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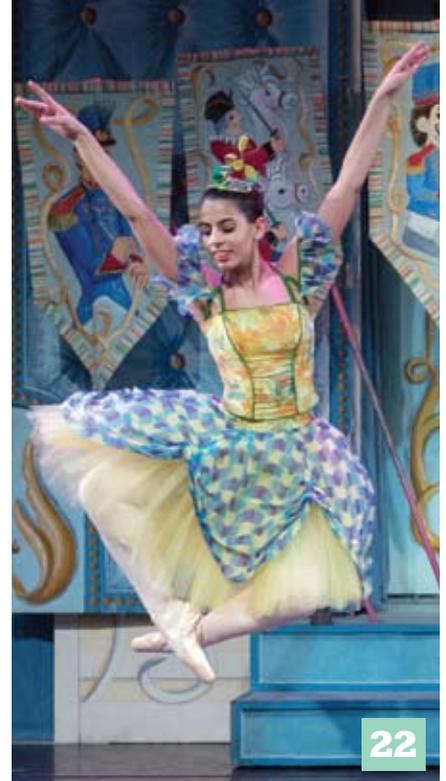
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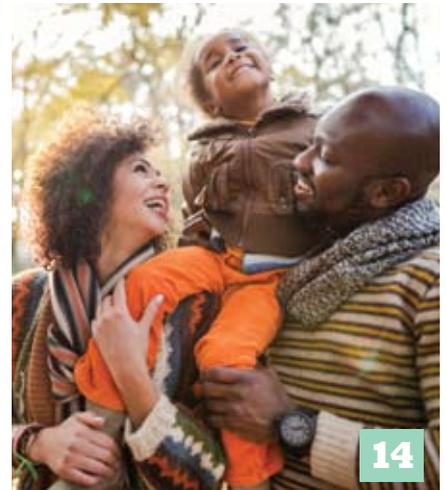
Where every child matters



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The end of the year — a new beginning

The year 2018 is almost over and it's hard to believe how quickly it all passes. I was having lunch with my niece the other day — whose kids are 4 and 7 — and I told her to treasure every moment because it all goes so fast! One day your children are just being born, and then they're off to school, and then they're teenagers and pulling away, and then they're adults on their own and you're an empty nester.



Bronx/Riverdale, and lastly Manhattan. Recently we merged with another excellent title in Manhattan and after the end of this month, our company name will change to New York Family Media, and the magazine in Manhattan will be a blend of both of them, with the name changing to New York Family.

and our distributors. I want to thank all of them for the years of collaboration. Personal thanks to Tina, Erin, Leah, Courtney, Arthur, and Vinny. You've made it a real pleasure to do my work. And a big thank you to Cliff for 20 years of letting me "do my thing."

Wishing you and yours a wonderful holiday season.

Thanks for reading.

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

It's 20 years since we started Brooklyn Family, which was the first of our monthly titles. I was a mom in Brooklyn, and my daughter was 7 years old. Now she's a lovely grown woman. Then came Queens,

It will offer the continuation of the best of both editorial efforts. When you see it, please know that it's still ours. The other titles will be staying exactly as they are.

So many wonderful people help to make these magazines, websites, and newsletters a continuous pleasure for me; our staff, the writers, the production team,

SCNG

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Laying off sweets

How to help your kids reduce their sugar intake

BY JAMIE LOBER

If you have a child with a sweet tooth, you are not alone. And this time of the year can make it particularly difficult for anyone to watch how many sugary holiday treats they indulge in.

"It is always more challenging to keep sugar intake under control from Halloween through New Year's because there will be a heightened exposure to sugary foods," said Laurie Simon, registered dietician at Midtown Nutrition Care.

But watching sugar intake is important regardless of the time of year, and it's up to parents to teach kids to make good decisions. To start, try to make it a family affair to eat better by reading labels together.

"You should have under 25 grams of sugar a day, and aim for things that have at least 3 grams or more of dietary fiber," said Simon.

Offer a variety of foods so that your kids can make good choices when at school or at a party.

"Have his palette exposed to all types of foods so sugar is not the only taste he is after," said Simon.

Feel free to play around with your recipes. For instance, substi-

tuting applesauce or banana for sugar in recipes may go unnoticed.

"Fruit is a natural way to satisfy some of the sugar craving, and you can camouflage them in dishes by pureeing things into smoothies, sauces, baked goods, or casseroles," said Simon. Remember, when you wear the chef's hat, you are controlling what is going into your child's food.

To increase fiber content, and in turn omega-3s, Simon suggests adding, "chia seeds or ground flax seeds to bread crumbs when making chicken cutlets, or put them in breads or muffins."

And be aware of where sugar may be hiding. Sometimes there are sneaky sources of sugar, such as in yogurts, granola bars, or cereals.

If your child is struggling to maintain a healthy weight, you may want to negotiate how often he will indulge in sweets, and help him incorporate healthy snacks into his regimen.

"Do not have the same snack every day. Try to introduce new foods," said Simon.

But remember that weight is affected by more than what you eat.

"Getting good sleep, exercise, and hydration are factors that come into play with weight management," said Simon.

So encourage your kids to get active, get a good night's sleep, and increase water intake.

The pediatrician should familiarize you with the growth curve, and you'll want to keep a watchful eye to be sure your child's weight does not go up greater than his height. You also want to be vigilant of pre-diabetes and signs of insulin resistance.

Keep in mind that you, as the parent, are your child's biggest role model, and he is always paying attention to your behavior.

"Parents want to be proactive and good role models, so if you are sitting down and eating a brownie when you are telling your child he cannot have the same thing, that is not good nutritional etiquette, in a sense," said Simon.

Most of all, talk about why monitoring sugar matters. Explain to your child that sugar is part of a balanced diet, but needs to be kept under control. Teach him that everything he eats affects his body in some way, and too much sugar can have negative consequences.

"Sometimes too much sugar makes people fatigued, and without physical activity, you will gain weight," said Simon.

This should help him understand and get on board.

"It should be educational, where your child learns about how food affects mood and how it is important for your immune system, for growth and development, for bones, for energy, and when you put good quality ingredients in your body, it runs, feels, and develops at its best," said Simon.

But remember that your child is more likely to have a better relationship with food and sugar if it's not forbidden altogether.

"It does not mean you cannot indulge in sweets, but rather that they should be enjoyed in moderation," said Simon.

Jamie Lober, author of "Pink Power" (www.getpinkpower.com), is dedicated to providing information on women's and pediatric health topics. She can be reached at jamie@getpinkpower.com.

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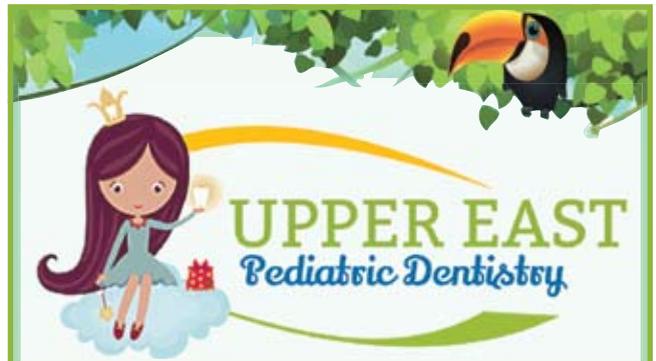
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Holiday cards from Melsy's Illustrations



FABULYSS FINDS

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Perfect holiday finds

Wishing everyone a fabULyss and very happy holiday season this month. Lots of Hanukkah gelt, candy canes, hot cocoa, ice-skating, and amazing window shopping to enjoy! Loving the Bloomingdales Grinch holiday windows thus far.

Talking about the holiday season and toys, the iconic FAO Schwarz is now open for business at its new location! 30 Rockefeller Plaza will never be the same, bustling with kids from all around the world. Looking forward to all the dancing on the big piano with my kids and, of course, all of the magical, magic shows. While you are in Rockefeller Center, don't forget to take a family selfie in front of the famous, beautiful Christmas tree.

FAO Schwarz [30 Rockefeller Plaza between Sixth and Fifth avenues in Midtown, (800) 326-8638, www.faoschwarz.com].

I love shopping for the holidays for my friends and family. This year, enjoy browsing and shopping at Melsy's Illustrations on Etsy! These are all prints of original artwork that comes in three different sizes (5-by-7, 8-by-10, or 11-by-14 inch). Plus, there's mugs, coasters, and planners for fabULyss-fun holiday gifts at the perfect price points. A self-taught artist who chose to leave her 9-5 job started the most amazing fashion illustrating business! I personally love the gorgeous candles for holiday gifts!

Check out the shop at www.etsy.com/shop/Melsys.

Another fabULyssfind for the holiday season is www.myphoto.com. MyPhoto is a photo memory company built on core

values. All you need to do is find your favorite fabULyss photo and email it from your phone to the myphoto.com email address. Within seconds, you will be able to preview that photo on all of the products that the company offers. You get to see exactly how your product will look before you purchase. There is free shipping and delivery within five business days.

