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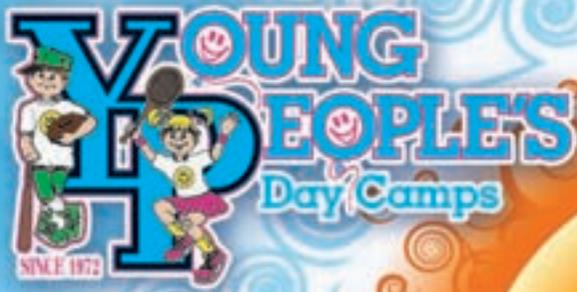
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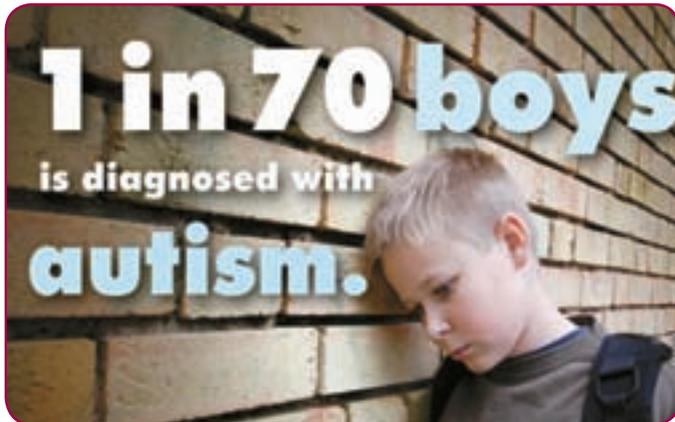
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9:15am Keynote

Mary McDonald, PhD, BCBA-D

10:20am Presentation

Navigating the Insurance Maze

Jacqueline Eckert, MedClaims Liaison,
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10:30am Workshops

Sexuality, Session 1: Challenges and Support

Pam Boyle, MA
Mariann Lai, MEd, SAS, BCBA

Introduction to Autism and ABA

Kristen DuMoulin, PhD, SAS

**Increasing Language and Communication in
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Anne Denning, MA, BCBA
Zenayda LaFontaine MEd, BCBA

Something New, Something Different:

Strategies for Promoting Response Diversity

Ron Lee PhD, BCBA-D

12:00pm Buffet Box Lunch

1:00pm Workshops

Sexuality, Session 2: Strategies and Activities

Pam Boyle, MA
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Increasing Independence Using Activity Schedules

Jordan Freeman MEd, BCBA

**Communication Training for The Non-Verbal
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Dan Gatto, MEd, MA, BCBA

**Feeding Challenges with Children with Autism:
Assessment and Treatment**

Mariann Lai, MEd, SAS, BCBA

2:30-3:30pm Panel Discussion

Register at www.qsac.com/conference

Letter from the publisher

NYC is on our planet Earth

Having been involved in the Earth Day movement for a long time, I can only say, that here in New York there remains a real lack of awareness on the part of the average citizen, in comparison to other large cities both here in the US and in Western Europe. We lag behind and the streets of our city are a testament to that fact.



Paper is floating everywhere, there are plastic bags hung up in many of our trees and even seemingly educated, intelligent people have become apparently immune to the mess. Cavalierly, most people walk past newspapers blowing down the sidewalk, half-eaten

food casually thrown in the streets, cigarette butts everywhere, and bottles, cans and other refuse tossed onto the streets or thrown to the curbs.

This is outrageous and the only explanation one can find for this ongoing condition is that most people feel "it's somebody else's job" to clean it up. "Not my job; not my mess; not my block; not my washroom; not my sidewalk; not my corner", seems to be the general and pervasive attitude.

How can we change this? I believe the answer lies with our children and the emphasis and responsibility we encourage them to have in relation to the whole environment. I believe we all have to get on the

clean-up team and recruit others to get on the team too. Maybe it's organizing our blocks for regular clean-ups and thereby giving our kids that example to experience personally. We need to train them and ourselves to not be accepting of the mess and the clutter. We all need to stop and pick up the papers as they fly by, not walk over them.

This is an ongoing task that will only make a dent if done with regularity and conviction. We are urging every parent to teach their kids by example that this is our planet earth and that each and every one of us can and does make a difference. We must encourage their participation and discourage complacency and the avoidance of responsibility.

Sweeping your street every week, or bending to pick up the papers that have been tossed down will help

show your kids that this is a priority you have set and that you are willing to get involved in helping even if you weren't the ones who did it.

Without a doubt, we can all make a difference. This is our planet. This is where we live and this is where our children will live. Let's help them by cleaning up the backyards and front yards of our fair city and getting them to be on the team too.

Happy Spring and as always thanks so much for reading and thanks for helping us become award winning magazines. Your loyalty is much appreciated.

Susan Weiss-Voskidis, Publisher

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Celebrate the Earth!

Making the holiday fun and educational for your children

BY JENNY GRACE TORGERSON

This month, the whole country will be celebrating Earth Day on April 22. In fact, Americans have been observing Earth Day since 1970, and this year is a great time for you and your family to join in the celebration.

