole.org

Lower East Side Preparatory High School



**WE TAKE YOU FROM WHERE YOU ARE
TO WHERE YOU WANT TO BE**



**Registration
is daily between
9 am and 1 pm.
Stop by during
these times
to learn more
about LESP.**

145 Stanton Street, 4th Floor
New York, New York 10002
212-505-6366 • lespnyc.com

High School

DIRECTORY

Cardinal Spellman High School

Bronx
718-881-8000 x 206
www.cardinalspellman.org

You can have it all – SMALL school friendliness with BIG school opportunities! This High School offers a program of studies and activities to prepare each student for personal success in college and in life. Many of the graduates are awarded college scholarships. In addition to providing a strong academic foundation for college, students are helped to further develop the social skills necessary for the demands of college life. Being a large co-ed school, students are offered a step forward toward a more college-like environment, giving them the opportunity to continue to develop their social skills beyond the small school setting they are leaving behind, while still receiving the support of a nurturing atmosphere. If you are in eighth grade, why not call for an appointment to Spend-A-Day?

Dwight School

Upper West Side
212-724-6360
www.dwight.edu admissions@dwight.edu

Founded in 1872, this internationally renowned independent school (nursery-grade 12) is committed to educating the next generation of innovative global leaders — one student at a time. Providing a personalized experience for each student through the academically vigorous International Baccalaureate (IB) curriculum, the school is dedicated to “igniting the spark of genius” in every child. With one of the lowest student-teacher ratios among New York City independent schools, Dwight customizes an educational path for every student based on interests and talents. The school is proud to be the first in the Americas to offer the comprehensive IB curriculum for students ages 3-19 is recognized as the “gold standard” in pre-university preparation by top colleges and universities worldwide.

Fordham Preparatory School

Bronx
718-584-8367
www.fordhamprep.org/admissions

A Catholic, Jesuit, college preparatory school located on the campus of Fordham University offering individualized study for highly motivated young men through honors and Advanced Placement courses beginning in freshman year. Qualified students may also take classes at Fordham University. A program of retreats, days of renewal and a 4-year service program provide a rich experience for students in preparation for college and for life. The athletics program includes 18 varsity sports and offers over 60 clubs and activities. Student diversity is one of the special features of Fordham Prep, with the school striving to include qualified students of limited financial resources by providing substantial financial assistance. Our school offers an education that emphasizes faith, scholarship and service; an education that shapes a lifetime.

faith, scholarship, service

FORDHAM PREPARATORY SCHOOL

OPEN HOUSE
Sunday, October 28
1-4 pm

Registration Required
fordhamprep.org/admissions

For more information:
www.fordhamprep.org/admissions
admissions@fordhamprep.org
718-584-8367

Fordham Prep is located in the Bronx on the Rose Hill campus adjacent to Fordham University.

- 60%

GRADUATES WHO ATTEND COLLEGES RATED BY BARRON'S AS MOST SELECTIVE
- 140

STUDENTS WHO WERE NAMED AP SCHOLARS IN 2018
- 6

CONTINENTS VISITED BY OUR STUDENTS AS PART OF OUR GLOBAL ED PROGRAM
- 36

CITY AND STATE CHAMPIONSHIPS SINCE 2010

JESUIT EDUCATION

Continued on page 16

Inspiring Our Students Since 1872

GLOBAL VISION

Five global campuses with one shared vision
International exchange programs
Mandarin and Spanish beginning in preschool

INNOVATION

Spark Tank innovation grants for student entrepreneurs
First school in the Americas to offer the full International Baccalaureate curriculum
Dwight Global Online School, our campus in the cloud



ATTEND AN OPEN HOUSE • TAKE A TOUR



DWIGHT SCHOOL
Igniting the spark of genius in every child

admissions@dwight.edu | 212.724.6360
dwight.edu | Nursery-Grade 12

NEW YORK | LONDON | SEOUL | SHANGHAI | DUBAI | ONLINE

CARDINAL SPELLMAN HIGH SCHOOL



OPEN HOUSE

October 21, 2018 – 11am - 3pm

- Co-educational, Roman Catholic, College Preparatory High School (accredited by the Middle States Association of Colleges and Schools and the NYS Board of Regents)
- College Credit, Advanced Placement, Regents, Honors and Elective Courses
- Smartboards in each classroom & Chromebooks for each student
- 13-Acre Campus
- Two All-Weather Athletic Fields and Track
- Wide Range of Sports, Clubs and Activities
- Academic support offered before, during and after school
- Student Grades Available Online
- Easily Accessible by Car and Public Transportation (Trains #2,4,5,6; Buses: Bx 16, 30, 31, Bee Line 60 and 61)

Where Boys and Girls with Dreams Become Men and Women of Vision

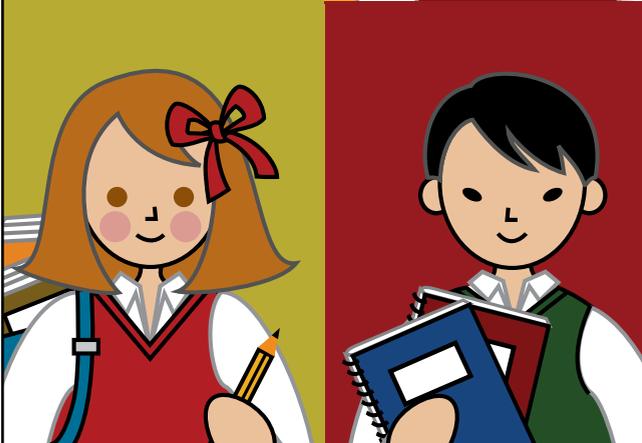
CARDINAL SPELLMAN HIGH SCHOOL

One Cardinal Spellman Place, Bronx, NY 10466
(718) 881-8000 x 206 | Fax (718) 515-6615 | www.cardinalspellman.org

TACHS CODE 303



Private/Independent School Guide



NYParenting.com

High School

DIRECTORY

Continued from page 14

Lower East Side Preparatory High School

212-505-6366
lespny.com

A safe, supportive, and technology-rich environment that motivates all students to succeed. With a renowned ESL/transitional bilingual program in Spanish and Chinese, and a variety of enrichment, Advanced Placement Courses, Regents preparation, and extended day classes; LESP sends more than 80% of their graduates to college. The transfer school provides structure and support to those who are over-aged and under-credited, and helps students get a new start.

"We take you from where you are to where you want to be."

St. John's Preparatory School

Astoria - Queens
718-721-7200
<http://www.stjohnsprepschool.org>

Paving the way for Leaders of Tomorrow for nearly 150 years, the school is dedicated to promoting academic excellence and to instilling the principles and values of the Catholic Faith in a positive, nurturing environment. A vigorous academic curriculum, an engaging spiritual program, meaningful service experiences, and extensive extracurricular opportunities establish a strong foundation for life. Advanced Placement courses are offered in all subject areas. St. John's Prep has a unique academic affiliation with St. John's University. The Baccalaureate Program is a special program that allows qualified students at the Prep to complete their senior year of high school at the University. The school building features large and well equipped science laboratories, state-of-the-art computer labs, wireless capability, smart boards, a well stocked library, a band room, art room, a magnificent auditorium, beautiful chapel, spacious guidance center, a large gymnasium, a fully-equipped weight room, an outdoor track, and its own retreat center.

Xaverian High School

Bay Ridge - Brooklyn
718-836-7100 x127
www.xaverian.org

A private, co-educational, Catholic, college preparatory school for grades 6 – 12, established in 1957. It is one of thirteen schools nationwide sponsored by the Xaverian Brothers. Students are given the opportunity to grow in their faith, intellect, leadership skills, musical passions, and athletic talents. Many unique academic programs prepare students for success in top colleges and universities. An Internship Program allows students to take part in real-world experiences in professional fields of their choice. Students are taught to become independent thinkers whose learning goes beyond the classroom. The academic program is designed so that all students will be challenged to their fullest potential, mastering the necessary skills, as well as curriculum content, to be fully prepared for their collegiate pursuits. Courses are designed with an interdisciplinary approach to teach technological communication and presentation skills. Flipped classrooms make the students the center of the lesson while they are encouraged to engage in research and work together on class projects.

DISCOVER ST. JOHN'S PREP AT OUR OPEN HOUSE

Saturday, October 13, 11am-3pm



St. John's Preparatory School is a highly selective college preparatory high school located in the heart of Astoria, minutes from Manhattan. For nearly 150 years, St. John's Prep has helped its students unlock their intellectual, creative and physical gifts by fostering innovative thinking and leadership. Built on a strong academic foundation centered on "Tradition, Scholarship and Service," St. John's Prep prepares students to be thoughtful, well rounded, critical thinkers who are prepared to make a difference in the world.

- Exclusive Baccalaureate Program with St. John's University
- Outstanding academic opportunities with numerous AP Courses, College Extension Classes and rigorous Honors & STEAM Program
- Dynamic and creative Visual & Performing Arts Program
- Highly Competitive Co-ed Interscholastic Athletic Program

Explore SJP's beautiful campus, engage with our community and discover why so many students choose St. John's Prep as their foundation for success.



Register on-line @ www.stjohnsprepschool.org

St. John's Preparatory School

21-21 Crescent Street | Astoria, NY 11105

Contact Our Admissions Team: 718-721-7200



X A V E R I A N

Open House: Sunday, October 21, 10AM-2PM



A Catholic, co-educational, college preparatory school in the tradition of the Xaverian Brothers since 1957, Xaverian offers:

- A cutting edge, one-to-one learning environment with iPads for every student. Each classroom is equipped with a 75-inch LCD TV and accompanying Apple TV.
- College credit opportunities available through numerous AP, St. John's University, Syracuse University, and Rochester Institute of Technology courses.
- Project and problem-based learning through hands-on classroom experiences within the Michael T. Strianese '74 STEM Program, Xaverian's highly acclaimed Science, Technology, Engineering, and Math curriculum in conjunction with Project Lead the Way.
- College placements at prestigious schools such as Brown University, Columbia University, Cornell University, Georgetown University, Harvard University, Macaulay Honors at CUNY, New York University, Princeton University, Syracuse University, and Villanova University, with the Class of 2018 earning over \$44,123,530 in scholarships!
- Unique extracurricular offerings, including the renowned MAX (Music at Xaverian) Program, as well as a competitive athletic program for boys and girls!

**Private
Bus Service
Available!**

For more information, please contact Xaverian's Office of Admissions at (718) 836-7100 x117 or admissions@xaverian.org | TACHS #011 7100 Shore Rd, Brooklyn NY, 11209 | www.xaverian.org/admissions

Contemplations from a veteran youngin'

I've never been one to follow the crowd. An Aquarius through and through, I fully embrace my quirkiness and distaste for the norm. Voted "weirdest" in my grammar school class, I have always known that I was different, and looking back, my life choices seem to fit. While most of my friends now have finally settled down and are raising young children, two of my children are in their 20s and my youngest is 15. But I'm not an over-the-hill mom; on the contrary, I feel about 28 on the inside.

I just had my kids young ... incredibly young.

My husband and I began dating when I was 16, and by the time I was 24, we had two children already. My last baby was born when I was 29. Of course, it was difficult, and we faced many obstacles, one of them being shady people who said we were crazy and feigned concern over our ability to raise decent kids when we were barely adults ourselves. Yet despite it all, I have to say I am so incredibly glad that I had my babies when I was young. Here are just a few reasons why:

Stamina: With my second kid, I moved into a new house four days before I delivered. Up until the moment my water broke, I was packing and unpacking, decorating, and cleaning. I was a non-stop machine. With my third, I finished up a paper for college while in labor, and graduated a few weeks later. I had an incredible drive to finish my goal of a college degree, and I was going to do what it took to make it happen. My drive was intense, and so was my optimism.

Pre-Dr. Google: I knew so much less scary medical stuff! While I have always been a worrier to a certain extent, I was not the gold-star worrywart that I am now. And I was much better for it mentally. I did worry about normal things, like the pain of labor, but not the 5,000 ways we can all die at any given moment. I wish I could go back and unread much of the (often unfounded) information I have consumed via Facebook groups and message boards.

Patience: Hours upon hours, I spent many cold, rainy days waiting out the weather, an ear infection, or teething episode while watching mind-numbing kids' shows. "Caillou" is one of the most irritat-



ing children's series known to humankind, and, well, I even could stand that without batting an eye. My tolerance reigned supreme.

Concerts: Because there is not an immense generational difference, I like so much of the same music as my kids, and don't really feel like an old, out-of-touch mom. They grew up listening to everything from System of a Down to Dave Matthews, and thank the Lord, they have never been part of the Justin Bieber or Kidz Bop crew! In return, they've introduced me to so many bands that I have grown to love: The Vaccines, Alt-J, Vampire Weekend, and I have enjoyed — not endured — countless shows with them.

Find Me On Instagram: I don't need to be filled in on technology by my kids like many of my peers. I use it daily for work and recreation. I don't need to read dated articles about how the kids are making fake Facebook accounts two years after they've already moved to Snapchat.