Visit www.myphoto.com.

A great gift you can give to a friend is CPR class with Abby Price. Being a pediatric Intensive Care Unit nurse at Weill Cornell for 10 years, a mother of two young boys, and an American Heart Association instructor, has given Abby a unique set of tools with which to educate her clients. Her greatest passion is to educate families on what to do should an emergency arise. Her ultimate goal is to make CPR and other emergency skills something you understand, commit to memory, and effectively execute if needed.

She offers in-home or workplace emergency skills training (CPR, airway clearance, AED use, first aid) for both certification or personal knowledge.

There's a minimum of four people required for the course. We did the Friends and Family course, which is \$125 per person.

The cost for certification is \$150.

Contact her at abby@cpr-rn.com, (908) 531-4862, and www.CPR-RN.com.

And as a busy working mom, in between meetings while running around New York City this holiday season, I found a new favorite pair of sneakers. I love the fabULyss and most comfortable

Hoka One One sneakers. Hoka One One was created with one goal in mind — to make running easier. The company does things differently, from the look of the shoes all the way to the technologies that make them possible.

Once you put a pair on your feet you will automatically feel the difference of what a great sneaker feels like. The sneakers are definitely a conversation starter. Other moms will stop you on the street and on the playground to ask you what you are wearing on your feet.

You can find Hoka One One sneakers at retailers throughout New York City, or at www.hokaoneone.com.

There are two new fabULyss entertaining Broadway shows that I want to share with you. I recently took my 11-year-old son to see "King Kong on Broadway." This show is truly a technical masterpiece. We were completely blown away by the puppetry. The second new Broadway show that every teen and tween (and parent) should see is "The Prom," about four stars who leave the bright lights of Broadway and take leading roles in a small-town controversy.

"King Kong on Broadway" at Broadway Theatre (1681 Broadway between 52nd and 53rd Streets in Midtown, www.kingkongbroadway.com).

"The Prom" at the Longacre Theatre (220 W. 48th St. between Eighth Avenue and Broadway in Midtown, www.theprommusical.com).

Have a Merry Christmas, Happy Hanukkah, and Happy New Year! I think many of us are ready to ring in 2019!

Lyss Stern, founder of Divamoms.com, best-selling author "Motherhood Is A B#tch," "If You Give A Mom A Martini," and mom of three. Follow Lyss on Instagram @diva_moms.



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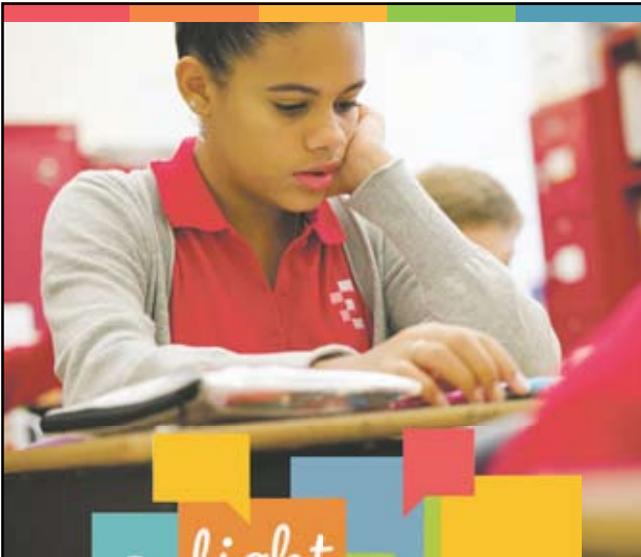


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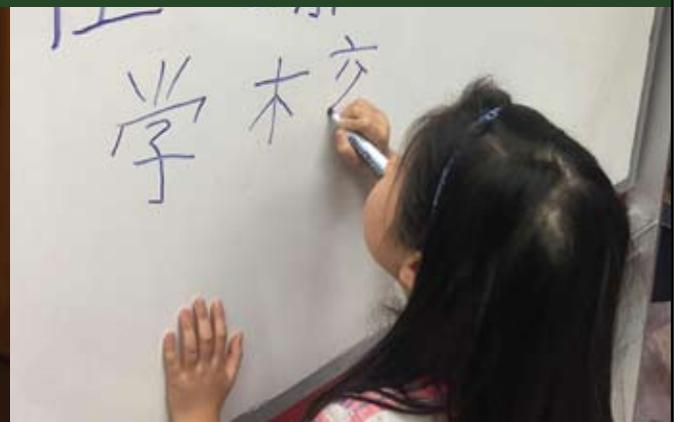
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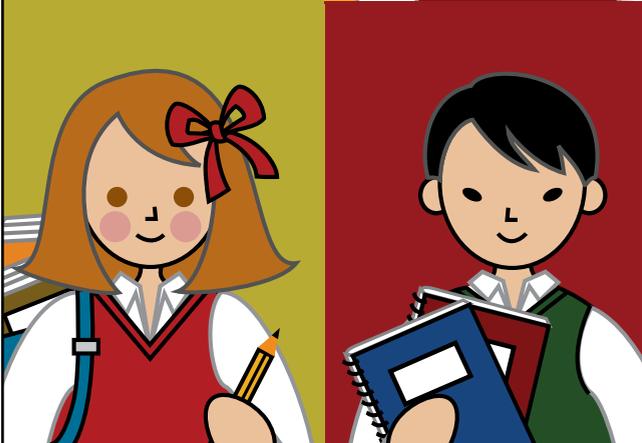


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Continued from page 10

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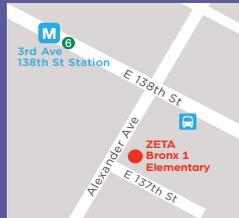
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| November 15th, 2018 | 1:00 pm- 2:00 pm |
| December 1st, 2018 | 9:30 am- 10:30 am |
| December 12th, 2018 | 8:45 am- 9:45 am |
| January 10th, 2019 | 8:45 am- 9:45 am |

P.S. 115 Alexander Humboldt

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| November 7th, 2018 | 9:00- 10:30 am |
| November 27th, 2018 | 5:00- 6:30 pm |
| December 1st, 2018 | 9:30- 11:00 am |
| December 12th, 2018 | 9:00- 10:30 am |
| December 17th, 2018 | 5:00- 6:30 pm |
| January 11th, 2019 | 1:00- 2:00 pm |

P.S. 152 Dyckman Valley

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| November 9th, 2018 | 9:00 am- 10:00 am |
| November 30th, 2018 | 9:00 am- 10:00 am |
| December 7th, 2018 | 9:00 am- 10:00 am |
| December 18th, 2018 | 9:00 am- 10:00 am |
| January 4th, 2019 | 9:00 am- 10:00 am |
| January 9th, 2019 | 9:00 am- 10:00 am |

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| November 9th, 2018 | 8:30 am- 9:30 am |
| November 16th, 2018 | 8:30 am- 9:30 am |
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For additional information call the schools or contact:
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Applications Accepted for **September 2019** Enrollment

Your family's New Year's resolutions

A group effort to improve relationships and well-being

BY MYRNA BETH HASKELL

Have you decided on a New Year's resolution yet? How many times have you started a new year planning to exercise more, eat healthier, or go to that special place on your bucket list only to find that — three weeks in — you've lost your enthusiasm?

Some folks swear that exercising with a partner helps them to stay motivated, or that joining a reading group keeps them focused on finishing a novel. So why not try a family resolution this year? This would be a resolution that the entire family signs on to in order to build better bonds, live a healthier lifestyle, or just focus on a group goal, such as raising money for a desired big-ticket item everyone can enjoy.

Strengthening bonds

Family resolutions are not only more fun, but they also help to strengthen bonds.

Stacy Kaiser, a licensed psychotherapist, relationship expert and Live Happy (www.livehappy.com) editor at large, explains, "Any time a group of people unites to do something together that they all agree upon, it helps to build a bond. Sharing common interests and ideas while working together helps us to connect with

one another."

In general, group activities foster togetherness.

"When we think of activities, we tend to think of hobbies and sports, but resolutions are activities as well and are all about improving ourselves and making our families better."

Susan Kuczmariski, EdD, a leading expert on the dynamics of family culture and bonding and author of several award-winning books, including the bestselling "Becoming a Happy Family: Pathways to the Family Soul" (Book Ends Publishing), shares, "We did New Year's resolutions within our family when our three sons were young. I believe you can start early with this exercise, and, when they become teens, they relish this opportunity. It gives them a chance to focus on something that is meaningful and familiar."

Kuczmariski stresses that spending time with each other should be a priority.