Observing Earth Day with children is a fun and easy way to nurture budding environmentalists. Celebrations can be as simple as a trip to the local library to check out some books about conservation and recycling. A great one for children, ages 3 to 5, is Lauren Child's "Charlie and Lola: We Are Extremely Very Good Recyclers."

An extension of this visit could include instituting an in-home recycling policy. Find a box or large tray and designate it as a scrap bin. Throughout the week, place partially used paper, scraps from cutting, or interesting bits of fabric and ribbons in the bin and encourage your children to repurpose the items into art projects and creative play. Or, the next time you need to write down a phone number or e-mail address, reach into the bin for a scrap instead of using a whole sheet of paper. By encouraging your family to adopt this new mindset, you can keep the spirit of Earth Day alive in your home throughout the year.

For very young children, a simple art project might be just the way to get into the Earth Day spirit. Follow these simple instructions to create an outer-space view of the earth:

- Have your toddler or preschooler help you to mix equal parts shaving cream and paint (make one bowl of blue and another of green).

- Help your child cut out a con-



struction-paper circle, roughly the size of a dinner plate (the project works best with either black or white paper).

- Let your child swirl the shaving cream paint mixture all over the paper until the entire sheet is covered. For best results, encourage your child to use a lot of the mixture and create variations in depth, rather than spreading the mixture more finely over the page.

- When the mixture dries, your child will have a piece of art that resembles the earth as viewed from outer-space.

This project can be used as a jumping off point for further discussions with your tot about Earth, its natural resources, and the celebration of Earth Day.

If you are looking for an Earth

Day event that the whole family can attend, New York City is the place to be. Throughout the week leading up to Earth Day, family events are scheduled around the city. One of the biggest, the Grand Central Indoors/Outdoors Earth Day event, takes place April 20-21 at Grand Central Terminal. This family-friendly fair features interactive exhibits that cover a wide range of environmental topics.

It doesn't matter how you and your family choose to celebrate Earth Day this year, just do it.

Grand Central Indoors/Outdoors Earth Day event at Grand Central Terminal (87 E. 42nd St. between Madison and Park avenues in Manhattan) April 20 to 21. For a full schedule of city-sponsored Earth Day events, check out www.earthdayny.org.

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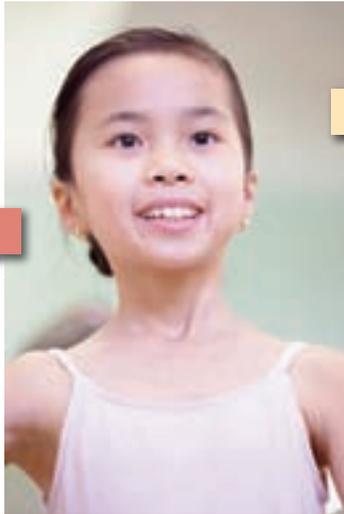
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Our magazines win nine awards

New York Parenting Media took home nine awards from the recent Parenting Media Association Editorial and Design Awards Dinner, in San Antonio, Texas.

Susan Weiss, publisher and executive editor and Sharon Noble, sales manager, were thrilled to be present at the dinner to accept six finalist awards and three gold winners in a variety of categories for *Brooklyn Family*, *Queens Family*, *Bronx-Riverdale Family*, *Staten Island Family*, *New York Special Child*, and *Long Island Special Child*.

The awards recognize excellence in journalism, photography and design, and are judged by a panel from the University of Missouri School of Journalism. Prof. Daryl Moen coordinated the annual contest. A panel of 22 judges reviewed entries from many publications to choose the winners in each category. All judges drew upon significant professional experience in selecting the winners.

“The quality of the entries continues to rise,” noted Moen. “Some of the design categories, including feature and publication design, are magnificent. In writing, there are dozens of writing entries, particularly in the column categories, that are outstanding, and the competition is stiff.”

That said, our **gold-award-winners** deserve special mention and congratulations:

• **Personal Essay:** For Laura Varoscak and Wanda Troy-Regier’s moving account and memories of teaching in Downtown Brooklyn and Lower Manhattan “Ten Years Later — Teachers Talk 9-11.”

The judges comments: “When you think you’ve read everything imaginable about 9-11, these New York magazines produce two heart-



(Clockwise from top) Sharon Noble, Parenting Media Association President Joanna Love, and Susan Weiss at the PMA Awards Dinner; Monica Brown; Laura Varoscak.

felt essays by teachers who experience that dramatic and sad day in New York City with their classes. The stories are acarefully constructed around the significant moments and lessons of the day. And

rather than being sad testaments, they offer hope that any situation can be overcome.”

• **Family Fun:** For Monica Brown’s “Around Town” columns in *Staten Island Family*.

The judge's comments: "Packed with useful, actionable information, these columns inspire us to move and get out and play! Nicely written, and full of reflective detail. These columns go deep into the subject matter, offering not only destinations for families but a lot of history about the places as well."