No sermons: I tell them like it is — straight up. I'm not so removed from being a young person that I don't understand how their lives work or even more so, don't work. I intensely remember how frustratingly difficult and sad the teen



JUST WRITE MOM

DANIELLE SULLIVAN

years can be, and I relate that to them instead of giving them examples from yesteryear about how I had to grow up (except when I do relate how I think my latchkey-kid status taught me to be self-sufficient — whoops!). I want to hear my kids' problems and help them through it, not preach.

Freedom: Now if I'm not home, each of my kids can handle things themselves.

I can barely remember the days when I couldn't shower, sleep at night, watch my favorite show, or even read a book whenever I wanted. At the time, I thought those long, busy days would never end, but here I am with a newfound freedom that excites me ... and endless possibilities.

Satisfaction: Sorry to disappoint the naysayers, but our kids, raised by us wide-eyed youngins', turned out absolutely great. They have all been in honors, received awards and scholarships, and all that superficial stuff that judgy Facebook friends deem to be criteria for success. But so much more than that, they are kind, compassionate, open-minded people who are an asset to this world. Their caring ways make me incredibly proud. Some of those very same doubters cannot say the same.

Mistakes: Of course, that's not to say I didn't make (many, many) mistakes. I did. But I learned along the way with my kids. I grew along with them, laughed along with them, and learned along with them. I became the person I was meant to be because of them, and it has been a glorious, beautiful journey ... with many more destinations to visit.

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

**MANHATTAN
CHARTER
SCHOOL
FOR CURIOUS
MINDS**



Two rigorous, arts-rich public elementary schools in the Lower East Side

100 Attorney Street
New York, NY 10002
(212) 533-2743

220 Henry Street
New York, NY 10002
(212) 964-3792

**Now Accepting Students for
Kindergarten to Grade 3**

◆ **FREE AFTERSCHOOL** ◆

www.manhattancharterchool.org



pustablume
INTERNATIONAL PRESCHOOL

Creative & positive learning environment

Upcoming Dates for Open House:

Tuesday, October 16, 2018 from 6 pm - 8 pm,
and Thursday, November 15, 2018
from from 6 pm - 8 pm

Manhattan's Only Non-Profit German
and Spanish Language Immersion Preschool
and Afterschool Program

212-206-1137 • info@pustablumenyc.org
www.pustablumenyc.org



UPPER EAST
Pediatric Dentistry

We provide the following dental treatments:

- Same-Day Treatment
- Modern Sterilization Protocol
- Comprehensive Exams
- Hygiene
- Silver Diamine Fluoride (S.D.F.) treatments
- Mouth Guards
- Dental Sealants
- Laughing Gas
- Local Anesthetic
- Pulp Therapy
- Crowns
- Composite Fillings

**Schedule an appointment
with the Dentist online,
on PatientPop or by phone**

*We offer a full spectrum of dental services
for kids ages 1 thru 18*

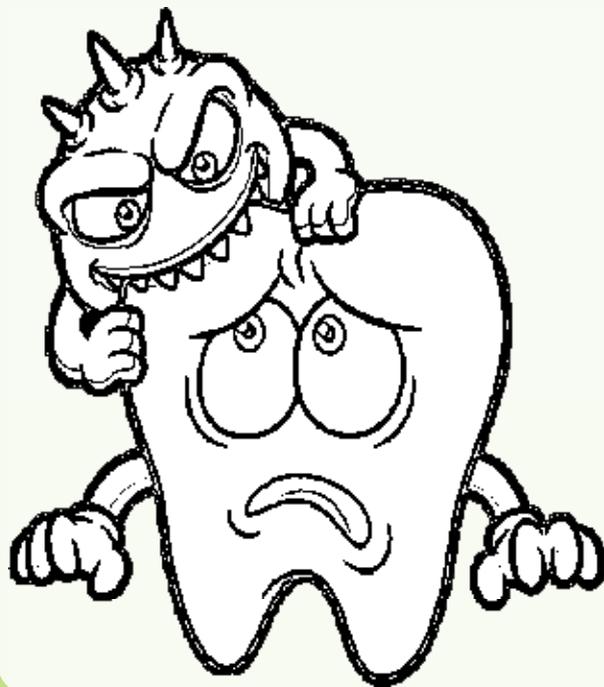
Open Saturdays

All major insurance accepted!

212-317-1212

30 E. 60th St., Suite 608, NY, NY 10065

www.UpperEastPediatricDentistry.com





‘Processed’ is not always a bad word

For many media pundits and the average consumer, the word “processed” should be spelled “j-u-n-k.” If only we stopped eating processed foods, the thinking goes, Americans would avoid illness and live forever.

Of course, that’s not true. Yet, the degree of processing counts. There are lightly processed foods and ultra-processed foods. The latter are highly processed foods of minimal nutritional value relative to calories.

One obvious example is soft drinks, which have no nutrients, but lots of calories. Others include candy, packaged baked goods, and processed meat products. Studies suggest ultra-processed foods contribute the highest amount of added sugar to the American diet and are linked to a variety of health issues.

Virtually everything we eat is processed to some degree; even grains such as wheat or oats have to be treated in some way to be edible. Olives are another example. Direct from the tree, olives are inedible. While in Turkey a few years ago, I came across some olive trees and tested this for myself. The raw olive was shockingly bitter. Olives do need to be cured before eating!

Processing is important to make food safe, reduce food spoilage, and more. Foods that are cooked, frozen, dried, and fermented can be considered “processed.”

Minimally processed forms of produce — those that are frozen, dried, or canned — are at least as helpful as fresh and

sometimes even more so. Since the majority of fresh produce is picked before it reaches its full nutritional value and travels for days before it arrives at the grocery store, some nutrient levels diminish. Fruits and veggies destined for the freezer or canneries are allowed to fully ripen on the plant and are packed soon after harvest, which preserves peak flavor and nutrition.

Cooking is another form of processing that can make a food more appealing and easier to digest. Cooking can also enhance nourishment. For example, cooked carrots have more beta carotene available to the body compared to raw.

Foods that benefit from light processing

Canned tomatoes. These are a well-known example. Heat processing tomatoes helps break down the walls of the plant, raising total antioxidant activity and lycopene content, enhancing the overall nutritional value. Lycopene is a carotenoid antioxidant thought to reduce the risk of certain cancers and to protect against heart disease. This benefit extends to tomato sauce, juice, paste, and kid-friendly ketchup.

Corn and spinach. Their antioxidants are boosted by heat, both in cooking and in heat processing. For example, lutein — found in corn, spinach, and kale — is a nutrient that protects the eyes from macular degeneration.

Canned peaches. Surprisingly, canned



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

peaches have significantly higher levels of vitamin C, antioxidants, and folate compared to fresh peaches. While canning lowers vitamins A and E and total carotenoids, the amounts are comparable to fresh peaches throughout a three-month shelf life.

You may be asking yourself, “What about the added sodium and sugar in canned vegetables and fruits?” Good question! They’re mainly found in the liquids. By draining and rinsing canned fruits and vegetables, you can significantly reduce the sodium and sugar content. Most plain, frozen produce do not have added ingredients, but do read the ingredient list to make sure.

Healthful processed foods

Canned and dried tomatoes: For pasta, soup, salads, and stews.

Frozen edamame: For snacking, tossing in a stir-fry dish and salads.

Canned olives: For pasta, soup, salads, and stews.

Frozen berries: For smoothies, oatmeal, and yogurt.

Dried apricots: For tossing into trail mix and snacking.

Processed foods are key to our modern lives, and they can make nutritious meals widely available. Having a freezer and pantry stocked with healthful, lightly processed foods makes it easy to put a meal on the table without a special shopping trip.

Christine Palumbo is a Naperville, Ill.,-registered dietitian nutritionist and Fellow of the American Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.



Paul Ruggeri Gymnastics

- Ninja
- Birthday Parties
- Gymnastics
- Monthly, Half Year and Full Year Programs



BACK TO SCHOOL SPECIAL

25% OFF FALL TUITION/PARTIES

By October 31, 2018. Code: NYParenting

365 Broadway, New York, NY 10013 • (212) 966-6817

www.PaulRuggeriGymnastics.com



A non-sectarian program welcoming all children since 1952

Dedicated to children's growth and learning

Experienced, nurturing teachers

Children ages 2.0-5.3

Specialists for Music, Movement, Studio, Gardening, & our Healthy Snack Program

Large, airy classrooms, rooftop playground & an indoor play space

The First Presbyterian Church Nursery School
12 West 12th Street, New York, NY 10011
212.691.3432 | www.fpcns.org

Welcome 欢迎 Bienvenidos



Bilingual. Multicultural. Diverse.

Helping students gain the skills, confidence and compassion to contribute and thrive in today's world.

Mandarin Chinese and Spanish tracks for Pre-Nursery (2's) – Grade 8.

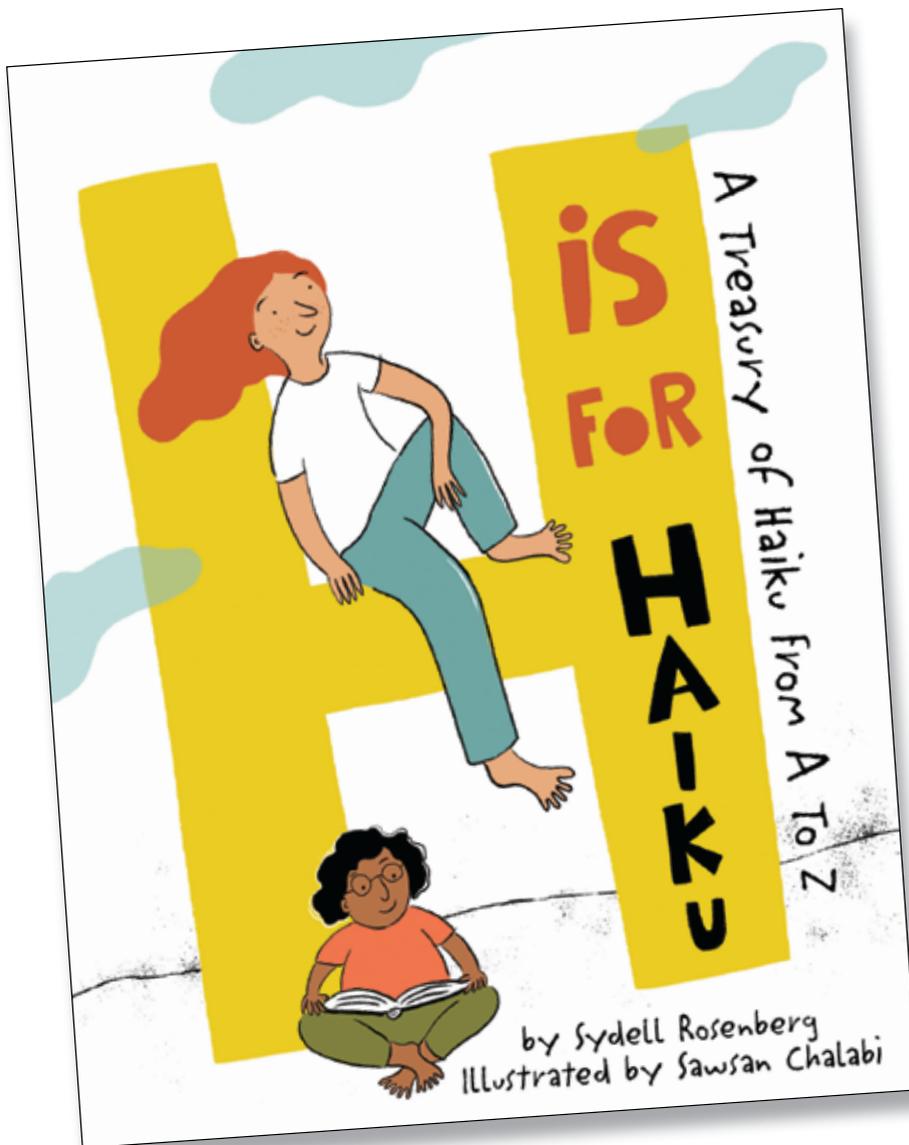


**INTERNATIONAL
ACADEMY
NEW YORK**

COME TO AN OPEN HOUSE:

- October 10 @ 6pm – 115 E. 82nd
- October 17 @ 9am – 150 W. 83rd
- October 25 @ 6pm – 4 E. 90th

www.ianyc.org / admissions@ianyc.org



Little poems for little kids

New children's book features haiku

BY TAMMY SCILEPPI

Whether you're a kid or a kid at heart, reading "H is for Haiku: A Treasury of Haiku From A to Z" (Penny Candy Books) by Sydell Rosenberg is a great way to explore the fun and poetry in everyday moments, captured in beauti-

fully penned micro-poems, accented with Sawsan Chalabi's delightful illustrations that fill the pages of this New York City-inspired, hardcover picture book.

This is a charming tome, which belongs on every young reader's book shelf. You'll see, before long, your youngster may be conjuring up his or her own imagi-

native wordplay, haikus and mini stories depicting colorful characters and thought-provoking plots — 'cause that's what micro-poetry such as haiku and senryu is all about. Senryu is a form of poetry with three lines of unrhymed poetry, like haiku, which differs in that it is humorously about human nature. Haiku is a verse poem written in a structure of five syllables for the first line, seven for the second line, and five syllables for the third.