"If family togetherness is nurtured, there is a deep, fulfilling sense of belonging. The family that plays together, stays together. For many time-crunched families, that variation on a familiar saying rings true. In fact, these days, as the hustle and bustle of holidays continues, carve out time to spend together doing activities

that everyone enjoys. Make spending time with each other a priority and strengthening family bonds a concentrated focus."

Develop a plan together

It's imperative that all members of the family are invested in the resolution, so Mom and Dad should be sure to involve everyone in the planning.

Kuczmariski advises, "Have each family member do their own list of strengths and needs and share them in order to get input from other family members."

Knowing what everyone's individual strengths and needs are helps the family to choose activities for both personal and family growth.

"The trick is to let differences within the family flourish. There must also be room for each child's unique and personal ideas and contributions," she says.

Sticking to It

Now the hard part. It's hard enough for one person to stick to a resolution. How does a family do it?

Kaiser suggests the following for ways families can stick to resolutions:

- Make goals small and reachable.
- Be sure that all family members are in agreement with the resolution.
- Encourage each other daily. Encouragement provides motivation and serves as another way to bond with one another.

"Family members are ideally set up to remind each other about the resolution," says Kuczmariski. "This is one benefit of a group situation. Reminders should be gentle, not forceful in any way."

Make it fun and be sure that everyone is involved. If a resolution is to do one healthy activity together each weekend, take turns choosing the activity.

Resolution ideas for families

In need of some ideas to help kick off your resolution? Here are some to consider:

1. **Start a weekly or bi-monthly ritual**
Perhaps your family wants to plan a

Document memories

You might decide that your resolution is to combine your efforts to document a year of memories. Here are some ideas for this year-long project:

Take turns photographing family events. At the end of each month, have a family scrapbooking day to display the photos creatively.

Draw a map of the U.S. or globe on poster board. Each family member chooses a color to represent themselves. Then they use their individual color to highlight states, cities, or countries visited over the course of the year. This would include school trips, business trips, and family vacations.

Plan a family reunion. You've put it off for too long. Just do it! Include the kids in the planning. Take a group photo at the event and have reunion T-shirts designed to document the day.

Family history project. Do an ancestor search as a family. Once you have a family tree completed, make a book (one page per family member) with photos and descriptions of each person.

Start a family vacation journal. Each family member writes down his or her favorite experience from the current year's trip with a photo to accompany the memory. Leave room for future years.



family “date” once per week or twice per month. This could be a family night out, such as bowling, going to a restaurant, or attending a group painting class. Perhaps an occasional tech-free day will work. Instead of everyone’s attention focused on their phones or other tech device, choose to have a family reading night. Have the chosen reader rotate each time. Family members could read from something they’ve written for school, from a journal, or from their favorite book. Then, everyone discusses it.

2. Family conference day

You might consider committing to a family meeting once per week. It keeps communication flowing and is a great way for members to support each other and resolve internal issues as well.

Dr. Michelle Maidenberg, a psychotherapist whose specialties include marital and family issues, and author of “Free Your Child From Overeating: 53 Mind-Body Strategies For Lifelong Health” (The Experiment, LLC), suggests, “Invest in facilitating and improving family communication. My family (our children are ages 17, 14, 11, and 9) has a Sunday evening family meeting where we each share things that went well for us during the week and things and people that also disappointed us. This is a

time to share and to work through selective issues with family members.”

3. Reevaluate dinner time

“It’s extremely important to eat meals together,” Maidenberg stresses. “According to research, 59 percent of families report eating dinner together at least five times a week (CASA at Columbia University).”

The positives are endless including, “an increased chance of having healthful meals, more opportunity for dialogue and connection, and, according to research, it decreases the chances that teens will smoke, drink, and use substances.”

Maidenberg advises that families instill mealtime as part of the family culture, set a specific schedule for the meals, and ensure that meals are enjoyable and engaging.

If schedules simply won’t allow for daily family meals, be sure to schedule meals on weekends or rework schedules so that regular weekly meals become a given. Perhaps, a family breakfast would work.

4. Make health a priority

“Integrate ongoing family self-care,” says Maidenberg. “This can be an agreement among family members to include exercising (biking, hiking, etc.), meditation, or yoga as regular family activities.”

She reminds that individual family members need to regenerate, or else they won’t have the energy to give to each other.

Other ideas:

- Collect vegetable recipes that everyone would actually like to eat.
- Build an obstacle course together to use throughout the warm months.
- Find indoor activities that facilitate cardio exercise (e.g. indoor rock climbing, roller skating, swimming) to stay active in the winter.

5. Volunteer together

Kuczarski shares, “Community service is an outlet for families to experience renewal or a sense of restoration.”

Maidenberg agrees that when families volunteer together it creates better bonds.

“When the family engages collectively toward a mission and purpose that is meaningful to the family system, it provides them with something to talk about, bond over, and work toward. Families naturally bond when they feel purposeful and united.”

6. Money matters

“Hold a monthly, family financial discussion night,” suggests Pamela Yellen, a financial investigator and author of two New York Times bestselling books, including “The Bank on Yourself Revolution: Fire Your Banker, Bypass Wall Street,” and “Take Control of Your Own Financial Future” (BenBella Books). She recommends focusing on the family budget.

“Even children as young as 4 or 5 can get involved. Create your family’s ‘Personal Spending Rules’ together to work toward family goals. Your children will not only learn good financial skills through this process, but they’ll take pride in being part of it.”

Families can also decide to save for a big-ticket item that the family can enjoy together, such as a trampoline or a special vacation. Plan a garage sale — kids can create a lemonade stand and help with the tagging. This is also a great teaching moment about the importance of saving for something special.

7. Improve your environment

Each family member states something that can be improved about the home environment. Then, decide on one thing to tackle as a family. For instance, the family van may have become a dumping place for toys, newspapers, and candy wrappers. Each week a different family member takes a turn to pick up items left in the car. And the person cleaning gets to keep the change!

Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in national and international publications (www.myrnahaskell.com).

Give back

Get kids involved in donating to or organizing a food drive this holiday season

BY SHNIEKA L. JOHNSON

During the holiday season, there are a number of opportunities to give back to New Yorkers in need. This is a great time of the year to teach children about the importance of giving back, a value that will stick with them throughout their lives. Learning to give back is vital for positive youth development. Parents, schools, and communities play an important role in making community service a way of life. Participating in community service or philanthropy with your children will aid the development of qualities that foster social responsibility and help them become good citizens.

With more than one million New Yorkers (including one in five children) struggling to put food on the table, there is no better time than now to lend a hand. New York parents can get involved in a big way, and so can the city's kids.

"For 35 years, City Harvest has been on the road every day rescuing food that would otherwise go to waste, and delivering it, free of charge, to hundreds of soup kitchens and food pantries across New York City," said Lisa Sposato, director of Food Sourcing for City Harvest. "Our work also focuses on providing



nutrition education to children and their families, and working with communities to increase access to healthy food. Every item donated to one of our drop-off locations and every dollar contributed to

the digital drive will make a noticeable impact on a fellow New Yorker in need," she added.

This a great way for families to get the kids involved in philanthropy and

discuss what it means to give back. The process to set up a food drive is quite simple. And often a good place to start is by rallying your school communities.

"Starting a food drive at your child's school is an easy, three-step process," said Sposato.

Here's how to get started, as recommended by City Harvest:

Select dates for your drive. While the Daily News Food Drive runs from Oct. 23 through Jan. 18, you can run your school's drive at any time during that period. City Harvest recommends running a drive for at least two weeks.

Set up a bin in a high-traffic area of the school with a list of suggested items. The most-needed items are canned fruit, canned vegetables, canned proteins, peanut butter in plastic jars, packaged macaroni and cheese, cereal, soups, and juice packs.

Spread the word! Hang flyers, make announcements at assemblies and over the PA system, and encourage age-appropriate students to share on social media using #DailyNewsFoodDrive. A toolkit that includes Daily News Food Drive flyers and tips for running a successful drive are available for download at <http://www.cityharvest.org/dailynews/>.

"All participating schools will be en-

This a great way for families to get the kids involved in philanthropy and discuss what it means to give back.

tered into the Kids Can Help Competition. The school in each borough that collects the most food will win a prize from Macmillan Children's Publishing Group," Sposato shared.

New York families looking to donate food have convenient locations all over the city and in every neighborhood.

"This year's drive drop-off locations for non-perishable food items are at City Harvest's office in Midtown Manhattan, located at 6 E. 32nd St., any FDNY or NYPD stations, and select Goodwill or Apple Bank locations throughout all five boroughs," said Sposato.

The simple act of donating food will help an in-need individual or family in a very special way. All collected food will go to hundreds of food pantries, soup kitchens, and community food programs

across the five boroughs. But if you don't have the space to collect can goods and other food items, there are other ways to give. For instance, a virtual food drive.