• **Overall Writing:** Our Brooklyn Family magazine took home the association's most prestigious writing award.

The judge's comments: "A bright, well-written magazine. The highlight is the collection of columns that bring a variety of voices to each issue. Some are by writers with expertise in the field. Others are personal essays. They are all well written. There are well written features too."

Publisher and Executive Editor Susan Weiss was thrilled as she accepted the award, and thanked her entire team, including Managing Editor Vince DiMicili, Art Director Leah Mitch, Production Manager On Man Tse, Layout Manager Yvonne Farley, Calendar Editor Joanna DelBuono, and Assistant Editor Courtney Donohue.

"Proudly, we accepted these fine awards on behalf of our excellent staff of freelance writers, staff writers, and copy editor Lisa J. Curtis," she said.

When asked about the nine awards for this year, Weiss hastened to add that in addition to Varoscak and Brown, the magazines contributors include a roster of talented writers including Risa Doherty, Allison Plitt, Candi Sparks and Mary Carroll Wininger.

"Our superb contributors and regular columnists and essayists make my work so satisfying," Weiss continued "We are so fortunate as to have partnered with many talented and dedicated parents and professionals who have brought their expertise and interest in the parenting world to us. These magazines are put together with love and devotion by everyone on the team. We love what we do and we love being parents. It's what drives us and makes this so very meaningful."

In addition to the editorial awards, the cover of our November 2011 issue, which featured a baby outfitted in a turkey costume, was singled out for a design award.

"I was particularly fond of that "turkey", said Weiss, who picks out

the image for every cover and works with Mitch to make sure that every cover is special.

Additionally, the cover for New York Special Child Fall-Winter Issue was also a finalist-winner.

"Over the years that we have been a member of Parenting Media Association, I have seen such a fine

array of work and talent presented at these awards dinners. To have our magazines be included — and be winners — is a dream come true," said Weiss. "We work hard and strive for excellence and it's thrilling to know that we have succeeded. We will continue to reach high in the years ahead."



Our November cover.



Playing it safe

Tips on preventing Little League injuries

BY TONY WANICH, MD

As youth baseball season approaches, so, too, does the risk of injuries — some of which could require surgery for your little ball player later in life. Injuries sustained in Little League most commonly involve the shoulder and elbow, and are typically due to overuse. The best approach is prevention through appropriate preseason conditioning and training, as well as following safe guidelines for play. With proper precautions, the vast majority of baseball injuries, which are increasingly common among young athletes due to high demands and expectations, can be prevented. Here are some tips that can help prevent injuries.

- Establish a consistent warm-up routine prior to any athletic activity, and include a stretching program

where stretches are held for 30 seconds.

- Running is a key component in pre-activity warm-up and preseason conditioning, and it's an important way for pitchers to develop endurance and stamina, and for position players to develop speed and agility.

- Strength training is essential for baseball players, and special attention needs to be paid to the rotator cuff, biceps, triceps, and forearm muscles.

- The adage that practice makes perfect is not always the case in baseball — it is important to avoid pitching on consecutive days.

- Youth pitchers should focus on developing accuracy and control through good pitching mechanics, and should focus on mastering the fast ball before moving on to other types of pitches.

- Communication between players, parents, and coaches is an easy way to identify problems before they become a more significant injury. Persistent pain, which does not improve with rest, should be evaluated by a sports medicine specialist.

Little League baseball has established a set of age-appropriate, pitch count guidelines that both coaches and parents should follow to avoid overuse injuries. It has also established a set of guidelines regarding the amount of rest needed between games depending on the number of pitches thrown. It is important that parents take these guidelines into consideration, because most injuries can be treated non-operatively if addressed early enough.

Tony Wanich, MD, is the attending surgeon for the Department of Orthopaedic Surgery at Montefiore Medical Center.



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Make a difference during Autism Awareness Month

BY REBECCA MCKEE

April is Autism Awareness Month. What this means is that agencies, governments, schools, families, and others worldwide will shift their focus and take a closer look at this pervasive developmental disorder. But what can we actually do, as individuals, to increase positive awareness during the month of April — and all year long?

Young kids

Children, from preschool through the intermediate years, can personally touch the lives of their friends living with autism. Many times, a family who has a child with special needs may be hesitant to initiate common neighborhood interactions.

Random acts of kindness from other families with children of similar ages are all it takes. If your child is having a lemonade sale, take the time to organize this with the parent of an autistic child. Teach your child to share a Matchbox car in the park with the child who makes noises. Two children sitting side by side on a swing enjoying a popsicle is priceless, even if one has a 20-word vocabulary and the other reads long novels about Harry Potter.

Teens

Preteens and teenagers are tuned in to those in school who need special support. Earning community service credit by volunteering in special education classrooms does a world of good for all students — both those with special needs and the volun-

teers. Just like typical teenagers, teens with autism prefer not to have a “baby sitter.” However, many teenagers with autism need to have support from others. Utilizing the assistance of an older teen or college student for social activities is a great way for a person with autism to experience the fun and excitement of the real world with a friend. Simple gestures, such as being a text or e-mail buddy, go a long, long way toward helping someone feel included and happy.