When you hear the word "haiku," what's the first thing that comes to mind? Perhaps you remember learning about it in school? Ask your kids if they know what it means.

The literary art form, which originated in Japan, says a lot in just three, lines of verse — while leaving the rest to the reader's imagination. Think, "mindfulness poetry" for the soul.

An example is Rosenberg's short nature poem: "Munching on acorns / A squirrel sweeps Up Sunbeams / With her transparent tail"

Although haiku is known for its simplicity and economy of words, the Japanese say that mastering it can take a lifetime; it seems easy, but it's quite challenging. A lot of thought goes into each wonderfully visual poetic nugget.

The poetess behind the book — native New Yorker and Jewish immigrant, Sydell Rosenberg (1929–1996) — spent her entire life in her beloved New York City writing and teaching. She was extremely creative, gifted and fun-loving, according to her daughter, Amy Losak, who collaborated on the book with her mom — in spirit — years after her passing.

Rosenberg lived in Manhattan in the early years of her marriage and motherhood, then moved her brood to Briarwood, Queens, where Losak grew up before moving to New Jersey years later.

As a young wife and mother, Rosenberg developed a passion for everything haiku and loved it so much, she became a charter member of the Haiku Society of America in 1968. Her short poems and other pieces were published in various magazines and anthologies.

Much of that unique poetry reflects an urban sensibility or flavor, according to Losak, who says her mother referred to those poems as "city haiku." They were included in the classic 1974 "Haiku Anthology," edited by Cor van den Heuvel.

After grieving her mom's sudden passing at age 67, Losak went on a years-long mission to revive some of Rosenberg's literary works, especially her haiku, and keeping her memory alive through this special book, which was a labor of love.

Here is Syd's story, according to her daughter:

"I always knew mom was talented and

passionate about her teaching and writing. She studied and wrote haiku and senryu for years; even studied Japanese in order to try and read the original masters.

"But she also was a bit of an 'oddball.' I say this with love. I have come to realize that this was part of her gift ... her vision for seeing 'into' things — even small slices of life we might overlook in our daily distractions and the onslaught of 'busyness' that can get in the way of enjoying them.

"Syd greeted each day with expectation, even joy. She had an almost childlike exuberance. Mom loved the rich cultural and intellectual plenitude of the city. She was always having 'adventures' on her own and with friends.

"When her life became more difficult in later years, her literary pursuits became even more precious.

"They were her escape from drudgery. I didn't quite understand this then, and sometimes, I got impatient — even irritated — with her behavior. But I do now.

"As I've gotten older, I've become more understanding about mom's unusual 'ways.' I now write and even sometimes publish my own short poetry: haiku and senryu. Doing so, brings me joy — the process challenges me. Writing makes me stop and pay attention to my surroundings — those small things. In hindsight, my mother has

You'll see, before long,
your youngster may be
conjuring up his or her own
imaginative wordplay.

inspired me in a number of ways that are still unfolding, still flowering."

An example of Rosenberg's haiku shows her skill at seeing the mundane in a new light:

"Adventures over
the cat sits in the fur ring
of his tail, and dreams."

"A poet-children's author-child play therapist, Rita Gray, once told me, 'haiku is lineage,'" says Losak. "At the time, I wasn't sure I understood what she meant. Now, I do.

"I miss mom's gigantic laugh and joie de vivre, and her offbeat way of engaging with the world. She left her family something of a legacy, one I am trying to carry on, emulate, and share with 'H is for Haiku.'"

• • •

Losak has a successful partnership with Arts for All, a New York-based arts education nonprofit, where Rosenberg's micro-

poems are used in one Queens and one Bronx public school to teach the basics of painting, drawing and collage, as well as music and theater.

She has contacted arts education, literacy, and nature organizations in New York and New Jersey with ideas about using her mother's haiku as teaching and artistic "tools," while also collaborating on several creative projects.

For example:

At the Children's Museum of the Arts in the city, teaching artists built a spectacular golden PoeTree. A selection of Rosenberg's haiku was placed on the walls. Kids wrote their own haiku on colored paper "leaves" and hung them from the tree.

At the Queens Botanical Garden, where Losak did haiku presentations, kids walked around the pretty grounds for inspiration and wrote their own haiku.

After her haiku reading at the Poets House in the city, kids created their own haiku stone keepsakes.

As a proud member of the Haiku Society, Losak says, "As I endeavor to learn more about this exquisite, brief form of poetry, it makes sense to be a member of this talented and supportive community. And it helps keep me connected to my mom."

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

Bilingual Students Become Brilliant Adults



Outscore, outperform and outsmart monolingual peers!

HudsonWay Immersion School's after school language classes provide a fun and effective way for preschool and elementary children to learn Mandarin or Spanish language skills.

Visit hwis.org/ny-after-school-language-classes to register



HUDSONWAY
IMMERSION SCHOOL

175 Riverside Boulevard
New York, NY 10069
(212) 787-8088

DISCOVER MORE AT
hwis.org



Thyroid problems after pregnancy

When you come home from the hospital with a newborn baby, you will quite naturally feel exhausted, weak, emotional, and just plain terrible at times. After all, you've been carrying a baby for nine, long months and with delivery, a flood of hormones change swiftly, affecting your body in multiple ways. This abrupt change can be responsible for the postpartum blues, but it can also cause postpartum thyroiditis.

What is postpartum thyroiditis?

The thyroid is a central gland in the body, so it's no surprise that when it has problems, your whole body is affected. According to the American Thyroid Society, more than 12 percent of the U.S. population will develop a thyroid condition during their lifetime, a significant finding considering the thyroid produces a hormone that influences every cell, tissue, and organ in the body.

In postpartum thyroiditis, the thyroid

becomes inflamed, which impairs function. The hypothyroid phase occurs when your thyroid gland does not produce enough of certain important hormones to supply the body. The hyperthyroid phase is diagnosed when the thyroid produces too much of the hormone thyroxine.

Why does postpartum thyroiditis occur?

Postpartum thyroiditis occurs when a woman's antibodies attack the thyroid and cause inflammation. It occurs in approximately five to 10 percent of women. If you suffer from an autoimmune disorder, diabetes, or have a previous history of thyroid problems, your risk is higher. It is typically diagnosed two to four months postpartum but can develop up to eight months after you deliver.

What are the signs and symptoms?

In the hyperthyroid phase, which usually lasts one to three months, a woman



HEALTHY LIVING

DANIELLE SULLIVAN

may experience insomnia, palpitations, fatigue, weight loss, and irritability. During the hypothyroid phase, which lasts nine to 12 months, symptoms involve fatigue, weight gain, constipation, dry skin, and depression.

Dr. Moshe Dekel, a board-certified obstetrician and gynecologist who regularly treats thyroid patients, believes that not all mothers are being properly diagnosed.

"There are many more women exhibiting clear clinical signs of hypothyroidism that are not being treated," Dr. Dekel says.

Furthermore, thyroid testing is not part of the routine, six-week checkup, and, according to Dr. Dekel, many doctors are not trained to look for it. He recommends that moms "see a physician who is willing and able to think 'out of the box,' and who is also willing to do the necessary testing and pay attention to the clinical presentation."

How is postpartum thyroiditis treated?

Treatment is key. Most symptoms can be alleviated through medication, including levothyroxine, analgesics, or steroids, depending on the phase you are in. The good news is that, with treatment, most moms can expect to return to normal thyroid function within 12–18 months of the onset of symptoms. Thyroid disorder isn't fatal, but it can make you feel pretty miserable, so don't let something so easily treatable take time away from enjoying your new baby.

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



EVERY WEEK IS FIRE PREVENTION WEEK

LOOK. LISTEN. LEARN.

Be aware. Fire can happen anywhere.™

- ▶ Find tools to keep your family safe from home fires at firepreventionweek.org
- ▶ Discover fun activities and free apps for kids at sparky.org



**FIRE
PREVENTION
WEEK™**



These wipes from Emergency Stain Rescue are great in a pinch.

New October finds

Have a ghoulishly, fabULysssly fun Halloween this month. I'm looking forward to raising a pumpkin-spice latte toast to all the little ones in their creative and amazing costumes. How many "Fortnite" costumes will we see around New York City? If I had to guess ... a lot!

A new fabULysssfind that I am personally loving is "Moms Don't Have Time to Read Books," a popular podcast for busy moms (or dads, or teachers, or anyone!) who might not have time to read. Each week, host Zibby Owens, a writer and mother of four in New York City, interviews authors about their work.

Recent guests have included Jill Kargman, Dylan Lauren, Andre Agassi, Jill Santopolo, Kwame Alexander, Piper Weiss, Lea Carpenter, Charles Duhigg, and other best-selling authors. Zibby's

down-to-earth conversations get to the heart of some of today's best books and lets book-loving moms like her stay in the know, even when their time is scarce. This podcast delights listeners around the world and gives a dose of literary fun to the every day.

Listen on iTunes, Podbean, Stitcher, Spotify, or wherever podcasts are found. For more info, check out: <https://zibbyowens.com/podcast-1/>

It's a messy world out there; however, my new fabULysssfind for my kids' clothing is here to help. HateStains.com is on a mission to eradicate unwanted marks and discolorations from your laundry, and their products use professional-grade formulas for easy, at-home stain removal. These are great for when the kids come home from school covered in paint from head to toe.

Visit <https://hatestains.com>



FABULYSS FINDS

LYSS STERN

A new, fabULysss play, based on the extraordinary life of Gloria Steinem, will make its world premiere Off-Broadway at the Daryl Roth Theatre (101 E. 15th St.) on Oct. 2.

"Gloria: A Life," by Tony nominee Emily Mann ("Having Our Say"), is about the life and legacy of the women's rights activist, writer and editor (played by Christine Lahti, a veteran of the stage and the small screen's "The Blacklist" and "Law & Order: Special Victims Unit"). Directed by Diane Paulus, "Gloria" is an important and very timely show.

Visit <http://gloriatheplay.com>

It's no secret that Americans love their coffee, so the deLysscious McCafé set out to see just how deep the connection really is to coincide with the official launch of the brand's latest beverage innovation.

Bottled McCafé Frappés, a line of 13.7-ounce, resealable, ready-to-drink beverages, come in three delicious flavors: caramel, mocha, and vanilla. Parents prove they need that extra boost: respondents with kids are more likely to grab an iced or cold coffee to brighten their day than non-parents (53 percent vs. 38 percent). If you know moi, I always have an iced coffee in my hand.

<https://www.mcdonalds.com/us/en-us/mc-cafe-in-stores/on-the-go.html>

Have a spookyLysscious Halloween!

— additional reporting by Lisa J. Curtis

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



Flipping into Fall at USC Gymnastics!

After School & Weekend classes have just begun!

Register your child now for one of our Fun-Tastic Gymnastic classes!

Classes are available Mon - Wed - Fri - Sat - Sun!

Open Play available for toddlers Mon-Thurs 10am-11:30am

Teen Tumble classes available Mon & Wed • **Open Tumble** Tues & Thurs 7pm-9pm



USC Gymnastics & Baseball Training Facility
 636 S. Broadway (corner 263rd Street & Broadway)
 914-965-2619
www.uscgymnasticsandbaseball.com

The Galli Theater New York

Live Theater for the Entire Family

Shows • Birthday Parties • Camps

"Rapunzel"

Shows in October:
 Rapunzel and
 Hansel & Gretel



Saturdays & Sundays at 2pm
New Tribeca Location



Galli Theater
At GSM

74 Warren Street, New York, NY 10007

☎ 212.731.0668 ✉ galliny@gmail.com

➔ www.gallitheaternyc.com



**Bilingual
 Nursery
 Program!
 Flexible
 Hours**

Lyceum Kennedy

French American School

Open House Dates

Wednesdays | Manhattan

October 3 • October 17

November 7 • November 28

MANHATTAN CAMPUS

Nursery through Upper School

225 East 43rd St., New York, New York 10017
 Tel: 212-681-1877 • Fax: 212-681-1922

Wednesdays | Westchester

October 17

November 14

WESTCHESTER CAMPUS

Nursery through 5th Grade

One Cross Road, Ardsley, New York 10502
 Tel: 914-479-0722 • Fax: 914-479-0280

www.LyceumKennedy.org

In her own words

A child sex abuse survivor, now a mother, fights for change

BY TAMMY SCILEPPI

Connie Altamirano is a survivor of childhood molestation who began her crusade against the sexual abuse of children in the state legislature.

When this mom-activist found her voice, she knew she could help others find theirs.

In this first of a three-part series, she shares how her own experience as a victim has affected her as a woman, and most importantly at this juncture, as a parent.

Sexual abuse of children has become a terrible epidemic. Amid growing concerns about this emotionally charged issue — each year, more than three million reports of child abuse are made in the United States, according to ChildHelp.org — a headline-making report from a Pennsylvania grand jury last month revealed stunning findings about abuse within the Catholic Church. It turns out that hundreds of Pennsylvania priests may have molested more than 1,000 children over several decades.