"If you're interested in donating funds, you can show your support by donating online to the Daily News Virtual Food Drive, created specifically for this year's drive. Every \$1 donated helps City Harvest feed our neighbors in need for a day," said Sposato. "Families can donate food to any drop-off locations, submit funds to the virtual food drive, or even start their own team to encourage everyone to stand with City Harvest in the fight against hunger," she added.

No matter how young or old your children are, everyone benefits by participating in community service. Cultivate your child's charitable interests during the holiday season and everyday by making charity a fun event for the family. This holiday season, have your family come together to do good and give back. To find exact drop off locations near you, visit <http://www.cityharvest.org/dailynews>.

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

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Inspiring change

Sex abuse survivor's story leads pol to draft new legislation

BY TAMMY SCILEPPI

Connie Altamirano, a survivor of childhood sexual abuse, is continuing her crusade in the state legislature against this ongoing national epidemic — spreading the word within her Queens community and beyond.

The mom-activist bravely came forward to tell her story (read Part I here: <https://www.nyparenting.com/stories/2018/10/child-sex-abuse-survivor-mother-advocate-2018-09.html>) sharing how her experience as a victim has affected her as a woman, and most importantly at this juncture, as a parent.

Her story has inspired a new piece of legislation aimed at advancing justice and healing for survivors.

In her fight against injustice, Ridge-wood parent Connie Altamirano has joined forces with a New York state senator to advance changes that will help other survivors find justice.

“As a parent, and as a legislator, it both angers and saddens me that so many young lives are devastated and left permanently scarred by these despicable acts,” said state Sen. Catharine Young (57th Senate District in Upstate New York), sponsor of the new Child Victims Fund legislation.

Sen. Young and Altamirano have forged a friendship and close working relationship in the course of developing a dialogue on the issue of childhood sexual abuse.

Altamirano's story, shared during a budget hearing, had a profound impact on the senator and was part of her motivation for developing an alternative to the Child Victims Act, which has been stalled in Albany year after year, that would help assure justice and compensation for survivors like Altamirano, whose abusers were family members, and not affiliated with large, deep-pocketed institutions like the Catholic Church or Scouting organizations.

“While high-profile cases and multi-million-dollar settlements brought against institutions like the Catholic Church, and the Boy Scouts make headlines, the reality is that institutional sexual abuse accounts for only a fraction of child sexual abuse cases,” Sen. Young noted. “The other 80 to 90 percent of

victims — abused by family members, neighbors, or acquaintances — who lack the means to pay civil damages, [The Child Victims Act] would do nothing for them. That is why we came up with a different solution,” she added.

In the hopes that Sen. Young can provoke change that helps others, her office has reached out to NY Parenting, so that readers can be made aware of her ongoing efforts and have a clear understanding of this crucial, solution-oriented proposal.

The Child Victims Fund

The legislation recently introduced in the New York State Senate by Sen. Young will advance justice and healing for many brave survivors of childhood sexual abuse by making it easier to prosecute perpetrators and provide restitution to victims. Key elements of the measure include the creation of a \$300-million state fund from asset forfeiture monies to compensate victims for physical and psychological harm, and the elimination of the criminal statute of limitations for child sex offenses, allowing for prosecution of predators to occur no matter how many years had passed (the Child Victims Act only extends the criminal statute of limitations from 23 to 28 years of age).

“Childhood sexual abuse is one of society's most insidious crimes. Perpetrated on innocent children, often by someone they know and trust, these crimes are frequently shrouded in shame, confusion, and silence, leaving victims with deep emotional and psychological wounds that can take decades to confront,” Sen. Young said. “While the wounds will never fully heal, victims deserve access to all avenues of justice, both criminal and monetary. This legislation serves as the bridge to that justice.”

Senator Young's proposal would help all survivors by assuring compensation for everyone who has been a victim of childhood sexual abuse. The Child Victims Act and its “look-back window,” which would allow time-barred victims to sue their abusers for financial damages would, practically speaking, really only results in compensation for those who were abused by individuals affil-

ated with large, deep-pocketed institutions such as churches, the Boy Scouts, etc., according to the senator.

Victims like Altamirano, who were abused by family members, step-family members, etc. (the majority of child sexual abuse cases fall into this category), would probably not be able to collect compensation, unless their abuser is independently wealthy.

The Senator says her proposal would also completely eliminate the criminal statute of limitations on child sexual abuse, while the Child Victims Act would only raise it from 23 to 28 years of age. With most victims unable to confront their abuse until, typically, their 40s, the Child Victims Act's minor change in the criminal statute would have little to no effect.

The healing process

As a clinical psychologist with expertise in psychological trauma, including due to child abuse and sexual assault, Dr. Jim Hopper has studied traumatic, as well as recovered, memories of sexual abuse for 20-plus years.

He writes on Psychcentral.com: “Research evidence shows victims can go for decades without having (recognizable or explicit) memories of the abuse. People almost always have implicit memories of the abuse, i.e. memories they did not realize were memories; for example, physiological or emotional responses triggered by encountering things associated with the abuse, like being touched in a certain way.”

Most survivors feel stripped of their dignity and sense of control and tend to block early memories of abuse until their 40s and 50s, sometimes only recalling snippets as though from a bad dream.

Early traumatic events seem to color a survivor's world like a dark cloud hanging over their lives. Sadly, that has been Altamirano's experience.

But there's hope. According to Dr. Hopper, while traumatic memories can be scary and confusing, “they can be sorted out too,” he writes; “certainly enough to heal and have the life you want.”

Professional therapy may help, but it can take years and isn't always effective. Indeed, the healing process is a long one,



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

and the journey is daunting and emotionally arduous.

“By creating a state compensation fund for victims, monetary reparation for the horrific crimes victims endured will be available to them, regardless of the amount of time that has passed or their abusers’ financial status,” Sen. Young explained. “More efficient and expedited than a civil action, deserving victims who have been denied justice in other venues will find redress through this process.”

One of the most widely underreported crimes estimates are that approximately one in four girls and one in six boys will

be sexually abused before their 18th birthday.

To get what they want, predators weave a complicated web of lies and deceit, ensnaring their victims with manipulation and threats.

Sen. Young agrees. She says, “Victims of child sexual abuse are too often silenced — by their perpetrators, sometimes by disbelieving families and by a system that slams the door on their right to be heard before they have even found their voice. It is time for that to change. Providing victims with redress through the courts is not only just, it is a crucial part of the recovery process.”

“By creating a state compensation fund for victims, monetary reparation for the horrific crimes victims endured will be available to them, regardless of the amount of time that has passed or their abusers’ financial status.”

...

Increased vigilance in reporting and preventing abuse are the goals of the final provisions of the new bill, which add members of the clergy to the list of “mandated reporters” obligated to report suspected abuse and require criminal background checks for employees and volunteers who work with children.

Particularly important, this expedited and streamlined compensation process would spare victims from waiting years for civil cases to work their way through the courts and protect them from the often re-traumatizing process of a trial. It would also offer the assurance of an award. When victims receive civil judgments against family members or other non-institutional abusers, the likelihood of the victim actually collecting those funds is low, according to Sen. Young, who emphasizes that “no matter the circumstances, victims could apply for compensation to rebuild their lives. My 21 co-sponsors and I believe that any measure to help victims must offer justice for all.”

She added: “The courageous survivors who are spearheading action on this issue are heroes. Their stories have convinced me that we need to help all victims affected by this devastating crime,” Sen. Young said. “However, in continuing to play partisan politics rather than working towards a realistic solution, Senate Democrats are leaving victims in the cold. The session clock is running out. The time to act is now.”

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting. Interviewing hundreds of New York City’s movers and shakers has been an amazing adventure for her. Scileppi’s work has appeared in a variety of media outlets. She has also written book cover copy for Simon and Schuster.



Gotta hand it to you

Proper hand hygiene helps quell colds

The more you look around the city, the more you see hand sanitizer dispensers: at doctors' offices, restaurants bathrooms, workplaces, and schools. (In fact, the place where you might need them the most is the one area where you won't find them: on the subway, but that's clearly a larger issue!). Now heading into the brutal winter season, how do you keep your kids (and yourself) protected from picking up the rampant barrage of cold germs and viruses that flood the school halls and handrails all over the city? Every parent has her own idea and often the plan includes Purell.

"No eat, wipes," says 3-year-old Evan Goldstein as he refuses a cookie from his father at the playground. In his short life, Evan has been trained not to eat anything unless he cleans his hands with disinfectant wipes or covers them in Purell. Some parents would admire his restraint, but could Evan be on the road to an unhealthy tolerance for germs, not to mention a harmful obsession with cleanliness?

While Evan's mom, Stacey, carries antibacterial wipes and hand sanitizer everywhere she goes, Evan's dad, Joe, thinks a little dirt never hurt anyone. It's a source of conflict for the Goldsteins.