Adults

We can promote awareness and sensitivity this April, next April, and all year long. It is the little gestures that count. For example, when having a BBQ in your backyard, be aware of the needs of all of your guests. People with autism have sun-sensitivity, so having an area set in the shade with some age-appropriate items will be appreciated.

If you are venturing out to see a movie with children, ask a parent of a child with special needs if she would like to join in with her child. Most, if not all, people with special needs (especially autism) live for videos. Having a chance to go to the movies with a group of peers is a super social opportunity, without the pressure of conversation!

Include other mothers and fathers in your neighborhood of special happenings at the local public schools. Some children with autism attend schools outside of their neighborhood. Keeping these families on an e-mail chain provides information on local social events.

• • •

Try to make an effort to enjoy each month with your children, as they are each special to you. April is a month dedicated to those children and adults who live with autism spectrum disorder, and how we can enjoy special moments with them, too.

For more information on how you can volunteer, contact your local school's special education PTA, Autism Speaks, or a local chapter of Special Olympics.



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Stop struggling with the JUGGLING

Here are some tips on how to balance family, work, friends, and personal time, so you're less stressed

BY SANDRA GORDON

In an ideal world, you've got a satisfying career with plenty of time and energy to play with your baby, help with homework, relax with your husband, get to the gym, and catch up with your friends. The reality? You're exhausted from toiling harder and longer just to keep your job, and it's taking a toll. You're time-crunched, short-tempered, and wound so tight that even relaxing takes effort.

Sound familiar? You're not alone. "In today's competitive culture, there's greater stress on an internal and external level," says Ann Chanler, PhD, a psychoanalyst in New York City. The more that's expected of us, the more we demand from ourselves to be the best wife, doting mom, and caring friend, because we don't want to let anything slide.

But feeling frazzled and the ripple effects it has on your professional and personal life aren't fun for anyone — or healthy for you over the long run.

Something's gotta give.

But what? We tapped work and life experts like Chanler and working moms like you for their top sanity-saving tips on how to rebalance the balancing act.

Put you at the top of your to-do list

"If you don't take care of yourself first, you won't be able to do a good job of taking care of everybody," says Chanler, herself the mother of two teenage daughters. She likens self-care to the oxygen mask demonstration on airplanes. Although it feels counterintuitive, you're in-

structed to strap your mask on first, before your child's.

That means that if, for example, you have a choice between returning e-mails or strolling with your baby, take the walk. Block out an hour in your datebook each week for yourself and arrange your own play dates at least once a month, too.

"Parenting can be isolating, but other moms can give you help with issues you're facing and make you realize you're not alone. Friends who don't have kids can help you connect with a part of yourself that existed before you had a family," Chanler says.

Think less is more

For a greater sense of calm, ask yourself: what can I nix from my to-do list? Then, choose one thing to delete from that day's or week's agenda. Ah. Also, stop multitasking.

"Create a schedule when you'll work, take care of the kids, spend time with your spouse, and then concentrate only on the task at hand. Ask yourself: what should I be doing now? And then do only that," says Leah Aharoni, a managing director at a Newark, New Jersey translation agency, and mom of six.

Snooze away stress

"To manage stress, you have to be well-rested," says Savitri Dixon-Saxon, PhD, associate dean of the Walden University School of Counseling and Social Services, an online university. Lack of shut-eye increases your body's production of cortisol, a stress hormone, so try to catch six to eight hours of sleep each night.

Your brain needs the down time. A study in the journal "Sleep" found that people who slept that much performed the best on tests that assessed cognitive function, memory, reasoning, and vocabulary. Sleep is also the ultimate fatigue fighter. To log in more zzzz, turn off the TV and go to bed earlier.

Exercise your options

Try to get in at least 30 minutes of daily exercise — Mother Nature's reset button. To spend more time with your family while you're at it, be active together by going for walks, strolling after dinner, or hiking or biking together on the weekends. Family time is so important in and of itself. If you can incorporate activity into it, it's a double bonus.

Catch your breath

When you're feeling overwhelmed, breathe in through your nose to the count of four, exhale through your mouth for a count of four, and so on, for four sets.

"Do this simple exercise in the car, in your office, or in the bathroom stall at work if you have to," says Karol Ward, a licensed clinical social worker in New York City. It helps you think clearly and regain your equilibrium.

"I breathe if I'm anxious before phone calls or meetings, or before talking to my kids or my husband when I'm tired. It changes everything," adds Diana Fletcher, a life coach and author of "Happy on Purpose."

Eat well

A diet that's rich in fruits, vegetables, and whole grains, paired

with healthy sources of lean protein, like chicken and fish, provides the variety of nutrients you need to cope with stress and the energy you need to multitask.

Instead of resorting to take-out (again), use the weekends to plan menus, shop, batch-cook, and prep healthy meals and snacks for the week.