These startling revelations have motivated one brave New Yorker and mother of two — who is still fighting demons from her difficult past — to keep advocating for victims, as she and other survivors continue to fight for justice in Albany, while bringing awareness about child sex abuse to their local communities.

At 44, Ridgewood, Queens, resident Connie Altamirano looks back on her struggles as a victim, and says she has spent years coming to terms with her ordeal and searching for her voice, so she could live a meaningful, happy life and help other victims find their voices.

But Altamirano is still healing. In a recent tweet she writes, “My past is always in my present affecting my day 2 day living.”

Since first sharing her story with New York Parenting readers back in 2015, her goal has been to fight for reform of New York State’s archaic and rigid child sex-abuse laws. But the battle has been an uphill climb.

These frustrating laws, says Altamirano, help protect the abusers, while leaving victims like herself and others in the dust, scrambling to pick up the pieces, so they can live relatively normal lives.

New York’s problematic legislation,



These statistics are from ChildUSA, a national organization led by a nationally known expert on child sexual abuse, law professor and lawyer Marci Hamilton.

which seemingly hasn’t budged an inch in decades, continues to anger impatient victims who have been seeking closure. Sadly, the wheels of justice haven’t been moving fast enough, and time is of the essence. Although she’s remaining hopeful, Altamirano says, “I’m getting old.”

In short, everybody agrees that this deplorable situation can be remedied by reforming our statute of limitations and by making the so-called Child Victims Act the law in New York. Due to New York State’s outdated statute of limitations law for these offenses, future generations of children are at risk, as predators go unpunished for their crimes — even for decades.

Individuals and organizations have worked tirelessly on behalf of the Child Victims Act. And hopefully, persistent voices like Altamirano’s will ultimately prevail, as she and others continue to point out the unfairness of current law and the damaging effect it has on our society.

The central point of contention on this issue seems to be the “look-back window,” a provision survivors and advocates have been pushing for which would open a one-year window during which child sexual-abuse cases whose statutes of limitation have expired could be brought in civil court against both abusive individuals and any institutions that enabled or protected them.

While the act has been passed several times in recent years by the assembly, it has, year after year, been stalled in committee and has yet to even reach the floor for a vote in the state senate.

“We need the look-back window to expose those hidden predators. Without it, they are free to abuse more children,” Altamirano says, adding, “as of now, there are no updates ... I’m disappointed that the senate failed to act during this session, and I would hope that any senator who’s about protecting our children would return to Albany for a special session to negotiate a bill that will rectify the past, protect the present, and secure the future safety of New York’s children.”

“I have come to realize, as citizens, we must maintain regular contact with senators, assembly members, council members, but also in our communities. I’ve learned it’s important to pay attention to politics and current events.”

Altamirano, who is one of the estimated 42 million survivors of child sexual abuse in America, as estimated by the National Association of Adult Survivors of Child Abuse (naasca.org), says, “We must stop this evil epidemic with prevention and awareness education in our schools.”

And she feels she has a moral obligation as both a survivor and mother to have that conversation and alert parents



Child sexual abuse survivor and advocate Connie Altamirano and her children, ages 9 and 13.

that their children are at risk if the Child Victims Act continues to stall.

“This bill would not only extend the amount of time a New York survivor has to come forward with their abuse, but create a one-year window to allow us to identify all the sexual predators who have been abusing children for decades in New York but remain hidden throughout our communities.”

As of this writing, the act remains in limbo in Albany. So, Altamirano continues to speak at rallies, protests, community boards, and community events; she has been involved with outreach to community leaders, while still advocating by lobbying and meeting with lawmakers, and says she will speak on the issue wherever she can.

For survivors like Altamirano, living in the aftermath of abuse becomes a daily emotional battle. Her rocky journey toward healing and inner peace, and from victim to survivor and mom-activist, began after she gradually realized something wasn't right. She knew she had to take action, as soon as possible — or endure a lifetime of misery.

Despite her terribly unfortunate circumstances early on, Altamirano has created a family of her own, raising her daughter, now 13, and her son, now 9, all while navigating a scary world. Like all parents, she says her number-one

priority has been to protect her kids and teach them how to stay safe and make sound decisions as they get older.

Below is Altamirano's story in her own words.

Parenting as a survivor of childhood molestation

I wanted to share what it's like to parent as a survivor with readers.

My daughter wants to walk home from school — without me. It's a bus and five blocks, but the thought of it makes my heart and mind race.

I want to encourage her to be the independent, adventurous girl she is, and to live without fear. Yet, I cannot help scanning every room, worrying about every stranger, and constantly questioning the safety of my kids.

As a child, I was not safe. My step-grandfather began sexually abusing me as a toddler and continued through second grade. When I finally told my grandmother, she beat me and called me a liar. Police and social workers came and left. I waited for my rapist to kill me and my mother. I suffered from migraines, panic attacks, and nightmares. I was afraid of everyone, and so angry at all those who failed me: my family, the schools, the police, and the city.

When I started high school, I could not handle the attention from boys and

Altamirano knew she had to take action, as soon as possible — or endure a lifetime of misery.

feared I would be raped or killed. I quickly dropped out, locking myself safely away.

Survivors deal with trauma differently. Many of us choose not to have children, but I am blessed with two who are my light and my loves. They know what happened to me. They know why mom comes on every field trip.

Their “normal” includes my constant surveillance and concern. When my son wanted to ride the subway for the first time, I enlisted a full entourage to make sure we were safe. A dream trip to Disney World required a network of helpers to ease my dread.

I still fear that I will be raped or killed.

How often do you think about the worst thing that ever happened to you? How much does it affect your daily life? I carry the baggage of sexual assault with me every day, while my abuser lives free. I know I am not alone.

For now, I continue to try to be my best for my children. I am blessed with a support network that helps me face my limitations and grow my boundaries, giving me time to process change, and encouraging me when the fear takes over.

I see the independence in my children and want it to flourish. I let my son ride the bus, fighting the urge to follow behind. I check out the five-block route from school and beg my daughter to stay on the left side of the street, away from construction areas and dark alleys. I enroll them in self-defense classes and talk to them about dangers.

My daughter thinks I will follow her to college. She knows my heart is calm when she's safe and asleep at home, and how I struggle with her evolving freedom. I am so proud of the confident young woman living without fear, and I'm grateful for her patience as I grow with her.

I'm still in transition from being a victim to being an advocate. The system failed me, and yet I am still here, fighting to change that system that protects predators and abusers instead of children and victims.

Pick up November's issue for Part 2 of this story about Connie Altamirano and her political activism.

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



Breast cancer and keeping your breasts

Coping with the threat, beyond preventive surgery

BY HEATHER FRIMMER

Hollywood superstars Angelina Jolie and Christina Applegate both opted to have their breasts removed. In an op-ed in the *New York Times*, the cancer-free Jolie revealed she did so when her doctors deemed her to be at a high risk for breast cancer because her mother had died of the disease at age 56 and she carried the BRCA1 gene — a predictor of the disease. Applegate, on the other hand, had been diagnosed with cancer in her left breast and, as she revealed on the “*The Oprah Winfrey Show*” in 2008, for her, the right choice was foregoing radiation treatments and having a bilateral mastectomy so she wouldn’t have to worry about the cancer appearing in her other breast.

“It came on really fast. It was one of those things that I woke up and it felt so right,” Applegate said. “It just seemed like, ‘I don’t want to have to deal with this again. I don’t want to keep putting that stuff in my body. I just want to be done with this.’ And I was just going to let them go.”

If faced with the same dilemma, what would you do?

Chances are, your gut reaction would be, “take ‘em both off.” That’s a completely understandable thought if you know that many women in your family have had breast cancer, and your doctor’s analysis — based on family and medical history — places your risk level squarely above 20 percent. Knowing there’s a high likelihood you will develop breast cancer can be scary and overwhelming. Preven-

tive surgery — otherwise known as prophylactic mastectomy — can seem like a reassuring solution.

Yet the decision to go ahead with such a major procedure is far from easy. As I show in my novel, “*Beside Manners*,” these decisions can be costly. Removing your breasts is both physically and emotionally strenuous — not to mention irreversible and life-altering.

As a breast-imaging specialist, I often have discussions with women about their breast-cancer risk and what they can do about it. With so much information out there, the options can be confusing and difficult to sort through. Prophylactic mastectomy is one choice, but it may not be the right one for everyone. If you are not ready to take this step, there are still many powerful screening options that

will allow you to be proactive about finding any potential changes that may signal it's time to take action.

Annual screening mammography

This is by far the best way to make sure your breasts remain healthy and cancer free. Mammography is the only test that has been proven to save lives. If your center offers 3D mammography, also known as tomosynthesis, you should definitely choose this option. This newer type of mammogram is better at finding subtle cancers and also decreases the number of women who need to return for additional pictures.

There are several other tests that can be used for supplemental screening in conjunction with your mammogram. By far the best additional test for high-risk women is breast MRI. This test is extremely sensitive — it finds nearly all cancers when they are small and treatable. Screening breast ultrasound, another test used for supplemental screening, is not as useful as breast MRI — it finds fewer cancers and requires many more benign biopsies to diagnose these cancers. Other screening tests such as breast-specific gamma imaging are less commonly used.

Develop a relationship with a breast specialist

Some large centers offer high-risk clinics, but in most parts of the country, this will mean making an appointment with a breast surgeon. This doctor will go over your history and help you develop a screening regimen that works for you. Some women prefer to have their mammogram and breast MRI performed on the same day. Others choose to stagger these tests every six months, so they are being screened at least twice a year. Your breast surgeon will also examine your breasts on a regular basis to assess for subtle changes.

Medication

There are also several medications that can help you stay cancer free. Taking medicine to decrease your risk is known as “chemoprevention.” These medicines have been shown to decrease your chances of getting breast cancer, but they also can cause side effects such as hot flashes and blood clots. Set up a meeting with an oncologist to discuss the pros and cons to help you decide whether chemoprevention is right for you.

Know your own breasts

The medical professionals are cer-

tainly important, but you are the ultimate expert on your body. If you notice something feels or looks different — a lump, an area of thickening, nipple discharge — let your doctor know immediately. Also, set a time to examine your breasts at least once a month and call your doctor if you notice any changes.

It's also important to know that women who are considered high risk can have widely different chances of developing breast cancer. Women with known BRCA-positive gene mutations have been shown to have up to 72 percent risk of receiving a breast cancer diagnosis by age 80, according to a 2017 report by the National Cancer Institute, while other “high risk” women have closer to the 20 percent lifetime risk. Your level of risk will factor into your discussion with your doctor and help you come up with a plan to move forward with this new information.

You can do this. It's always better to be educated and informed than bury your head in the sand. Congratulations on taking control of the situation and being proactive about your breast health.

Heather Frimmer's debut novel, "Bedside Manners," will be published by SparkPress in October. To find out more, visit www.heatherfrimmer.com.



SHOW-SCORE™
THE ONE STOP FOR THEATER LOVERS!

ALL shows playing in NYC.
ALL reviews from critics and members.
ALL prices, including discounts.
ALL the fun with unique theater related experiences for kids, out-of-towners and a great date night!