When to practice hand hygiene

The American Academy of Pediatrics agrees that hand hygiene is the most effective means of reducing germs and infections. Whether you choose to use hand sanitizer or regular soap and water, it is key to teach your children to practice good hand hygiene throughout the day. Children should learn to wash their hands:

- Before eating
- After using the bathroom
- Whenever they come in from outside
- After petting a cat or dog, or touching any other pet
- After they cough or sneeze into their hand or blow their nose

Remember, kids learn what they see, so it's important for mom and dad to practice the same hygiene habits.

When we were kids, soap and water was enough. This begs the question: Have parents become overly cautious?

Dr. Anatoly Belilovsky, a pediatrician and medical director of Belilovsky Pediat-



HEALTHY LIVING

DANIELLE SULLIVAN

rics in Brooklyn, believes that since "most colds and viruses are spread by hand-to-hand and surface contact, any of the anti-germ products are better than nothing." He says that while soap and water still suffice for washing hands, instant sanitizers hold the attraction that anything "instant" does in today's culture. "It's not that we need different products in order to sanitize; it's that we need different products to motivate us to sanitize."

With all the talk and fear lingering around super-strain viruses and immunity, Dr. Belilovsky believes that sanitizers won't cause super-strains of viruses to develop.

"Many people worry about the 'hygiene hypothesis' — that all of the sanitizing antibacterial products are preventing children from developing immunities — and a lot of research is being done on it. However, the jury is still out; there is no solid proof for the hygiene hypothesis."

Despite this ongoing debate, doctors and parents do agree on this: One good bet to keeping your kids healthy is to educate them on proper hygiene techniques and boost their immunity with healthy food, adequate sleep, and exercise.

"Surprisingly, Evan has not really been sick in his three years," says Stacey Goldstein. "So although I never let him eat anything without wiping his hands, and Joe sometimes does, I hope that his immunity is strong from the nutritious diet he eats, and that's something that Joe and I agree on wholeheartedly."

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

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Calendar

DECEMBER



Christopher Duggan

Flamenco in Harlem

Ballet Hispánico returns to the Apollo stage with its celebrated “Carmen.maquia” by Gustavo Ramírez on Dec. 7 and 8.

Ballet Hispánico presents this modern Picaso-inspired take on Bizet’s classic opera “Carmen” — with updated choreography fusing contemporary dance,

including the flamenco and the Spanish paso doble.

“Carmen.maquia,” Dec. 7 and 8 at 8 pm. Tickets start at \$10. Recommended for adults and teens.

Apollo Theater [253 W. 125th St. in Harlem, (800) 745-3000; www.apollotheater.org/event/ballet-hispanico2018].

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FRI, NOV. 30

IN MANHATTAN

"Sleepover": TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252-1619 X 4; www.tadatheater.com; 7 pm; \$30 (\$15 children).

The play that tackles the hilarious and hairy situations in that glorious stage of tween-hood.

"A Christmas Carol in Harlem": City College for the Arts' Aaron Davis Hall, 135th Street and Convent Avenue; www.cthnyc.org; 8 pm; \$45/\$35/\$25; \$10 students and seniors.

This family-friendly re-imagining of the classic Christmas tale will include some original music and classic holiday carols tinged with gospel, hip-hop, pop, and R&B influences, which celebrate the spirit of the season the Harlem way.

SAT, DEC. 1

IN MANHATTAN

Saturday Morning Show at Brookfield Place New York: Hudson Eats at Brookfield Place, 230 Vesey St.; (212) 978-1698; kavila@laforce.nyc; www.bfplny.com/directory; 10 am to noon; Free.

The best children's performers are at Brookfield Place. These performers range from zany magicians, fantastical storytellers, to educational singers who will take you on a comedic, interactive, and whimsical adventure. Get ready for Saturdays filled with singalongs, dance-offs and memorable family experiences for all!

Lucy Kalantari and the Jazz Cats: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$14 (\$17 non-members).

"It's the Holidays" is a seasonal concert featuring music from her holiday EP with original songs commemorating Halloween, Thanksgiving, Hanukkah, Christmas, Kwanzaa, and New Year's. The show celebrates community, unity, and togetherness.

The Story Pirates: The Arthur Seelen



A special transformation

"I Spy Butterfly" flutters into Symphony Space on Dec. 15.

Tots and pre-schoolers will enjoy this musical puppet show full of colorful critters, lively music, and oodles of audience interaction.

How does a nature-loving explorer become a bug's best friend? Award-winning puppeteer Faye Dupras and her company return to Just Kidding with a new musical eco-puppetry tale about growth and change. When Tru-

dy's friend Harold the caterpillar suddenly transforms into a chrysalis, she's determined to do the same. Just when she is about to give up hope, she learns that her tiny friend needs her now more than ever.

"I Spy Butterfly" Dec. 15 at 11 am and 2 pm. Tickets are \$17 and \$14 for members. Suitable for all ages.

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

Theater at the Drama Book Shop, 250 W. 40th St. at Eighth Avenue; (212) 944-0595; www.theatermania.com/shows/new-york-theater/the-story-pirates_151708; Noon to 1 pm; \$35.

The Story Pirates believe that every kid has a story to tell. Made up of professional actors, improv comedians, and teaching artists, this troupe uses stories written by elementary school students as source material for over-the-top, sidesplitting musical plays. With songs, props, music videos, and puppets, the Story Pirates bring to life onstage what children have put down on paper (and computer). Topics range from kung fu ninja babies fighting crime to the eternal love between the devil

and a guy she meets at Starbucks.

"A Christmas Carol in Harlem": 1 pm; City College for the Arts' Aaron Davis Hall. See Friday, Nov. 30.

"The Three Little Pigs": Galli Theater, 74 Warren St.; (212) 731-0668; www.gallitheaternyc.com/shows; (1:30 pm) 2 pm; \$20 per adult; \$35 adult and child pair; \$15 per child (\$10 for siblings).

Gordy, Perkey and Snoozy pigs have left the nest and must build houses of their own. One settles for a quick fix. The other puts a little elbow grease into it. But only one takes the time to make a house that stands up to the persistence of a certain wolf. The Wolf may huff and puff, but this

Calendar

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

is one house he cannot blow in. For ages 3 and up.

Twyla Tharp Family Matinee: The Joyce Theater, 175 Eighth Ave.; (212) 691-9740; danceeducation@joyce.org; www.joyce.org; 2pm; Children 6-14 years \$10 with adult paying full-price.

Technical precision coupled with a streetwise nonchalance are just a few ways of describing the prolific choreographer Twyla Tharp. In her return to The Joyce Theater with "Minimalism and Me," she takes you on a personal journey of her early works and their relationship to the minimalist period in visual art. Tharp dancers recreate excerpts from "Tank Dive," "The History of Up and Down," and "Eight Jelly Rolls." Don't miss the rare opportunity to see this acclaimed artist and her innovative style. The Joyce Family Matinee Series makes serious dance seriously fun with welcome packets for all kids and the opportunity to meet a few of the artists after the performance!

"Sleepover": 2 pm and 4 pm. TADA! Youth Theater. See Friday, Nov. 30.

"Show Up, Kids!" Interactive Comedy Show: The Kraine Theater, 85 E. Fourth St.; (212) 777-6088; petermichaelmarino@me.com; www.showuptheshow.com/kids; 2:30 pm; \$10.

Due to popular demand, Peter Michael Marino's interactive "Show Up, Kids!" extends its run at The Kraine Theater. This entirely unique, improvised family show for kids 3-10 years old puts a comedic twist on the traditional kids' show. When the main attraction doesn't show up, Pete enlists the kids to help create a show from set to sound, plot to props, and costumes to characters. What could possibly go wrong?

Dance-A-Thon: TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252-1619 X 4; www.tadatheater.com; 6 pm to 8:30 pm; Free to attend (\$50 to participate).

Put on those dancing shoes for a fun filled fund-raiser for kids. The 2.5-hour party is for kids ages 5 to 11 years old to raise money so that any kid that wants to attend at TADA can afford to. A live DJ, party giveaways, prizes and a no-grown up allowed policy. There will also be prizes for the kid that dances the most. Each dancer must donate or raise a minimum of \$50. All kids are welcome to participate.

"A Christmas Carol in Harlem": 8 pm; City College for the Arts' Aaron Davis Hall. See Friday, Nov. 30.

SUN, DEC. 2

IN MANHATTAN

Youth Wheelchair Basketball: Gertrude Ederle Recreation Center, 232 W. 60th St.; (646) 632-7344; www.nycgovparks.org/events/2018/03/04/youth-



Rachel Neville

A sweet holiday tradition

Visions of Sugar Plum Fairies and twinkled-toed ballerinas greet the audience in this perennial holiday favorite of "The Nutcracker," at the Florence Gould Hall on Dec. 14, 15, and 16.

The ballet dances to Tchaikovsky's score and is set in Art Nouveau style, circa 1907.