"Once a week, make a crock-pot meal," to create even more time, suggests Cristin Frank, a writer mom of two in Williamsville, New York. "The night before, portion out ingredients so you can toss them into the slow-cooker in the morning. You'll only have one pot to clean at the end of the night." Bonus!

Don't be the clean queen

Full-time working women do more than 33 hours of domestic chores weekly, while their male counterparts do about 16, according a study published in "Women Don't Ask," by Linda Babcock, professor of economics at Carnegie Mellon University in Pittsburgh, Pa.

To end the dreaded second shift, let some of the housework slide, or ask your spouse and your kids for help.

Doing chores actually helps build a child's sense of competence. If your standards are exacting, lower them. So what if the sheets don't get changed as often, or your husband misses a spot when he's dusting the furniture?



Take notes

Use a day planner to write down appointments, reminders, bright ideas and your daily to-do list.

"It allows your mind to rest, because you know you won't forget anything important," says Renee Metzler, a life organizational coach and fellow mom in the trenches.

Create a day-is-done ritual

A self-imposed boundary between work and home, that's designed to bring closure to the end of your work day, is very important. One example: "Take a shower at home after work, and imagine your problems of the day disappearing down the drain," says John Brubaker, a work-life balance consultant.

After that, you'll feel more ready to give your family your full attention.

Determine your stress triggers

Is it having too much to do? Having to work on the weekends?

"Once you understand the root cause of your stress, you can take positive steps to cope by avoiding thoughts, behaviors, and activities that increase your anxiety," says Soroya Bacchus, PhD, a board-certified psychiatrist in Los Angeles.

One temper-taming tactic: "Try to stack more labor-intensive assignments and those that require others' input early in the week, and taper down, so that by Friday, you can essentially focus on housekeeping tasks," says Ellen Schack, a New Jersey work and life balance expert at www.theceocouple.com. "This strategy can help you avoid weekend workloads and other infringements on what should be your personal time."

Savor the good times

Irene Krasniansky, a mom of two and an operations manager, says, "Something always comes up at work or at home, but when everything seems to be running smoothly, whether it's the fact that my kids aren't driving me crazy or that everyone is doing their jobs in my office, I stop for a second and enjoy it."



MOMMY 101

ANGELICA SERADOVA

Registry madness

Trying to be practical when shopping for baby

I receive a bunch of parenting magazines each month, and in addition to some great articles, there's always the latest in baby products and products that claim to make mom and dad's lives easier. I like to browse through them while I have a cup of Joe, but instead of bookmarking

the things I need, I usually find myself laughing at all the things that are unnecessary.

Sure, there are some really great items I have my eyes on; a baby beach tent, some safety products, and educational videos, but for the most part, and I'm sure veteran parents warned you: you don't need all this stuff. Besides, I vowed

I would not become the parent whose day trip to the beach looked like a traveling circus.

When I was pregnant, I argued with my mom about registering for my baby shower. My approach was to see what I could get handed down — or at a bargain — and then plan from there. But my mother wanted only the best (read: brand-spanking new) for her first grandbaby. I thought I was being practical, but she insisted that it was “better” to register for everything. And so we did.

Having two full days of baby registering was not my favorite part of my pregnancy. (How did my husband manage to get out of that one?)

My mom was easily sold into getting every item on the baby checklist. I wanted to find gender neutral products for the more expensive things, with the idea that if the next baby is a boy, we can save on that expense. Grandma wanted everything to be pink for

her princess.

We made some compromises. In typical New Yorker fashion, I opted for mostly black big-ticket items: stroller, car seat, stylish diaper bag, etc. She got to pick out the nursery décor, with my approval of course.

We ended up being happy with our choices. I got to register for some products that I know will get extra bang for their buck, and she got to “go all out” for her granddaughter.

Deciding which items are worth buying, whether big or small, is overwhelming. There's a huge baby industry pushing great — and not-so-great — products on parents, which is why I like talking to other moms and finding out what baby products they can't live without. Recently, a mom friend of mine came over for a play date and brought me one of those mesh snack holders. I had no clue what it was until she explained that you place fruit inside so that baby can suck on it without choking. Genius! I went out and bought three more. (My dog liked them too, but that's another story.)

I also have friends who swear by any toy that will keep their children entertained for more than 10 minutes. Every mom has her preferences.

In my short time as a mom, I've figured out what my go-to items are (besides my coffee maker). Luckily, most of Olivia's clothes have been (gasp) hand-me-downs, and for that, we have been so grateful, because babies really do grow out of them in a moment's time. I've been happy to pass on clothes and products that we no longer need, and try to think practically when making new purchases. Maybe I have to accept the fact that I'll no longer be able to get up and go as I did before, and some baby stuff is needed here and there. A beach day where I grab a towel and a book is probably a thing of the past, but being with Olivia is still a day at the beach.





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BIG FUN

on a small budget

Birthday parties that won't break the bank

BY CANDI SPARKS

Children love birthday celebrations. To them, getting older is cool, and birthdays are a special day to get and give love, attention, and gifts — simply because it's a birthday! But for parents doing the birthday-party circuit (whether as a guest or a host), things can get expensive, fast. Considering that the number of kids on the guest list could be between 15 and 25 youngsters, birthday parties can also be exhausting.