ALL IN ONE PLACE.
JOIN FOR FREE!
SHOW-SCORE.COM

“The Reading in PreSchool teachers teach with a unique style that really helps children retain information. My daughter learned to read at 5, and last year in 4th Grade, was reading at 7th Grade Level.
BEST INVESTMENT I EVER MADE IN MY CHILD!
-Annie Lee



**Reading in
Preschool**

Play based-Private Tutoring- ages 3 and up.
ReadinginPreschool.com | 917-723-1159
info@readinginpreschool.com

AUTISM SERVICES

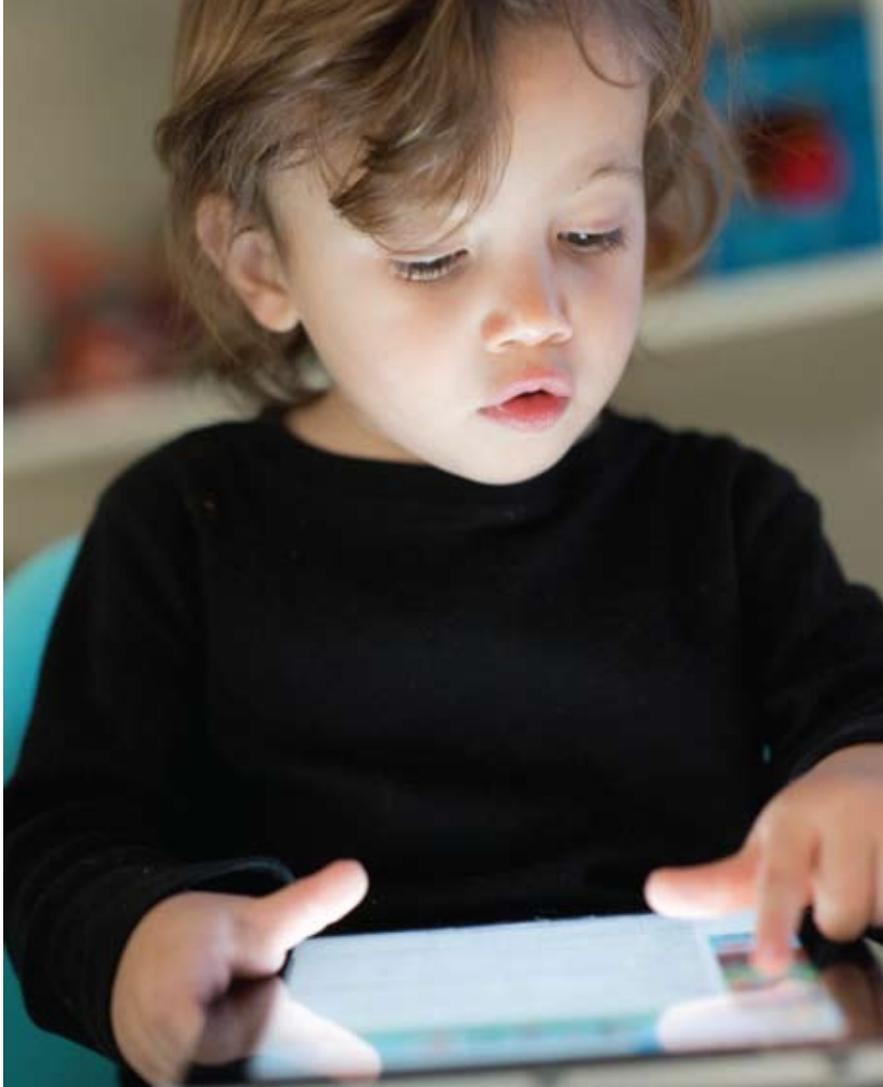
Your insurance pays, we provide.
DIRECT BEHAVIORAL SERVICES
provides customized ABA services and social groups (funded by your health insurance) to children and adults with autism in Manhattan, NYC areas & NJ. No waiting list.

We work on social skills, language, play skills, self-help skills and academic skills at home, school and community. Supervised by a Board Certified Behavior Analyst (BCBA).

Call **347.559.6131** or email **directbehavioralservices@gmail.com**
www.directbehavioralservices.com

Private pay also accepted.





Stay unified when it comes to screen time

One of the first topics families ask me about when we work together is screen time. Usually they want an official answer on how much screen time is the right amount. Before I ever give an answer, I ask a few questions: How much time do your kids spend watching television? What change do you see in their behavior from screen time? Is there an adult disagreement regarding time on screens?

That last question, about making decisions, is always what provides the most insights. In many families that have two parents, one parent is more relaxed about

screen time and the other wants strict rules around it. One parent is okay with a little extra here or there, and the other is opposed to screens during the week.

What is more important than the exact number of minutes your child gets on any technology is having parents that are unified. Now, unified does not mean that you have exactly the same opinion, but it does mean that you don't throw each other under the bus.

As adults, sit down and discuss your opinions. Share your ideas and listen to your partner's insights. This is a moment to remember that you are on the same



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

team and want the best for your children. It is not a moment that is about proving your side is right or everything else is wrong. Be open. Making this type of decision will require you both to compromise. One of you will allow a little more screen time than you desire, and the other will have a little less.

Give yourself a time limit for this conversation. Personally, I am a fan of 60 minutes. More than that and you are just going in circles and repeating yourself. Commit to having a decision at the end of your time together. That means that every step of this conversation is about finding a solution, not being right. Making a difficult decision like this goes much smoother when you remember you are looking for a solution.

The final step of this decision is for you to write down the plan together. This ensures that you both remember what you decided. Plan a family meeting and share the new decision with your children. Share the plan from a united perspective, and say, "We decided together." This gets everyone on the same page.

The critical part of making a decision is putting the details into action. How much screen time do your kids get? Who is monitoring the time? A hint, it needs to be an adult, because kids will never voluntarily give up their screen time. When are you re-evaluating the plan? The decision is just the first step. Putting it into place and keeping it going is what will make the difference for your family!

Dr. Marcie has a doctorate from Teachers College at Columbia University and is the author of "Love Your Family Again" and "Love Your Classroom Again." Her website is DrMarcie.com.



VOTE Family Favorites 2018

Each year we honor the best family-friendly businesses, services and attractions.

- Ice Cream Shop • Restaurant (Family Friendly) • Amusement Center • Family Theatre • Museum
- Academic Enrichment Program/Tutoring • Indoor Play Space • STEM Program • Performing Art Class/Activity
- Dance Class • Gymnastic Class • Music Lessons • Tennis Program • Birthday Party Place
- Local Bakery For Birthday Cakes • Pizza Place • Private Schools • Martial Arts • Hospital/Birthing Centers
- OB/GYN • Dentist • Orthodontist • Hair Salon for Kids • Museums for Families • Optometrists • Pre-Schools
- Foreign Language Schools • Urgent Care Centers • Day Camps

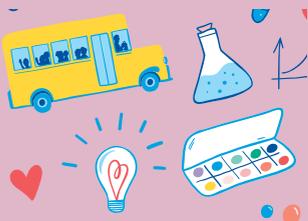


Vote at nyparenting.com and be entered into a drawing for a two night stay for four to

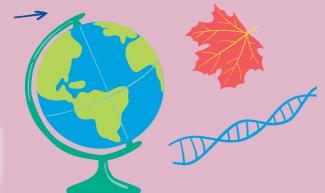


CAMELBACK RESORT
COUNTLESS ADVENTURES. ONE RESORT

Prize package includes a 2 night stay in a king bunk suite. Includes access to Aquatopia (voted #1 indoor water park in the US!) and complimentary seasonal activity tickets. Activities include the following: Winter - Skiing/Snow Tubing, Spring - Mountain Coaster, Summer - Camelbeach.



NEW YORK
Parenting





Is it appendicitis?

My 10-year-old recently had a bout of the stomach flu. He showed the typical symptoms — vomiting, nausea, aches, and pains. Thankfully, the virus passed, and he was quickly on the mend, but for a while, I was worried that he had appendicitis. How are the symptoms of appendicitis different from a stomach virus — and how can I tell which is which?

Astomach bug and appendicitis make themselves known in frustratingly similar ways: fever, nausea, vomiting, and loss of appetite. However, appendicitis is usually also accompanied by a distinct pain or tenderness around the belly button or just off to its right; when pressure is applied to the area, the pain may intensify upon release. Sometimes, the pain is so severe the child bends inwards, folding towards his center.

The appendix, a small pouch-like organ the size of a finger, is located at the beginning of the large intestine, towards the lower right abdomen. When the appendix becomes inflamed, this is called appendicitis. The inflammation

is the result of the appendix becoming blocked, and the subsequent buildup of bacteria irritates the organ's lining. If left untreated, the appendix may burst, spreading the bacteria to the peritoneum, the lining of the abdominal cavity, as well as elsewhere in the body.

The next time your son exhibits worrying symptoms, contact your pediatrician. Although the symptoms of appendicitis mirror other abdominal problems, a doctor can usually diagnose it either through touch or by ultrasound. An abdominal ultrasound test uses sound waves to produce images of the appendix. A blood or urine test might also be required to determine the body's white blood-cell count and severity of the infection.

If appendicitis is diagnosed, an immediate appendectomy (removal of the appendix) is recommended. The appendectomy will most likely occur laparoscopically, where long, narrow tubes are inserted into the abdominal cavity via small incisions. Using these tubes, the surgeon inserts a small camera and surgical instruments into the cavity, allow-



FAMILY HEALTH

DR. PRAMOD NARULA, MD
Chairman of Pediatrics
New York-Presbyterian Brooklyn
Methodist Hospital

ing the doctor to remove the inflamed organ with minimal trauma to the body. Should the appendix have ruptured, IV antibiotics may be administered for a period of time before the surgery can occur.

There is no way to prevent appendicitis, but being aware of its specific symptoms can help your child get the attention he needs as quickly as possible.

Studying techniques for young test-takers

Tests and quizzes are new to my elementary-aged child this year. What are some studying tips I can use to help him prepare?

There are many different studying techniques for young children. Flash cards are No. 1 on my list. They are a great study tool and a lifelong skill to teach your child. (You can pick up a pack of index cards from your local drugstore.)

Model for him how to write new words and concepts on the blank side of the card and the definition on the lined side, before having him try it himself. If he is on the younger side or this task seems a little too tedious for him, have him recite the information to put on the cards while he watches you write it out. Then, have him draw a picture on each card that will help trigger his memory of the definition.

The process of writing and drawing on the cards helps convert new information to memory. He can then use the cards to test himself, or you can use them to play a review game together.

Another great idea is putting up a word wall in either your child's room or workspace. He can write out the words using big font and colored markers and also draw a picture to go with the word. Having the words and pictures around will give him added exposure to the new information and keep them on the forefront of his mind.

Lastly, making up little songs is a fun way to remember new information. You can use the tune of a favorite song or he can come up with one on his own. Children learn all different ways, so it may take some trial and error to find the best way to assist your little one, but these



TIPS FROM A TEACHER

LAUREN ROSEN

three study tools are a great place to start!

Lauren Rosen has been teaching in Manhattan private schools for 10 years. She lives in NYC with her husband and daughter. You can reach her at MrsLRosen@gmail.com.

OUTSTANDING MUSICAL
2018 OUTER CRITICS AWARD

and
15 Award Nominations

DESPERATE MEASURES

A MUSICAL COMEDY GONE WILD

Original Cast from the York Theatre Production. Photo: Carol Rosegg

"A DELIGHT...SUCH A HOOT! WONDERFUL!"
The New York Times

New World Stages 340 West 50th Street
Telecharge.com or 212-239-6200
DesperateMeasuresMusical.com

Gazillion
Bubble Show

"INGENIOUS BUBBLE WIZARDRY."
-THE NEW YORKER

Telecharge.com or 212.239.6200
For groups or birthdays call 866.642.9849
New World Stages 340 W. 50th St.
GazillionBubbleShow.com

Calendar

OCTOBER



Photo by Maya Barkai

Dog-lovers' paradise

Furry friends are in charge at Human's Best Friend, an immersive playground open now through Nov. 12.

This fun space is designed with man's favorite four-legged friends in mind — so come and celebrate all things dog in a series of canine-centric rooms: the backyard, the dog house, the bone yard, and so much more.

There will also be pet adoption opportunities.

Human's Best Friend immersive playground, Wednesdays and Thursdays, noon to 9 pm, now to Nov. 12. All ages welcome; \$29 per person, children under 2 free.

Human's Best Friend (15 Seventh Ave. in the West Village, www.humansbf.com).

Submit a listing

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

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

TUES, OCT. 2

IN MANHATTAN

"The Boxtrols": Raoul Wallenberg Playground in Highbridge Park, 189th Street and Amsterdam Avenue; (212) 408-0243; 6 pm to 11 pm; Free.

Join NYC Parks and the New York City Mayor's Office of Media and Entertainment for this free film about a young orphaned boy raised by underground cave-dwelling trash collectors who tries to save his friends from an evil exterminator. You should arrive before 6 pm to get your spot. Feel free to bring a blanket to sit on. Bottled waters are OK, but no glass. Reservations are not taken, so space is available on a first-come, first-served basis. All are welcome!

Stargazing: On the High Line, 14th Street and the High Line; (212) 206-9922; <https://www.nycgovparks.org/events/2018/05/01/stargazing>; 6:30 pm to 9:30 pm; Free.

Head to the High Line each Tuesday night for a romantic walk along the park and a chance to take a closer look at the stars. Peer through high-powered telescopes provided by the knowledgeable members of the Amateur Astronomers Association of New York to see rare celestial sights. In the event of rain, Stargazing on the High Line will be cancelled.

WED, OCT. 3

IN MANHATTAN

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

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

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



John Rocklin

Jamming with monsters

It's not the Monster Mash, it's the Monster Ball, at Symphony Space on Oct. 6.

Just Kidding concert series opens its new season with Michael and the Rockness Monsters — a rollicking, spooky good time with a heavy dose of silliness. The group debuts songs from the new album *Monster's Ball*,

and kids are invited to come in costume for the musical masquerade party.

Michael and the Rockness Monsters, Oct. 6 at 11 am. Tickets are \$14 and \$17 for non-members. All ages welcome.

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

"The Mile Long Opera": The High Line, Gansevoort St and 10th Avenue entrance; www.milelongopera.com; 7 pm; Free.

This citywide public engagement project brings together 1,000 singers from across New York for this ambitious, collective, free choral work that shares personal stories from hundreds of New Yorkers about life in our rapidly changing city. All performances are free, but require advance tickets.

THURS, OCT. 4

IN MANHATTAN

The Uni: Washington Square Park, W. Fourth Street and Fifth Avenue; <https://www.nycgovparks.org/events/2018/10/04/the-uni>; 2 pm to 6 pm; Free.