Clockwork imps and luminous owls fly above the audience, mice dressed in polka dots, and dancers dancing with

chopsticks, entertain and delight the audience in this re-imagined classic that bursts with excitement.

"The Nutcracker," Dec. 14, 6 pm; Dec. 15, 11 am, 1 pm, and 3:30 pm; and Dec. 16, 11 am, 1 pm, and 3:30 pm. Tickets are \$27, \$15 children. Suitable for all ages.

Florence Gould Hall [55 E. 59th St. on the Upper East Side, (212) 355-6160; www.nytb.org/calendar-and-tickets].

wheelchair-basketball-hosted-by-new-york-rolling-fury; 1 pm to 3:30 pm; Free with center membership.

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

"A Christmas Carol in Harlem": 1 pm; City College for the Arts' Aaron Davis Hall. See Friday, Nov. 30.

"Sleepover": 2 pm and 4 pm. TADA! Youth Theater. See Friday, Nov. 30.

"Show Up, Kids!" Interactive Comedy Show: 2:30 pm. The Kraine Theater. See Saturday, Dec. 1.

TUES, DEC. 4

FURTHER AFIELD

Little Playtimes: LEGOLAND Discovery Center Westchester, 39 Fitzgerald St., Westchester; (866) 243-0770; <https://>

westchester.legolanddiscoverycenter.com; 10 am-2 pm; \$24 for an adult and child, children 2 and under free.

Have a LEGO play date! Little ones build their curiosity with LEGO bricks while parents mingle together. Activities include story time, Animal Bingo and Farmers Workshop. Check website for schedule.

"A Christmas Carol in Harlem": 8 pm; City College for the Arts' Aaron Davis Hall. See Friday, Nov. 30.

THURS, DEC. 6

IN MANHATTAN

"The Yorkville Nutcracker": The Kaye Playhouse, 695 Park Ave.; (646) 765-4773; lilli@michelletabnickpr.com; www.dancespatrelle.org; 7 pm; \$65.

This year marks the 23rd anniversary of "The Yorkville Nutcracker," set in 1895, which includes lavish sets and costumes and takes the audience on a tour through Olde New York's most beloved landmarks, including a holiday party at Gracie Mansion,

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

dancing at the Crystal Palace in the New York Botanical Garden, and skating in Central Park. This year, Abi Stafford of New York City Ballet will be the Sugar Plum Fairy with Cavalier Ask La Cour (principal dancer, New York City Ballet), and Maximilien Baud and Therese Wendler will perform the Snow Pas de Deux.

"A Christmas Carol in Harlem": 8 pm; City College for the Arts' Aaron Davis Hall. See Friday, Nov. 30.

FRI, DEC. 7

IN MANHATTAN

"The Yorkville Nutcracker": 7 pm. The Kaye Playhouse at Hunter College. See Thursday, Dec. 6.

"CARMEN.maquia": Apollo Theater, 253 W. 125th St.; (800) 745-3000; www.apollotheater.org/event/ballet-hispanico2018; 8 pm; Tickets begin at \$10.

Ballet Hispanico presents this modern Picaso-inspired take on Bizet's classic opera "Carmen," with updated choreography fusing contemporary dance including the Flamenco and the Spanish paso doble.

"A Christmas Carol in Harlem": 8 pm; City College for the Arts' Aaron Davis Hall. See Friday, Nov. 30.

SAT, DEC. 8

IN MANHATTAN

Saturday Morning Show at Brookfield Place New York: 10 am to noon. Hudson Eats at Brookfield Place. See Saturday, Dec. 1.

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

Just Kidding presents a mesmerizing rendition of classic songs by Woody Guthrie, Bob Marley, The Velvet Underground and more, presented by this Smithsonian Folkways artist and guests.

"The Snow Queen": Galli Theater, 74 Warren St.; (212) 731-0668; www.gallitheaternyc.com/shows; (1:30 pm) 2 pm; \$20 per adult; \$35 adult/child pair; \$15 per child (\$10 for siblings).

A story of enduring friendship and the journey of a young girl who travels through many lands to rescue her friend Kay. Kay has been whisked away by the enchanting Snow Queen. Gerda sets on an adventure to find him and bring him back home. For ages 4 and up.

"The Yorkville Nutcracker": 7 pm and 2 pm. The Kaye Playhouse at Hunter College. See Thursday, Dec. 6.

"CARMEN.maquia": 8 pm. Apollo Theater. See Friday, Dec. 7.

"A Christmas Carol in Harlem": 8 pm;



Jill Jones

Modern take on Dickens

The Classical Theatre of Harlem presents "A Christmas Carol in Harlem," based on the timeless work by Charles Dickens. This family-friendly re-imagining of the classic Christmas tale will include some original music and classic holiday carols tinged with gospel, hip-hop, pop, and R&B influences, which celebrate the spirit of the season the Harlem way.

Set in present-day Harlem, this holiday treasure is dramatized with the Classical Theatre of Harlem's signature style of infusing classic works with an uptown flair. It places Ebenezer Scrooge as a real estate mogul who has made his fortune at the expense of others. Scrooge foregoes using his wealth to affect positive change within his Harlem community and instead lives a life of miserly solitude. That is, until three

unexpected visitors arrive on Christmas Eve to show him that the value of family and the impact of cooperation will lead to a healthy, thriving, and prosperous community.

"A Christmas Carol in Harlem" touches on the issues that are affecting so many New Yorkers today such as gentrification and social inequality, but infuses it with humor and hope. Classical Theatre of Harlem veteran Anthony Vaughn Merchant leads the cast as Ebenezer Scrooge.

"A Christmas Carol in Harlem" now through Dec. 8. Performances Tuesday through Saturday at 8 pm. Matinees at 1 pm on Saturday, Dec. 1, and Sunday, Dec. 2. Tickets \$45/\$35/\$25; \$10 students and seniors. For all ages.

City College Center for the Arts' Aaron Davis Hall (135th Street and Convent Avenue in Manhattanville, www.cthny.org).

City College for the Arts' Aaron Davis Hall. See Friday, Nov. 30.

SUN, DEC. 9

IN MANHATTAN

The Story Pirates: The Pearl Theatre Company, 555 W. 42nd St. (212) 366-9176; www.storypirates.com/buy-tickets; Noon to 1 pm; \$35.

The talented comedians and musicians perform stories written entirely by kids!

It's a hilarious, unforgettable experience for grownups and kids alike. Each show features some of our greatest hits stories, plus the debut of several new stories by kids in attendance! Cookies for the whole audience.

"The Yorkville Nutcracker": Noon and 5 pm. The Kaye Playhouse at Hunter College. See Thursday, Dec. 6.

History of Magic: New-York Historical Society, 170 Central Park W. at W. 77th

Calendar

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

St.; (212) 873-3400; <https://harrypotter.nyhistory.org>; 1 pm to 4pm; Free with Museum Admission.

Experience a magical afternoon celebrating Harry Potter! Get creative with hands-on activities and crafts exploring some of the characteristics of the four Hogwarts Houses — Gryffindor, Hufflepuff, Ravenclaw, and Slytherin. You and your family can select and decorate a house bade, decorate your own magical wand, play with roots, add color and detail to our large-scale version of Jim Kay's illustration of Diagon Alley's Nott's Botanical Novelties. This program does not include admission to Harry Potter: A History of Magic.

Youth Wheelchair Basketball: 1 pm to 3:30 pm. Gertrude Ederle Recreation Center. See Sunday, Dec. 2.

"The Snow Queen": (1:30 pm) 2 pm. Galli Theater. See Saturday, Dec. 8.

"Show Up, Kids!" Interactive Comedy Show: 2:30 pm. The Kraine Theater. See Saturday, Dec. 1.

Annual Merry Tuba Christmas at Rockefeller Center: 30 Rockefeller Plaza, between 49th and 50th streets; 3:30 pm; Free.

Hundreds of tenor and bass tuba players will congregate to play Christmas carols and other crowd favorites for the 45th annual event. Tubists of all ages will line up under the famous Christmas tree and fill the plaza with the organ-line sound of low brass. Spectators are encouraged to sing along with the Christmas carols and holiday favorites. The musicians, hailing from across the country, will be conducted by Chris Wilhjelms, conductor of the famous Goldman band.

MON, DEC. 10

IN MANHATTAN

NYC Autism Charter Schools Board Meetings: NYC Autism Charter Schools, 433 E. 100th Street; (212) 860-2580; csecharan@nycacharterschool.org; www.nycacharterschool.org; 5 pm; Free.

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

TUES, DEC. 11

FURTHER AFIELD

Little Playtimes: 10 am-2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Dec. 4.

FRI, DEC. 14

IN MANHATTAN

"The Nutcracker": Florence Gould Hall, 55 E. 59th St.; (212) 355-6160; www.nytb.org



Welcoming the season

Come and enjoy the 39th annual Winter Solstice Celebration at St. John the Divine on Dec. 20, 21, and 22.