Children's parties have become a lot more elaborate than they were in the good-old days. Cake and ice cream is for babies. For older kids, options include popcorn machines, bouncy houses, face painting, DJs, magicians, clowns, celebrity appearances, and video arcade rentals. In some communities, these extras are not negotiable. But not all parents

can spend a year of college tuition on a child's party. How can you commemorate the date without breaking the bank?

It is essential to have a budget and a game plan. Party planning involves more than money. It is up to the host to determine how guests will spend their time during the party. Will the bulk of the party consist of good conversation, doing an art project together, sports competitions, singing, dancing, and eating? Determining where the budget can be trimmed depends on the age of the child, her expectations, and who you know that can "get it for your wholesale." But even a limited budget can go further with a little imagination and footwork.

Scale down parties

If your budding star wants a karaoke-themed party, a bare-bones rental space in New York (that comes with lights, couches, and equipment)

is about \$24 per person, without food and beverage add-ons. Fortunately, karaoke equipment is available for rent from local companies, as well as those found online, for as little as \$50 (add-ons are available for song collections, lights, etc.). The rental space, versus the equipment rental, gives some leeway and pricing options to the party planner that are worth checking out. A further option is to find a local DJ to play music for the entire party and have the highlight of the party be a few karaoke tunes from the birthday child.

For the athletically inclined, an indoor sports party is fun. Gymnastics, bowling, rock climbing, basketball, and paint ball (for children of a certain age) are a few of the options. These parties are typically around \$30 per child, without all the bells and whistles. More kids and add-ons (like food, beverages, and cake) are extra. Parents usually spend between \$600 to \$1,000 on this type of party when everything is tallied.

If the sports center is not an option, think of a work-around where the kids can run and play and conclude the party with cake. Would a backyard, basement, park, or beach work as a party space? By moving the party to a "free" venue, the party can go on a lot longer and the budget can go further. But, this choice involves preparing the environment in advance for safety, as well as the fun and games. The activities and equipment will have to be organized in advance. If a paint ball party is not an option, would a water balloon fight work? Decide on the activities — relay races, volleyball, soccer, or whatever works for the guest of honor and guests. Hosts will need to make sure that they have enough

Ideas for older children

Unfortunately (or not), as kids get older, they want a more sophisticated celebration, which usually equates to one that costs you more money. Sometimes they want a celebration without parental supervision. A trip to the movies or shopping with friends makes a birthday fun (with your money and without you there). Independence is the key to this birthday feeling like "a good one."

However, some birthdays are

religious or cultural rites of passage that merit a heftier bottom line. For Jewish children turning 13 years old, signifying the arrival of adulthood, the bar mitzvah (for young men) and bat mitzvah (at 12 or 13 years of age for young ladies), is a more significant event. In Latino culture, some celebrate with a quinceañera, as a rite of passage for a young lady into young womanhood at the age of 15. In American culture, some celebrate

a sweet 16 to mark the occasion.

These parties can become big ticket items, depending on the parent's resources. Friends and family may contribute months in advance to ensure the success of the event, but the key is to have a game plan and shop around. Negotiate everything — the invitations, the venue, the fare, the entertainment, the photographer, the videographer, the goodie bags — everything! When finances are tight, more people are searching for affordable quality because, in the long run, quality is usually more of a consideration than the cost of this once-in-a-lifetime event.

Top Tips



equipment for these games and that there are enough adult coaches or referee-type personalities to put the friendly competition into play and keep it safe.

Crafty celebrations

Younger kids usually enjoy getting messy — without getting in trouble — at a party. If your child likes making special projects, consider having an art-themed birthday party. Typically, a two-hour pottery-making party is around \$34 per person with pizza, which can wind up in the \$1,000-plus range quickly. A scaled-down option is a home-craft project, just try to keep it fun and simple. Consider baking pinch pots or making soap or candles. If the entire process would take too much time, some of the work can be done in advance, so the guests can add color and decorations or the final steps to the project, and then take the project home as a souvenir.

Creating sock puppets together and putting on a favorite story is another possibility. Some of the characters can also be made by gluing faces on paper plates or paper bags, using felt, yarn, and glitter. As long as the project is hands-on and does not have to be done perfectly, the kids will have a great time, and won't know or care how much money you spent.

In warmer weather, an art party can also be done outdoors or in a rented space like a local community center. Regardless of the venue, there will need to be enough supervision for safety — and to contain the mess (at least a little without spoiling the fun). Another option for an art party (or any other party theme) is to check out free events for kids at museums, for example, and meet up there. Afterwards, treat guests to a bite to eat to celebrate the birthday before everyone heads home.

In the fall, an apple-themed party can be organized by apple picking together, then making apple pies or apple crisps at the party. A pumpkin painting party, or making jack-o-lantern designs, will also work in the fall.