We are excited to share that The Uni Project will be returning to Washington Square Park again this September and October! The Uni is a portable open-air reading library, with books and collections for all ages. The project also fosters hands-on activities such as puzzles, drawing, nature

explorations and origami. The Uni promotes learning and education through creative activities in the fresh air of the park. Come by with your friends and family for a truly "Uni"-que experience. This event is free and open to the public at the Northwest Corner Plaza.

MocaKids Meet and Greet with author Kat Zhang: Museum of Chinese in America, 215 Centre St., (855) 955-6622; education@mocanyc.org; www.mocanyc.org/families/mocacreate; 3:30 pm to 4:30 pm; Free with museum admission.

Learn how Kat conducted research for her award-winning book, "The Emperor's Riddle," listen to an excerpt from the book, and ask Kat questions about her experiences as a writer.

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

Drop in to try your skills at one of the

Calendar

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

oldest forms of embroidery in the world. Beginning cross-stitchers will learn the basic stitch and create a bookmark with their new skill. More seasoned stitchers can continue working on their bookmark or branch into more complicated designs. 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.

"Beppo the Clown": Swedish Cottage Marionette Theater, W. 79th Street and West Drive; (212) 988-9093; 6 pm; \$12 to \$15.

The City Parks Foundation presents a limited engagement debut of this English-translated theater adaptation of a Swedish book, written in 1945 by Else Fisher Bergman, "Sagan om Beppo." This is a story of Beppo, a shy clown who embarks on a journey from the circus to find bravery with the help of some friends. Great for children 3 to 7 years old.

"The Mile Long Opera": 7 pm. The High Line. See Wednesday, Oct. 3.

FRI, OCT. 5

IN MANHATTAN

"Beppo the Clown": 6 pm. Swedish Cottage Marionette Theater. See Thursday, Oct. 4.

"The Mile Long Opera": 7 pm. The High Line. See Wednesday, Oct. 3.

SAT, OCT. 6

IN MANHATTAN

Woodland Wonderland: Loeb Boat-house (Central Park), East side between 74th Street and 75th Street (Near the Outdoor Express Cafe); (212) 310-6600; tours@centralparknyc.org; 10 am to 11:30 am; Free.

Get "lost" with us in the Ramble! Explore how this carefully planned woodland provides habitat for a variety of wildlife. Discover who calls the forest floor, the Lake shoreline, and the treetops their home. Bring your family for a guided walk and discover why Central Park is a sanctuary for plants, animals, and humans alike.

Saturday Sketching: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 10 am; Free with museum admission.

Explore Frank Lloyd Wright's architectural shapes and spaces through drawing activities in the museum's galleries. Art materials, including a drawing board, paper, pencils, and erasers, are available for loan at the Family Activity Kiosk. This program is geared towards teens, though families with children of all ages are welcome. No registration is required.

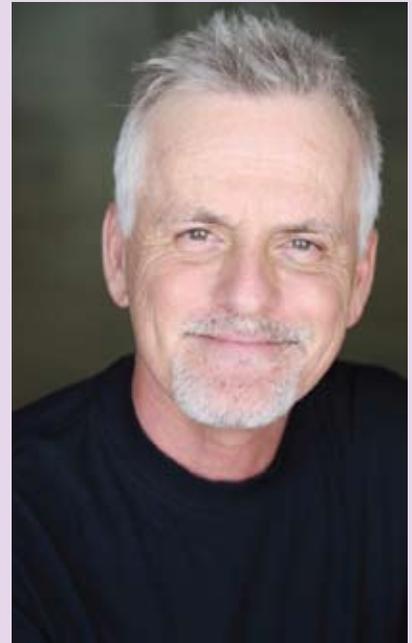
Listening to Animaniacs

It's time for "Animaniacs" — live at Joe's Pub on Oct. 7.

Legendary voice actor Rob Paulsen, who has delighted generations of animation fanatics with his signature roles in "Pinky and the Brain," "Teenage Mutant Ninja Turtles," and other film and television projects, is appearing for a special children's matinee, where he will be joined by "Animaniacs" composer Randy Rogel.

"Animaniacs in Concert!" Oct. 7 at 1:30 pm. Suitable for all ages. Tickets are \$45.

Joe's Pub [425 Lafayette St. in the East Village, (212) 539-8778; www.publictheater.org/reserve/index.aspx?performanceNumber=38368]



Watson Adventures' Whodunit at the Met Family Scavenger Hunt:

Metropolitan Museum of Art, 1000 Fifth Avenue; (877) 946-4868; rsvp@watsonadventures.com; <https://www.watsonadventures.com/public/event/met-whodunit-family-scavenger-hunt>; 10:30 am to 12:30 pm; \$31.00-\$42.00 (includes museum admission).

Join Watson Adventures on a unique murder mystery scavenger hunt for kids 10 and up! A crazed killer is on the loose at the Metropolitan Museum of Art, and it's up to you to stop him! The killer has created a scavenger hunt that, when completed, reveals his name, the weapon he used and where he hid the body in the museum. Can you figure out whodunit? No knowledge of the museum or art is necessary but good reading skills are helpful. Kids must be accompanied by an adult. Price includes museum admission. Advance purchase is required.

Michael and the Rockness Monsters Monster Ball: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$14 (\$17 non-members).

Just Kidding opens its new season with Michael and the Rockness Monster. The group debuts songs from the new album *Monster's Ball*, and kids are invited to come in costume for the musical masquerade party.

Urban Farm Exploration Day: Urban Farm at Randall's Island, Wards Meadow Loop; (212) 830-7722; 11 am to 5 pm.

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.

"Beppo the Clown": 1 pm and 3 pm. Swedish Cottage Marionette Theater. See Thursday, Oct. 4.

"Rapunzel": Galli Theater, 74 Warren St.; (212) 731-0668; www.gallitheaternyc.com/shows; 2 pm; \$15 per child (\$10 for siblings).

When a husband sneaks into a garden for his wife he makes a promise to a witch. Will his promise be kept and his daughter doomed to live in a tower or will a prince come along and save her from her fate? For children 3 and up.

Art on the Farm at Randall's Island Park: Urban Farm at Randall's Island Park, Wards Meadow Loop; (212) 830-7722; <https://www.nycgovparks.org/events/2018/06/02/art-on-the-farm-at-randalls-island-park>; 2 pm to 4 pm; Free.

Join us for fun farm art projects that you can create and take home! All ages are welcome.

"The Mile Long Opera": 7 pm. The High Line. See Wednesday, Oct. 3.

SUN, OCT. 7

IN MANHATTAN

Urban Farm Exploration Day: 11 am to 5 pm. Urban Farm at Randall's Island. See

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

Saturday, Oct. 6.

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>; Noon to 1:30 pm; 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!

The Erie Canal Exploraton Zone: South Street Seaport Museum, 12 Fulton St. and South Street; (212) 748-8600; <https://southstreetseaportmuseum.org/archtober2018>; Noon to 4 pm; Free with general admission.

This drop in program explores the 200th anniversary of the start of construction on the iconic canal. The interactive program will be held on board the ship, the Wave-tree. Hosted by the South Street Seaport Museum.

"Beppo the Clown": 1 pm and 3 pm. Swedish Cottage Marionette Theater. See Thursday, Oct. 4.

Open Studio for Families: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 1 pm; Free with museum admission.

For families with children ages 3 and up. Explore the themes and materials seen in the works on view at our drop-in studio art-making program.

"Animaniacs in Concert!": Joe's Pub, 425 Lafayette St.; (212) 539-8778; www.publictheater.org/reserve/index.aspx?performanceNumber=38368; 1:30 pm; \$45.

Legendary voice actor Rob Paulsen has delighted generations of animation fanatics with his signature roles in "Pinky and the Brain," "Teenage Mutant Ninja Turtles," and other film and television projects. He will be joined by "Animaniacs" composer Randy Rogel.

"Rapunzel": 2 pm. Galli Theater. See Saturday, Oct. 6.

"The Mile Long Opera": 7 pm. The High Line. See Wednesday, Oct. 3.

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

Join the musical group Yellow Sneaker and their puppet pals for entertaining programs that nurture family bonds and bridge connections to Jewish culture and traditions. For ages 0 to 4.

FURTHER AFIELD

Adventure Course: Alley Pond Park, Cross Island Pkwy & Grand Central Pkwy, Queens; (718) 217-4685;

Boogie for Halloween

Ghouls, goblins, and ghosts are invited to sing along with the Laurie Berkner band at the Monster Boogie concert at New York Society for Ethical Culture on Oct. 20.

The Monster Boogie concert — a Halloween tradition for families — is back, starring kids' music superstars Laurie Berkner and The Laurie Berkner Band. The band is in full Halloween mode playing an assortment of songs for the spooky season, including "Monster Boogie" and "The Cat Came Back," along with such well-loved Laurie Berkner hits as "Bumblebee (Buzz Buzz)," "Victor Vito," "We Are The Dinosaurs," and "Pig on Her Head." A local group of young dancers will perform choreography to Laurie's dance remix

version of "The Cat Came Back." Kids and grownups are encouraged to come in costume, bring their dancing shoes, a stuffed animal (for their heads!), and be ready to get up and dance to all their favorites.

The Monster Boogie Halloween concert, Oct. 20 at 3 pm. \$39, plus applicable fees. Infants under 1 and sitting on lap, free. VIP tickets \$100, plus applicable fees. VIP tickets include after-show meet and greet, photo opportunity, and a personalized, autographed picture of the Laurie Berkner Band.

The Concert Hall at the New York Society for Ethical Culture [2 W. 64th Street on the Upper West Side; (877) 987-6487; www.ticketfly.com/event/1709658-laurie-berkner-bands-monster-new-york].

Calendar

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

parks.org; 9:30 am and 1 pm; Free.

Alley Pond Adventure Course is an outdoor adventure that fosters trust, problem-solving, and team-building right in your own backyard at beautiful Alley Pond Park in Queens. Be sure to check out the website before you go, and dress for an adventure. 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. Due to its popularity, we ask that you arrive at least half an hour before the start time of each program. Space is limited. A valid Photo ID is required for participants ages 18 and older.

MON, OCT. 8

IN MANHATTAN

Central Park Tour – Discovery Walk for Families:

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.

Take a hike through the North Woods and learn how to tell a maple from an oak! Bring your family for a guided walk and discover why Central Park is a sanctuary for plants, animals, and humans alike. 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.

TUES, OCT. 9

IN MANHATTAN

Stargazing: 6:30 pm to 9:30 pm. On the High Line. See Tuesday, Oct. 2.

WED, OCT. 10

IN MANHATTAN

Sing: 9:15 am. 92Y. See Wednesday, Oct. 3.

New Parent get together: 10:30 am to noon. 92Y. See Wednesday, Oct. 3.

THURS, OCT. 11

IN MANHATTAN

The Uni: 2 pm to 6 pm. Washington Square Park. See Thursday, Oct. 4.

Cross-Stitch Circle: 3:30 pm to 5:30 pm. New-York Historical Society. See Thursday, Oct. 4.

SAT, OCT. 13

IN MANHATTAN

Saturday Sketching: 10 am. Solomon R. Guggenheim Museum. See Saturday, Oct. 6.



Victor Chu

Pumpkins are the stars

Ghouls and gourds are coming your way at Ghouls and Gourds at the Brooklyn Botanic Garden on Oct. 27.

'Tis the season for ghouls, gourds, and goblins.

Get out those costumes and be prepared to shake a tail feather, show off those spooky cat ears, and carousel

with colossal puppets at Brooklyn's wackiest costume parade!

Ghouls and Gourds 2018, Oct. 27 from noon to 5:30 pm. Free with general admission to the gardens. For all ages.

Brooklyn Botanic Garden [1000 Washington Ave., at Eastern Parkway in Crown Heights, (718) 623-7220; www.bbg.org]

Central Park Tour – Discovery Walk for Families:

10 am to 11:30 pm. Charles A Dana Discovery Center. See Monday, Oct. 8.

“Hard Hat Area” – Introduction to Construction: Skyscraper Museum, 39 Battery Place; (212) 968-1961; www.skyscraper.org; 10:30 am to 11:45 am; Free with museum admission.

Young learners will be introduced to the basics of skyscraper construction through a group reading of Susan L. Roth's picture book “Hard Hat Area.” After the story, the young architects will design their own skyscraper. Maybe one day their design will make it to the construction site! Ages 2 and up. RSVP required.

Urban Farm Exploration Day: 11 am to 5pm. Urban Farm at Randall's Island. See Saturday, Oct. 6.

“Rapunzel”: 2 pm. Galli Theater. See Saturday, Oct. 6.

“Wow in the World”: Symphony Space, 2537 Broadway at W. 94th Street; (212)

864-5400; www.symphonyspace.org; 2 pm; \$14 (\$17 non-members).

It's a curious mix of science, live music, and sketch comedy in the new Pop Up Party, a live and interactive spin on NPR's wildly popular science podcast for kids. The show features a live performance by twice Grammy-nominated band The Pop Ups, along with short interactive games and fo-ley-infused comedy skits presented by host Mindy Thomas.

Art on the Farm at Randall's Island Park:

2 pm to 4 pm. Urban Farm at Randall's Island Park. See Saturday, Oct. 6.