The 10-piece Paul Winter Consort will be joined by powerhouse gospel singer Theresa Thomason, the 25 dancers and drummers of the Forces of Nature Dance Theatre, and special guests. This event has become New York's favorite holiday spectacular.

A dazzling extravaganza of music and dance within the awesome space and acoustics of the world's largest cathedral, the event is a contemporary take on ancient solstice rituals, when

people felt a calling to come together on the longest night of the year to welcome the return of the sun and the birth of the new year.

The 39th annual Winter Solstice Celebration, Dec. 20 and 21 at 7:30 pm and Dec. 22 at 2 pm and 7:30 pm. Reservations not required. Tickets \$38 general admission (\$148 prime reserved; \$123 premium reserved; \$98 reserved; \$58 preferred general admission).

Cathedral of St. John the Divine [1047 Amsterdam Ave. at 112th Street in Riverside, (866) 811-4111; www.solsticeconcert.com].

org/calendar-and-tickets; 6 pm; \$27 (\$15 children).

From clockwork imps to a luminous owl that flies above the audience, mice dressed in polka dots and dancers dancing with huge chopsticks, this timeless, re-imagined classic bursts with energy and excitement. This holiday ballet, danced to Tchaikovsky's beloved score, is set in Art Nouveau style, circa 1907.

SAT, DEC. 15

IN MANHATTAN

Saturday Morning Show at Brookfield Place New York: 10 am to noon. Hudson Eats at Brookfield Place. See Saturday, Dec. 1.

Watson Adventures' Wizard School Scavenger Hunt for Harry Potter Fans: Metropolitan Museum of Art, 1000 Fifth Ave.; (877) 946-4868;

rsvp@watsonadventures.com; www.watsonadventures.com/public/event/wizard-school-scavenger-hunt-nyc; 10:30 am to 12:30 pm; \$31-\$42 (includes museum admission).

Join Watson Adventures on a unique scavenger hunt for Harry Potter fans ages 10 and up! Follow in the footsteps of young wizards on a field trip to the Metropolitan Museum of Art in search of art that echoes characters, places and enchanted objects in the famed Harry Potter books and movies. Keep your trusty wand handy as you track down a powerful sorceress, a Snape-like potions master, Hagrid-like giants, and cloaked and masked figures as scary as any Death Eater or Dementor. Kids must be accompanied by an adult, but all-adult teams can compete separately. Advance purchase is required. Questions? Call 877-9GO-HUNT.

"I Spy Butterfly": Symphony Space,

2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am and 2 pm; \$17 (\$14 members).

How does a nature-loving explorer become a bug's best friend? Award-winning puppeteer Faye Dupras and her company return to Just Kidding with a new musical eco-puppetry tale about growth and change. When Trudy's friend Harold the caterpillar suddenly transforms into a chrysalis, she's determined to do the same. Just when she is about to give up hope, she learns that her tiny friend needs her now more than ever. Live music (composed and performed by Max Weigert), colorful critters, and oodles of audience interaction make this show a fun ecological romp in the wild.

"The Nutcracker": 11 am, 1 pm, and 3:30 pm. Florence Gould Hall. See Friday, Dec. 14.

The Story Pirates: Noon to 1 pm. The Arthur Seelen Theater at the Drama Book Shop. See Saturday, Dec. 1.

"The Snow Queen": (1:30 pm) 2 pm. Galli Theater. See Saturday, Dec. 8.

"Show Up, Kids!" Interactive Comedy Show: 2:30 pm. The Kraine Theater. See Saturday, Dec. 1.

SUN, DEC. 16

IN MANHATTAN

"The Nutcracker": 11 am, 1 pm, and 3:30 pm. Florence Gould Hall. See Friday, Dec. 14.

Youth Wheelchair Basketball: 1 pm to 3:30 pm. Gertrude Ederle Recreation Center. See Sunday, Dec. 2.

"The Snow Queen": (1:30 pm) 2 pm. Galli Theater. See Saturday, Dec. 8.

The Rob Mathes Holiday Concert: Schimmel Center, 3 Spruce St.; (212) 346-1715; schimmelcenter.org; 4 pm; Tickets start at \$39.

Emmy winner and Grammy and Tony-nominated arranger/composer, music producer/director, and singer/songwriter Rob Mathes celebrates 25 years of holiday concerts with his band of all-star musicians, including instrumentalists from "Saturday Night Live" and the "Late Show with David Letterman," in an afternoon of funk and R&B-laden original tunes, holiday classics, and audience favorites.

TUES, DEC. 18

FURTHER AFIELD

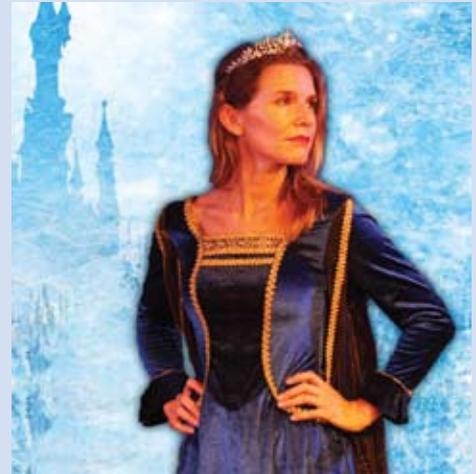
Little Playtimes: 10 am-2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Dec. 4.

Taking a frosty adventure

"The Snow Queen" comes to the Galli Theater from Dec. 8 through Dec. 23, just in time to warm your hearts with its sweet story.

"The Snow Queen" is a tale of enduring friendship and the journey of a young girl who travels through many lands to rescue her friend Kay. Kay has been whisked away by the enchanting Snow Queen. Gerda sets on an adventure to find him and bring him back home. For ages 4 and up.

"The Snow Queen," Dec. 8 through Dec. 23, Saturdays and Sundays, 2 pm (doors open at 1:30 pm). Tickets are \$20 adults, \$35 parent and child pair, \$15 per child (\$10 for siblings).



Galli Theater [74 Warren St. in Tribeca, (212) 731-0668; www.gallitheaternyc.com/shows].

THURS, DEC. 20

IN MANHATTAN

Paul Winter's 39th Annual Winter Solstice Celebration: Cathedral of St. John the Divine, 1047 Amsterdam Ave. at 112th Street; (866) 811-4111. www.solsticeconcert.com; 7:30 pm; \$38 general admission (\$148 prime reserved; \$123 premium reserved; \$98 reserved; \$58 preferred general admission).

The 10-piece Paul Winter Consort will be joined by powerhouse gospel singer Theresa Thomason, the 25 dancers and drummers of the Forces of Nature Dance Theatre, and special guests. This event has become New York's favorite holiday alternative to The Nutcracker and Radio City's Christmas Spectacular. A dazzling extravaganza of music, dance, and spectacle within the awesome space and acoustics of the world's largest cathedral, the event is a contemporary take on ancient solstice rituals, when people felt a calling to come together on the longest night of the year to welcome the return of the sun and the birth of the new year.

FRI, DEC. 21

IN MANHATTAN

Paul Winter's 39th Annual Winter Solstice Celebration: 7:30 pm. Cathedral of St. John the Divine. See Thursday, Dec. 20.

SAT, DEC. 22

IN MANHATTAN

"The Snow Queen": (1:30 pm) 2 pm. Galli Theater. See Saturday, Dec. 8.

Paul Winter's 39th Annual Winter Solstice Celebration: 2 pm and 7:30 pm. Cathedral of St. John the Divine. See Thursday, Dec. 20.

"Show Up, Kids!" Interactive Comedy Show: 2:30 pm. The Kraine Theater. See Saturday, Dec. 1.

SUN, DEC. 23

IN MANHATTAN

Youth Wheelchair Basketball: 1 pm to 3:30 pm. Gertrude Ederle Recreation Center. See Sunday, Dec. 2.

"The Snow Queen": (1:30 pm) 2 pm. Galli Theater. See Saturday, Dec. 8.

"Show Up, Kids!" Interactive Comedy Show: 2:30PM. The Kraine Theater. See Saturday, Dec. 1.

WED, DEC. 26

IN MANHATTAN

Watson Adventures' Wizard School Scavenger Hunt for Harry Potter Fans: 2 pm to 4 pm. Metropolitan Museum of Art. See Saturday, Dec. 15.

Calendar

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

SUN, DEC. 30

IN MANHATTAN

Youth Wheelchair Basketball: 1 pm to 3:30 pm. Gertrude Ederle Recreation Center. See Sunday, Dec. 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 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.

Gulliver's Gate: 216 W. 44th St. between Seventh and Eighth avenues; (212) 235-2016; customer-care@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 birds eye view The Beatles performing outside of Buckingham Palace, Nessie rising up out of Loch Ness in the Scottish Highlands, and watch in awe as planes take off in the Gulliver's Gate airport. At the end of the tour, visitors can even have a miniature 3D version printed out and placed in the displays, to live on as a "model citizen" for eternity. To make the exhibit interactive, guests are given an RFID key which brings each exhibit to life.