Determining where the budget can be trimmed depends on the age of the child, his expectations, and who you know that can “get it for your wholesale.”

Decorating pre-baked gingerbread cookies or making a gingerbread house will be warm and cozy in December. If your home kitchen is too small or your guest list is too big, there are alternatives that will give you a culinary thrill. Commercial kitchens, restaurants, and perhaps even the local pizzeria can put on a show with your guests participating in meal preparation, viewing the chopping and dicing from a front row seat, or rolling the dough for the pie. Check with the manager or owner of your favorite venue. More and more places are welcoming the chance to add to your fun.

Goody bags

Hosts will also consider what they will give to guests in return for the presents their children receive. The goody bag doesn't have to include personalized T-shirts or video games if that is out of your price range. It can include a lottery ticket with your best wishes for a win. A charitable contribution is also a thoughtful gift, or a homemade, decorated photo of the guest and birthday child makes a nice keepsake. Candy, bubbles, pinwheels, balloons, coloring books or other simple toys, lip gloss, nail polish, and hair bands and clips, can be purchased in bulk at the discount store. After a certain age, children are just happy that they had another chance to be together.

• • •

Showing the children how to appreciate life is one of the best gifts that you can give them. Don't forget the thank you cards!

Candi Sparks is a Brooklyn mother of two and a children's book author. Her titles include “Max Gets It!,” “Nacho Money,” and other books on finance for kids. Follow her on Facebook and Twitter (Candi Sparks, author) and on YouTube (Canihavesomemoney).

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Find new use for old clothes with a Quilt

Turn your child's baby clothes into a family heirloom

BY KATHY SENA

I'm guessing you've done what I did. As your children got older, you gave away many of his baby clothes — but you kept the ones that meant the most to you. The ones that spark special memories of a little boy running around the house in Buzz Lightyear jammies or a little girl dancing in her Cinderella Halloween costume.

Or, perhaps you have a stack of T-shirts from high school, college, or family vacations. No matter where your memories come from, if they're made of fabric, they can be turned into a unique quilt. Think of it as a scrapbook page that will decorate your home, keep your family toasty warm, and become a family treasure.

Lots of options

Google "T-shirt quilts" and you'll find a number of companies that make them, of course. But not everyone does the baby-clothes version. In addition to Campus Quilt Co. (www.campusquilt.com), the company that



The author's son with the quilt made of his baby clothes.

made my family's quilt, check out The Quilt Loft (www.tshirtquilt.com) and Jelly Bean Quilts (www.jellybeanquilts.com). All feature adorable photos of finished quilts on their websites.

Preserving memories

The folks at Campus Quilt Co. in Louisville, Ky. took my son's

special baby and toddler clothes and turned them into the most gorgeous, hand-crafted quilt I've ever seen. Every item of clothing was pressed and arranged in a cute way on its own square and then carefully stitched down, so it will stay put. As I told my husband, it looks as if someone who loves our family (and who is very talented!) made



Shower a new mom with this quilt

"When a friend was pregnant with her first child, I asked the extended family and her close friends to send me a nine-by-nine-inch square of fabric that represented their hobby, something that represented them in some other way, or something they wanted to teach the child one day," says Candace Jones of Irving, Texas.

"We had fabric from a grandma's apron, an uncle cut up one of his lucky flannel fishing shirts, and an older cousin sent a T-shirt from his college alma mater, hoping to recruit early," says Jones.

"Another family member cut some fabric from the great grandmother's sewing fabrics that had been stored in an attic. Since the great grandmother had recently

passed, it was especially poignant for the new mom," she adds. "And a close friend sent fabric from one of her son's onesies and added a poem, about looking forward to having a new lifelong friend, written in fabric paint across it. The quilt was adorable, and we gave it to the mom-to-be at the shower with a little write up of who sent what, and why."



No matter where your memories come from, if they're made of fabric, they can be turned into a unique quilt.

this quilt. It's a work of art that will last for generations.

Having the quilt makes me realize how important it is to enjoy these treasured memories, instead of keeping them in a box. Now I can see and touch, once again, Matt's first Halloween costume, when he was a 10-month-old little pumpkin; his Spiderman jammies; the "I Love Grandma" sweatshirt that includes Matt's toddler handprints in fabric paint; his Woody "Toy Story" jammies; and his Superman T-shirt.

What sentimental mom wouldn't love that? And it's something that I know I'll eventually pass down to Matt. A true family heirloom. (Won't his kids giggle when they see their dad's toddler-sized Superman shirt one day? I love the thought of that.)

Campus Quilt Co. prices run from \$129 for a nine-square lap quilt (the squares on these quilts are big — 15 inches) to \$419 for a 49-square, king-size quilt. These are the prices if the quilt is made from just T-shirts. There are additional charges for doing special detailed work with baby clothes, adding strips of extra fabric between the squares, etc. Call and tell them what you have in mind, and they can give you all the details regarding cost.

I was a little worried about packing up these precious baby clothes and sending them, but the company took great care to make sure my items were transported safely. They sent a kit that explains everything, and they included a large, heavy-duty mailing bag and a pre-addressed label for shipping.