SUN, OCT. 14

IN MANHATTAN

Steps for life: Robert F. Wagner, Jr. Park, 20 Battery Pl.; <https://stepsforlife.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=513>; 8 am to noon; \$15 students and free for kids 6 and under; and will receive a Superhero Sprint cape and

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

medal).

"Gift of Life Marrow Registry", is hosting a charity 5K Run and Walk event. The walk is open to professional runners and families alike, and is dedicated to raising awareness of the importance of joining the marrow registry. The race will also be the first ever meeting place of one marrow donor and their recipient. Certified and timed 5K with awards given to the top finishers. Please register today and help us get everyone involved, swabbed and cured!

Urban Farm Exploration Day: 11 am to 5pm. Urban Farm at Randall's Island. See Saturday, Oct. 6.

Harvest Festival: Randall's Island; (212) 860-1899; info@randallsisland.org; <https://randallsisland.org>; Noon-4 pm; Free.

Celebrate fall with live musical performances, pumpkin decorating, face painting, kite flying (take your own or make on-site), crafts, games and more.

West African Dance Class: Noon to 1:30 pm. Morris-Jumel Mansion. See Sunday, Oct. 7.

The Erie Canal Exploraton Zone: Noon to 4 pm. South Street Seaport Museum. See Sunday, Oct. 7.

Open Studio for Families: 1 pm. Solomon R. Guggenheim Museum. See Sunday, Oct. 7.

"Rapunzel": 2 pm. Galli Theater. See Saturday, Oct. 6.

Harry Potter Trivia for Families: New-York Historical Society, 170 Central Park W. at W. 77th Street; (212) 873-3400; www.nyhistory.org; 2 pm to 3:30 pm; \$25 (\$22 members).

Do you know your Wampus Cat from your Bowtruckle? Or what type of quill Rita Skeeter favors? Bring your whole family for a fun afternoon of trivia in our enchanting library and test your knowledge of the Wizarding World with questions from the experts at Pottermore. Winners will take home some awesome prizes! Ticket to the exhibition Harry Potter: A History of Magic not included.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Alley Pond Park. See Sunday, Oct. 7.

TUES, OCT. 16

IN MANHATTAN

Stargazing: 6:30 pm to 9:30 pm. On the High Line. See Tuesday, Oct. 2.

WED, OCT. 17

IN MANHATTAN

Sing: 9:15 am. 92Y. See Wednesday, Oct. 3.



Zak Szytko

Jazz with your brunch

For the 16th consecutive season, Jazz Standard hosts its popular brunch Jazz for Kids, beginning on Oct. 7.

The weekly sessions are packed with family and friends of all ages grooving to music by the Jazz Standard Youth Orchestra and eating finger-licking good ribs from Blue Smoke, too!!

In lieu of a cover charge, guests may give a \$5 donation that benefits the Jazz Standard Discovery Program. Jazz Standard donates \$1 from each kid's

menu sold to Spoons Across America, a non-profit organization dedicated to educating children, teachers, and families about healthy eating habits.

Jazz for Kids, Sundays, beginning Oct. 7; (no show on Oct. 21, Oct. 28, Nov. 25, Dec. 23, Dec. 30, Feb. 3, and April 21); 1 pm to 3 pm. Free, (menu prices apply; donations accepted).

Jazz Standard [116 E. 27th Street between Park and Lexington avenues in Kips Bay, (212) 576-2232; www.discoverjazz.org].

New Parent get together: 10:30 am to noon. 92Y. See Wednesday, Oct. 3.

THURS, OCT. 18

IN MANHATTAN

Cross-Stitch Circle: 3:30 pm to 5:30 pm. New-York Historical Society. See Thursday, Oct. 4.

SAT, OCT. 20

IN MANHATTAN

Saturday Sketching: 10 am. Solomon R. Guggenheim Museum. See Saturday, Oct. 6.

"The Rainbow Fish": Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11

am and 2 pm; \$14 (\$17 non-members).

Just kidding presents the New York City premiere of this thrilling and colorful glow-in-the-dark puppetry adaptation of a children's classic tale performed by the Mermaid Theatre of Nova Scotia.

"The Not So Spooky Ghost": 14th Street Y Preschool (formerly known as Gani), 344 E. 14th St.; (646) 395-4325; 11 am and 1 pm; \$14.

Theater for Young Adults and WonderSpark Puppets presents this play written and directed by Chad Williams about a timid ghost, his skeleton father and a mysterious scarecrow have lots of laughs in this all-ages show. The little ghost can't scare a soul to please his Big Bad Dad, but help is on the way as the audience and some friends scare up some fun fright. Hand puppet show in a traditional puppet booth.

Calendar

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

"Rapunzel": 2 pm. Galli Theater. See Saturday, Oct. 6.

Monster Boogie Halloween Concert: The Concert Hall at the New York Society for Ethical Culture, 2 W. 64th St.; (877) 987-6487; www.ticketfly.com/event/1709658-laurie-berkner-bands-monster-new-york; 3 pm; \$39, plus applicable fees. (VIP tickets \$100, plus applicable fees) (infants under one and sitting on lap - free).

It's a Halloween tradition for families! Kids' music superstars Laurie Berkner and The Laurie Berkner Band boogie on down in full Halloween mode playing an assortment of songs for the Halloween season at this show. A local group of young dancers will perform choreography to Laurie's dance remix version of "The Cat Came Back."

SUN, OCT. 21

IN MANHATTAN

"The Not So Spooky Ghost": 11 am and 1 pm. 14th Street Y Preschool (formerly known as Gani). See Saturday, Oct. 20.

The Erie Canal Exploraton Zone:

Noon to 4 pm. South Street Seaport Museum. See Sunday, Oct. 7.

Children's Book Illustrator Series

– Tomie dePaola: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 1 pm to 4 pm; \$40; \$35 members; \$25 for Family Members, and Cool Culture families.

Tomie dePaola comes to this innovative series. Following the reading, families will create their own works of art inspired by the book and its illustrations. Each ticket also includes a complimentary copy of the book, which will be signed at the event by the illustrator. In his newest picture book, "Quiet," dePaola reminds us that mindfulness — being quiet, still, and present with one another — is a very special thing. Recommended for ages 4 and up. Per family tickets includes, admission, workshop materials, and one copy of the featured book.

Open Studio for Families: 1 pm. Solomon R. Guggenheim Museum. See Sunday, Oct. 7.

"Rapunzel": 2 pm. Galli Theater. See Saturday, Oct. 6.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Alley Pond Park. See Sunday, Oct. 7.

TUES, OCT. 23

IN MANHATTAN

Stargazing: 6:30 pm to 9:30 pm. On the High Line. See Tuesday, Oct. 2.

Hear a 'Mile Long Opera'

Enjoy miles of music and stories at the "Mile-Long Opera: a biography of 7 o'clock" on the High Line from Oct. 3 through Oct. 7.

The "Mile Long Opera" is a citywide public engagement project that brings together 1,000 singers from across New York, including Grace Chorale of Brooklyn.

The ambitious, collective, free choral work shares personal stories from hundreds of New Yorkers about life in our rapidly changing city.

During the event participants move along the length of the High Line and listen to hundreds of tales inspired by the accounts of a wide range of New Yorkers.

The "Mile Long Opera: a biography



of 7 o'clock," Oct. 3 through Oct. 7 at 7 pm. All performances are free, but require advance tickets.

Bookings are limited to two per registration.

The High Line (Gansevoort Street and 10th Avenue entrance, in the Meatpacking District, www.milelongopera.com).

WED, OCT. 24

IN MANHATTAN

Sing: 9:15 am. 92Y. See Wednesday, Oct. 3.

New Parent get together: 10:30 am to noon. 92Y. See Wednesday, Oct. 3.

THURS, OCT. 25

IN MANHATTAN

Cross-Stitch Circle: 3:30 pm to 5:30 pm. New-York Historical Society. See Thursday, Oct. 4.

FRI, OCT. 26

IN MANHATTAN

Hallowscream: Chelsea Recreation Center, 430 W. 25th St.; (212) 255-3705; 5 pm to 8 pm; Free.

Chills and thrills await you in this interactive "haunted house" experience! Bring your friends or be just one: join us for the spooky fun! RSVP at hallowscream2018fri.eventbrite.com Know Before You Go: You can experience our fright walk at any point between the allotted time for the day. For your safety and others', please exercise caution during the fright walk. Please wear comfortable, closed-toed shoes, and refrain from wearing jewelry. No bags or belongings are allowed inside, so please plan accordingly. Parental discretion and supervision, especially for participants under 13, are highly recommended.

SAT, OCT. 27

IN MANHATTAN

Saturday Sketching: 10 am. Solomon R. Guggenheim Museum. See Saturday, Oct. 6.

Building Blocks: Skyscraper Museum, 39 Battery Place; (212) 968-1961; www.skyscraper.org; 10:30 am to 11:45 am; Free with museum admission.

Join us for hands-on exploration and learn about different materials architects use to construct buildings. Then, using stacking blocks, kids will construct the sturdiest tower and recreate famous New York Skyscrapers! Ages 4-8. RSVP required.

Land Art and Nature Sculptures: Payson Center at Inwood Hill Park, Payson Avenue and Dyckman Street; (718) 304-2277; 11 am to 12:30 pm; Free.

Join the Urban Park Rangers the Nature's Workshop series. Each program in this series explores its topic in depth and allows you to develop a skill, participate in hands-on project, and indulge your curiosity. All supplies provided.

Halloween Festival: Harlem Grown 131st Street Farm, 34 W. 131st St.; (212) 870-0113; devintern@harlemgrown.org. 11 am to 3 pm; Free.

Our Halloween Festival is our most fun day of the year! We close out our season with a bang and our community comes out in their best costumes! Family-friendly activities may include face painting, spooky arts and crafts, cooking demo, and a haunted hoop house! Of course, there will be plenty

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

of healthy treats!

“The Not So Spooky Ghost”: 11 am and 1 pm. 14th Street Y Preschool (formerly known as Gani). See Saturday, Oct. 20.

World Culture Festival – Our Future: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-7710; www.metmuseum.org; Noon to 5 pm; Free with museum admission.

Art creates a space for the past, present, and future to live together. Explore how people from around the world have looked to their ancestors to build our global community. Discover what your future holds through performances, storytelling, interactive gallery activities, and artist-led workshops.

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

What makes each Hogwarts House unique? Discover the history of Gryffindor, Hufflepuff, Ravenclaw, and Slytherin, and learn about some of the most famous witches and wizards from each House. Then choose from the four House crests to decorate and proudly wear! This program does not include admission to Harry Potter: A History of Magic.

“Hansel & Gretel”: Galli Theater, 74 Warren St.; (212) 731-0668; www.gallitheaterynyc.com/shows; 2 pm; \$15 per child (\$10 for siblings).

Hansel and Gretel are brought into the woods and cannot find their way back! A witch lures them into her little house with all kinds of tasty treats. Can clever Gretel trick the witch and get them safely back home? For children 4 and up.

Dance Celebration: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 2 pm; \$14 (\$17 non-members).

Just Kidding presents the National Dance Institute, The Celebration Team, this high energy show is a joy-filled dance celebration of the cultures, creatures, and cities that thrive at the river’s edge.

Hallowscream: 4 pm to 7 pm. Chelsea Recreation Center. See Friday, Oct. 26.

SUN, OCT. 28

IN MANHATTAN

“The Not So Spooky Ghost”: 11 am and 1 pm. 14th Street Y Preschool (formerly known as Gani). See Saturday, Oct. 20.

The Erie Canal Exploraton Zone: Noon to 4 pm. South Street Seaport Museum. See Sunday, Oct. 7.

Hogwarts House Badges: 1 pm to 4 pm. New-York Historical Society. See Saturday, Oct. 27.



A ‘Ballerina’ to treasure

Angelina Ballerina has *plie’d* her way back into town, from Oct. 6 through Nov. 25 at Theatre at Blessed Sacrament.

Vital Theatre Company and HIT Entertainment present the return of this hit musical. The show, with book and lyrics by Susan DiLallo, music by Ben Morss, and direction and choreography by Sam Viverito, is based on the famous dancing mouseling and her friends created by Katharine Holabird and illustrated by Helen Craig.

Angelina and her friends, Alice, Gracie, AZ, Viki, and their teacher, Ms. Mimi, are all aflutter — because a special guest is coming to visit Camembert

Academy! Angelina and her friends perform dance of all types, including hip-hop, modern, Irish jig, and of course, ballet. The mouselings can’t wait to show off their skills to their famous visitor, Serena Silvertail. Angelina is the most excited of all, but will she get the starring moment she hopes for?

“Angelina Ballerina,” Saturdays and Sundays from Oct. 6 through Nov. 25 at 11 am and 1 pm. Tickets start at \$49.50 (Premium seats are available for \$69.50); reservations required.

Theatre at Blessed Sacrament [152 W. 71st St. at Broadway on the Upper West Side; (212) 579-0528; www.vitaltheatre.org].

Open Studio for Families: 1 pm. Solomon R. Guggenheim Museum. See Sunday, Oct. 7.