DreamWorks' "Trolls" The Experience: 218 W. 57th St.; (800) 844-3545; customerservice@feldinc.com; www.trollstheexperience.com; Weekdays, 10 am-8 pm, Saturdays and Sundays, 9 am-8 pm, until Sun, Jan. 6, 2019; \$40. Children under 2 free.



Julietta Cervantes

This is one nutty ballet!

"The Hard Nut," grooves into the BAM Howard Gilman Opera House from Dec. 14 to 23.

BAM and Mark Morris Dance Group once again present the holiday classic — a cheeky yet reverent homage to "The Nutcracker." For this updated classic fairytale, Morris sets the action in the groovy '70s, complete with go-go boots, G.I. Joe soldiers, a dancing Barbie doll, and inspired gender-bending casting.

"The Hard Nut" takes its title from the story-within-a-story from Hoffman's

"The Nutcracker and the Mouse King," wherein an evil Rat Queen promises to restore the Princess Pirlipat's beauty if a young man can crack the "hard nut" with his teeth.

"The Hard Nut," Dec 14 and 15, 20-22 at 7:30 pm; Dec 15 and 22 at 2 pm; and Dec 16 and 23 at 3 pm. Tickets start at \$25. Suitable for ages 4 and up.

BAM Howard Gilman Opera House (30 Lafayette Ave. between Ashland Place and St. Felix Street in Fort Greene, www.bam.org).

Enter the world of DreamWorks' "Trolls" with an all-new, immersive, interactive experience. Travel through Critter Creek, enjoy dancing in Poppy's 3-D Party Room, meet your favorite Trolls, and more.

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

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

Harry Potter: A History of Magic: New-

York Historical Society, 170 Central Park W. at W. 77th St.; (212) 873-3400; harrypotter.nyhistory.org; Tuesdays - Thursdays and Saturdays, 10 am-6 pm, Fridays, 10 am-9 pm, Sundays, 10 am-5 pm, until Sun, Jan. 27, 2019; \$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.

"Yeti, Set, Snow!": Swedish Cottage

Calendar

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

Marionette Theater, W. 79th Street and West Drive; (212) 988-9093; cityparksfoundation.org/swedish-cottage-marionette-theatre; Tuesdays – Fridays, 10:30 am to 11:30 am and 11:30 am to 12:30 pm, until Sun, Feb. 24, 2019; \$8 to \$12.

City Parks Foundation presents this original production and story, which tells the story of a young girl named Widget, and her friend, Twig, who encounter a yeti named Pascetti on the first snow day of the winter season. Pascetti, who lives on a mountain top nearby, dislikes the snow. Through songs and snow day activities, Pascetti discovers not only that snow can be fun but also learns the value of friendship.

The Fantastical Dangerous Journey of Q: 14th Street Y Preschool (formerly known as Gani), 344 E. 14th St.; (646) 395-4325; Fridays – Sundays, 11 am and 2 pm, Sat, Dec. 1 – Sun, Dec. 16; \$14.

Together with Rebel Playhouse, the Y presents this story about Q, an upper elementary student struggling with gender and identity issues, faces the daily difficulties of preoccupied parents, bullying peers, and communication with challenging teachers. But with a bag of tricks everyday objects grow and are endowed with powers that allow Q to face larger than life threats head on! This new hour-long musical features song, dance, and puppetry.

“The Emperor’s New Clothes and More Magical Stories”: Theatre Row, 410 W. 42nd St.; (212) 239-6200; nycchildrenstheater.org/shows-and-events/current-season; Saturdays and Sundays, 11 am, until Sat, Dec. 22; Tickets start at \$29.25.

A normal day at the park becomes so much more when a young girl gets swept away into four of Hans Christian Andersen’s tales. 50 minutes duration. Sensory-friendly performance on Dec. 9 at 11 am. Adapted for the stage by Barbara Zinn Krieger,

devised and directed by Adrienne Kapstein, and original music by Charles Greenberg.

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

The Science Theater Company, which “uses the magic of theatre to make science fun,” delights, amazes and educates audiences. The shows are performed in repertory on Saturday and Sunday.

New York City Children’s Theater presents Laurie Berkner’s “Pillowland”: The Pete at The Flea Theater, 20 Thomas St. between Broadway and Church Street; kwilson@nycchildrenstheater.org; Sundays, 10 am and noon, until Sun, Jan. 27, 2019; \$25.

Stanley always has trouble falling asleep — even counting sheep doesn’t help! When he receives an invitation to visit the Kingdom of Laurie Berkner’s Pillowland, he sets off on an exciting adventure with his friends Finn, Quinn and you! From the award-winning company that brought you “Please Bring Balloons” comes a new interactive play for your youngest theatergoers based on the hit song by Laurie Berkner. 30 minutes duration; Best for ages 2-5.

Jazz for Kids: Jazz Standard, 116 E. 27th St. between Park and Lexington avenues; (212) 576-2232; www.discoverjazz.org; Sundays, 1 pm to 3 pm, 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. 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. No jazz on; Dec. 23, Dec. 30, Feb. 3, April 21.

FURTHER AFIELD

GingerBread Lane: New York Hall of Science, 47-01 111th St., Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am to 5 pm, Saturdays, 10 am to 6 pm, Sundays, 10 am to 6 pm, until Mon, Jan. 21, 2019; Free with general admission to the hall.

Visitors marvel at homemade gingerbread houses made entirely of edible gingerbread, royal icing, and candy. The houses are drafted, designed, baked, planned, built and decorated by creator Jon Lovitch over the course of an entire year. GingerBread Lane has won the Guinness World Record for 2013, 2014, 2015 and 2016 for the largest gingerbread village.

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.

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Just take a little bite

Getting children to try new holiday foods

“You don’t want to hurt Grandma’s feelings, do you? She always makes this for us at holiday time.”

Maybe it’s Grandma, or maybe it’s an aunt, uncle, or cousin. Have you found yourself saying this when your child is offered a holiday food item he or she has never seen or tasted before?

Whether you’re celebrating Christmas, Ramadan, Hanukkah, or another winter holiday, not only are you faced with the stresses of the season, you’re also trying to teach your children good manners and exposing them to your family traditions.

Many kids automatically shut down when they’re faced with eating something that is unfamiliar. And it can be embarrassing when you’re aware of how much time and energy the preparer has spent on the dish. This is true especially when the food has been passed down through the generations in your family.

The problem is food neophobia, or a fear of a new food. Of course, it occurs year round and not just during the holidays. But food neophobia usually occurs when you’re alone with your child. Emotions aren’t running so high. And the rejection of a new food isn’t out in the open with

people staring.

Experts agree it’s unwise to pressure your child to sample a food, even if the preparer’s feelings might be hurt. Faye Berger Mitchell, a private practice dietitian and nutritionist in Potomac, Md., gives these tips:

Share memories about the food. Tell stories about family and childhood memories of how delicious and special these holiday favorites were. If there is a symbolic meaning to the food, explain the connection to pique your child’s interest. For example, potato latkes, fried potato pancakes, are a traditional Hanukkah food. Foods fried in oil represent the oil that miraculously lasted for eight days.

Have your kids help make special holiday favorites. When they are involved in the process and see you cooking with love, they are more likely to want to taste the finished product.

Serve it alongside foods they love. Place a small amount on their plate along with several foods you know they enjoy. Make sure there are some familiar foods at the holiday meal along with the holiday favorites.

Remember that it’s important to introduce your child to new foods on a regular basis. This helps him obtain a variety of



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

nutrients. It’s also a way for him to discover new tastes and textures.

What if your child absolutely refuses the food?

“Never force, cajole, or bribe. If a child does not want to try it, respect that and do not make a big deal about it,” advises Berger Mitchell. “The more you try, the more they will resist. Sometimes it takes as many as 10 exposures to a food for some kids to try it.”

Eating the right foods is important, but it may be a better idea to encourage the kids to taste your aunt’s ethnic favorites next year or even after the holidays when everyone is calmer and there’s less stress all the way around.

“Your kids may not like the same foods as you, and that is OK. We all have different food preferences and some people are more selective eaters. Continue to make your traditional holiday favorites and enjoy your holidays,” adds Berger Mitchell.

Finally, make sure everyone obtains enough sleep and maybe gets a little extra. This can help mitigate meltdowns and temper tantrums.

Remember to keep the focus on what holiday gatherings are all about: Reconnecting with family and friends and sharing the love you have for one another, even if you only see each other a few times each year.

Christine Palumbo is a Illinois-registered dietitian nutritionist and Fellow of the American Academy of Nutrition and Dietetics. She is a 2018 recipient of the Medallion Award from the Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.



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