“Hansel & Gretel”: 2 pm. Galli Theater. See Saturday, Oct. 27.

FURTHER AFIELD

Adventure Course: 9:30 am and 1 pm. Alley Pond Park. See Sunday, Oct. 7.

TUES, OCT. 30

IN MANHATTAN

Stargazing: 6:30 pm to 9:30 pm. On the High Line. See Tuesday, Oct. 2.

LONG-RUNNING

IN MANHATTAN

Ripley’s Relic Interactive exhibition: Ripley’s Believe It or Not, 234 W. 42nd St.; <https://ripleysnewyork.com>; Daily, 9 am to 1

Calendar

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

pm; until Mon, Dec. 31; \$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. Ripley's Relic will be a 15-minute, \$15-per-person, experience that can accommodate up to ten people at a time, and includes a guide to help navigate the series of challenging puzzles.

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; until Sun, Jan. 6, 2019; \$28 Adults, \$16.50 Children.

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

Governors Island: New York Harbor; <https://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.

This unique New York City destination is open for the season! 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.

Gulliver's Gate: 216 W. 44th St. between Seventh and Eighth Avenue; (212) 235-2016; customercare@gulliversgate.com; www.gulliversgate.com; Daily, 10 am to 8 pm; until Sat, Dec. 22; \$36 (\$27 children 4 to 12 and seniors; \$free for children to 3 years old).

Gulliver's Gate is a miniature world, interactive, and provides visitors with a bird's-eye view of the Beatles performing outside of Buckingham Palace, Nessie rising up out of Loch Ness in the Scottish Highlands, and more.

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

Little New-Yorkers: New-York Historical Society, 170 Central Park West at W. 77th St.; (212) 873-3400; www.nyhistory.org;

Tuesdays and Fridays, 3:30 pm, Tues, Oct. 2 - Tues, Oct. 30; 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.

Human's Best Friend: Human's Best Friend, 15 Seventh Ave.; <https://www.humansbf.com>; Wednesdays and Thursdays, Noon to 9 pm, until Mon, Nov. 12; \$29 per person (Children under 2 are free).

This immersive playground is designed with man's favorite four-legged friends in mind. Come and celebrate all things dog in a series of canine-centric rooms.

Harry Potter: A History of Magic: New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; <https://harrypotter.nyhistory.org>; Tuesdays - Thursdays and Saturdays, 10 am-6 pm, Fridays, 10 am-9 pm, Sundays, 10 am-5 pm, beginning Fri, Oct. 5; \$21 adults, \$6 children 5-13, children 4 and under free.

A spellbinding exhibition for all fans of Harry Potter! See original material from series publisher Scholastic and author J.K. Rowling's own archives. Plus, explore the subjects studied at Hogwarts through century-old treasures including rare books, manuscripts and magical objects from the collections of the British Library and New-York Historical Society. Check website for special events and activities.

"Angelina Ballerina The Musical": Theatre at Blessed Sacrament, 152 W. 71st St. at Broadway; (212) 579-0528; www.vitaltheatre.org; Saturdays and Sundays, 11 am and 1 pm, Sat, Oct. 6 - Sun, Nov. 25; Tickets start at \$49.50 (Premium seats are available for \$69.50).

Angelina, her friends, and their teacher are all aflutter — because a special guest is coming to visit Camembert Academy! Angelina and her friends perform dance of all types, including hip-hop, modern, Irish jig, and of course, ballet. The mouselings can't wait to show off their skills to their famous visitor, Serena Silvertail. Angelina is the most excited of all, but will she get the starring moment she hopes for?

"That Physics Show" and "That Chemistry Show": The Playroom Theater, 151 W. 46th St.; (212) 967-8278; www.sciencetheatercompany.com; Saturdays and Sundays, Noon and 3 pm, until Sun, Dec. 30; \$59.

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

Youth Wheelchair Basketball: Ger-

trude 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, until Mon, Dec. 31; 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 NYC area.

Jazz for Kids: Jazz Standard, 116 E. 27th St.; (between Park and Lexington); (212) 576-2232; www.discoverjazz.org; Sundays, 1 pm to 3 pm, beginning Sun, Oct. 7; Free (Donations accepted).

For the 16th consecutive season, Jazz Standard hosts its popular brunch. Weekly sessions are packed with family and friends grooving to music by the Jazz Standard Youth Orchestra and eating finger-licking good ribs from Blue Smoke, too!! For kids of all ages! In lieu of a cover charge, guests may give a \$5 donation that benefits the Jazz Standard Discovery Program. No Jazz on Oct. 21, Oct. 28, Nov. 25, Dec. 23, Dec. 30, Feb. 3, or April 21).

Big Apple Circus: Lincoln Center Damrosch Park, 60 Lincoln Center Plz. (212) 247-2330; info@bigapplecircus.com; <https://bigapplecircus.com>; Saturday, Oct. 20, Check website for schedule. Sunday, Oct. 21, Check website for schedule. Wednesday, Oct. 24, Check website for schedule. Thursday, Oct. 25, Check website for schedule. Friday, Oct. 26, Check website for schedule. Saturday, Oct. 27, Check website for schedule. Sunday, Oct. 28, Check website for schedule. Monday, Oct. 29, Check website for schedule. Wednesday, Oct. 31, Check website for schedule. \$35-\$175.

The Big Top tent is back in the Big Apple! See the world's most acclaimed circus performers, including flying trapeze acts, aerialists and jugglers, plus clowns, horses, dogs and more.

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. As you explore the exhibit, the wondrous world deep below the ocean surface is revealed, whether it is in the Coral Reef Tunnel, The New York Bight or the dark and mysterious Hudson Canyon's Edge with large sand tiger sharks, sandbar sharks, nurse sharks and hundreds of marine species which live off the coast of New York.

theMarketplace

EDUCATIONAL CONSULTING

OVERWHELMED WITH THE NYC SCHOOL ADMISSIONS PROCESS?

We can help.

- School search
- Admissions consulting
- Tutoring recommendations
- Grades pre-k through 12



info@nycedconsulting.com
www.nycedconsulting.com

FINDING A SCHOOL IN NYC JUST GOT A WHOLE LOT EASIER

PARENTS' HELPER

Miss Birdy

EMPATHY + CREATIVITY

tutoring ♦ babysitting
birthday parties ♦ parent coaching

Tweet323@gmail.com • www.MissBirdy.com

PARTY PLANNERS

Party Pets.com



We'll Bring the Zoo to You!

Call today 516-766-1100

Party Pets of New York

Experience hands-on learning about animals from around the world!

VETERINARY SERVICES



Tribeca Veterinary Wellness

Dr. Jennifer Berg's New Animal Hospital

256 West St. (btwn Laight & Vestry)
212 732 7474 • info@tw.vet
tribecaveterinarywellness.com

Stay Connected



To advertise with us please call 718-260-4554

Advertise with us!

MANHATTAN
Family

BROOKLYN
Family

WESTCHESTER
family

QUEENS
Family

BRONX/RIVERDALE
Family



To place an ad in any of
our monthly titles, please call
718.260.4554

New & Noteworthy

BY LISA J. CURTIS



Delicious disguise

Everyone knows that babies are scrumptious, so the “Chef and Lobster Baby Carrier Costume Kit” is a ghoulishly hilarious Halloween ensemble. The set includes two costumes: There’s a chef hat and apron for the adult, and a lobster carrier cover and a fully lined crustacean cap for the entree, er, infant. This culinary combo could not be more easy to put on or be more comfortable for baby on their first Halloween. One size fits all, and the cover fits most rear-facing carriers. This costume allows the parent unfettered mobility and have his hands free to help baby’s older siblings at spooky parties and while trick-or-treating.

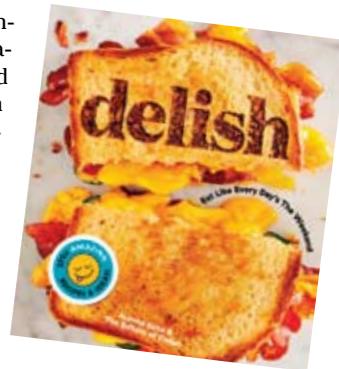
Make sure to bring a lobster pot or pumpkin bag, because the best part of this costume is that Mom or Dad gets to eat all of baby’s candy!

“*Chef and Lobster Baby Carrier Costume Kit*,” \$62, Chasing-Fireflies.com.

Mince, chop, laff way to dinner

If you need some mouth-watering cooking inspiration, the foodies behind the popular Delish.com website are releasing hundreds of their popular recipes in a new, photo-filled cookbook, “Delish: Eat Like Every Day’s the Weekend,” on Oct. 16.

The Delish team, helmed by editor Joanna Saltz, presents straightforward, uncomplicated instructions; we easily prepared — and scarfed down — its “Cheesy Chicken Broc-



coli Bake” and the “Tuscan Tortellini Soup.”

“We wanted to create a place for someone who, we imagined, loved to eat more than he or she loved to cook,” writes Saltz.

Mission accomplished! “Delish” makes you laugh while preparing distinctly American and Tex-Mex fare.

“*Delish: Eat Like Every Day’s the Weekend*” by Joanna Saltz and the editors of *Delish*, \$30, Amazon.com.



This read is a treat

The latest collaboration from the creators of the New York Times bestseller “How To Babysit a Grandpa” is an eerie-sis-

table introduction to the timeless, charming traditions of Halloween: jack-o’-lantern carving, trick-or-treating, reading ghost stories, and cobbling costumes together. In their new book, “How To Scare a Ghost” (Alfred A. Knopf Books for Young Readers), author Jean

Reagan and illustrator Lee Wildish strike the right tone for readers, ages 4 - 8, who may be feeling slightly spooked by the Oct. 31 holiday’s rep. Reagan prescribes a cup of warm cider as an antidote for jump scares, and the illustrations show that there is more to Halloween than frightening disguises. Whether your young reader is ready to howl at the moon or is timidly counting down the days until the streets are filled with “Scream” masks, Reagan and Wildish will tickle their funny bones and stoke their enthusiasm for this celebration.

“*How To Scare a Ghost*” by Jean Reagan, \$17.99, BarnesAndNoble.com.

Nut-free Halloween sweets

Whether you’re looking for favors for your child’s Halloween party or creating a memorable candy table for the soirée, check out the festive lollipops from Strawberry Hill Grand Delights. Based in Waltham, Mass., the company makes cherry-flavored “Creepy Brains,” and an adorable “Vanilla Bean Ghost,” tangerine-flavored “Jack-o-Lantern” (their best-seller!), and “Grape Bat” lollipops. Best of all, the manufacturer states that the all-nat-

ural line of candy is made free of the eight major allergens (peanuts, tree nuts, wheat, milk, egg, soy, fish, or shellfish). The whimsical pops are also vegan and gluten free.

The lollies range in size from the 2-inch by 2-inch creepy brain pop to the friendly, 3-inch square vanilla-bean-flecked ghost.

For a boo-tiful Halloween treat that won’t frighten your allergy-afflicted guests, these are sweet treats, indeed.

Halloween lollipops, \$2.24–\$2.80, NaturalCandyStore.com.





NEW YORK SPECIAL CHILD

LONG ISLAND SPECIAL CHILD

WESTCHESTER/ROCKLAND SPECIAL CHILD

Trusted since 2008

Informing & enriching
"Special Needs"
families
throughout NYC,
Long Island
& Westchester/Rockland

For more information about distribution
or how to get your free copy,
please e-mail us at tina@nyparenting.com.

Visit us online at

www.NYParenting.com

Like us on our Facebook page, NYParenting  or follow us on Twitter 

To advertise your business and or services
contact us at 718-260-4554
or e-mail us at family@nyparenting.com

New York Parenting/CNG
1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201
718-260-4554 • family@nyparenting.com



2-WEEK FREE TRIAL* October 16 - November 15



Limited Space!

Contact your local Center by
October 22nd

.....

Try our Math and Reading Program

There's a Kumon Math & Reading Center near you!

BATTERY PARK CITY

2 South End Avenue
212-786-4295

CHELSEA

133 West 22nd Street
212-242-6528

MIDTOWN - EAST

962 1st Avenue
212-702-8769

UPPER EAST SIDE I

1582 First Avenue
212-717-1644

BEDFORD PARK

237 East 204th Street
917-751-1888

CHINATOWN

123 Baxter Street
212-625-1883

MIDTOWN - EAST II

962 1st Avenue
201-218-3905

UPPER WEST SIDE

700 Columbus Avenue
212-866-1864

CENTRAL HARLEM

2235 Frederick Douglass
Boulevard
212-866-6201

GRAMERCY PARK

381 2nd Avenue
212-683-1232

MIDTOWN WEST

747 10th Avenue
212-399-4124



FOR FRANCHISE OPPORTUNITIES IN NORTH AMERICA — VISIT KUMONFRANCHISE.COM

*2-week Free Trial offer valid at participating Kumon Centers for two weeks between October 16 – November 15, 2018 when you sign up by October 22, 2018.

©2018 Kumon North America, Inc. All Rights Reserved. Most Kumon Centers are independently owned and operated. Additional fees may apply. See Center for applicable terms and conditions.