Then they e-mailed me when they received my package. They kept me informed of the progress on my quilt, and they got in touch with a tracking number when they shipped the quilt back to me. They understand how important these memories are, and they make sure customers are

informed at every step of the process.

What will you use for your quilt?

Don't have enough of your baby's clothes for a quilt? Want to do something different? Here are some other ideas for choosing items for a great quilt:

- T-shirts from your family's travels.
- Squares made from your young swimmer's beach towels. (Use your quilt to stay warm at those early morning swim meets.)
- Baby clothing from different generations. Did your mom save some of your own baby clothes? Combine them with your child's for a true keepsake.
- Fabric from your wedding dress and a bridesmaid's dress.
- Fabric squares in your child's high school colors, mixed with squares featuring school T-shirts from sports teams or school clubs.
- High school or college sweatshirts from different family members.
- Costumes from school plays.
- Halloween costumes.

The list is endless — and if you're a new parent, and you're just beginning to save special items like the receiving blanket your baby wore in the hospital, the little soft cap the nurses placed on her head, and those oh-so-tiny socks, you're in luck. You can plan ahead and save those items until you have just the right collection to make a quilt you'll treasure. It will warm your heart as well as your bed. Just ask Superman's mom.

Campus Quilt Co. [Louisville, Ky., (502) 968-2850]. For more, visit www.campusquilt.com.

Freelance writer Kathy Sena is mom to 16-year-old Matt. She still has lots of baby treasures squirreled away in the family cedar chest, including the well-loved "Mr. Bear."

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It can't be easy, being a **BABY**

One dad's thoughts on why newborns put up a fight when trying anything new

BY TIM PERRINS

If you are the parent of a newborn baby here in the 21st century, you surely know that there's a dazzling abundance of technology and information to aid in the wrangling of your tiny new human being. There are smartphone apps that allow you to document every action taken by (or perpetrated on) your child, from feedings to bowel movements to naps. You can attend baby yoga classes, read online articles about overcoming colic, and even watch YouTube videos to learn to decipher the sounds your baby makes, so that you will know exactly what she needs as soon as she makes a peep.

My wife and I have all of these resources at our disposal, and yet there are still times when we cannot keep our wee little girl from crying and screaming like a fun-size banshee.

Sometimes the baby is hungry — I know this because she makes “the hungry sound,” and also because the iPhone app tells me she says so — but just as she's about to nurse, she suddenly flails her little arms and legs and wails uncontrollably. Then, a minute later, she turns back and suckles contentedly for the next half hour.

After struggling through countless incidents like that one, I finally figured something out. You can meet all of your little one's needs with ever-greater efficiency, but the bottom line is still this: newborns have a problem with transition. And with good reason — as anyone who has participated in childbirth



knows — for babies, that first transition is a doozy.

Childbirth is painful for the woman giving birth. I know this because — throughout labor — my wife conveyed this fact to me quite clearly (not very eloquently, but extremely clearly). On the other hand, nobody really talks about how traumatizing the whole process must be for the baby. I mean, in spite of all her agony, a mother remembers giving birth, but I have yet to meet

a single baby who can recall any of it! Until I hear a better explanation from the medical community, I'm assuming this is because babies find the whole ordeal so shocking and traumatic they just block it from their memory. Pretty solid reasoning, no?

Just in case my amateur psychology isn't that convincing, let's look at it like this: after the better part of a year in the soothing embrace of her mother's uterus, bathed in



Your newborn may be thoroughly rested, well fed, and properly burped, but based on her very limited understanding of this world, every time she senses the beginning of any kind of transition she just might be struck with the terrifying feeling that she's about to be born all over again.

a constant flow of warm liquid, a newborn-to-be is abruptly evicted — forced by intense muscular contractions down a birth canal so narrow that her soft little head must stretch and contort just to fit through.

From there, she is ejected, naked and bewildered, into the cold air and the stark light of day. That is, if she makes it that far; my own dear little peanut, after enduring the torments of labor, had the added peril and indignity of emerging with the umbilical cord wrapped around her neck. (She's fine, fortunately, but apparently that's a hazard shared by at least a third of all tiny humans.) It's a cruel joke, if you're a baby, that at the instant you're born, the life-line that nourished you for so long becomes a deadly snare, waiting to strangle your first breath away from you.

And if that's not bad enough, there's more! Even if you have a qualified medical provider on hand who's experienced with such a dangerous situation — for instance, our wonderful midwife — chances are she'll turn to the expectant father, who at that moment is so delirious and sleep-deprived that he probably can't be trusted to sign his own name, and SHE'LL HAND HIM A BIG PAIR OF SCISSORS. Then she'll point to the thick cord wrapped around the baby's delicate little neck and say, "you wanna take a whack at that?"

Now, all of that already stacks

up to form the Dagwood of trauma sandwiches, but consider one thing more: unlike her parents, a baby suffers through all of these ordeals without the prior benefit of instructional DVDs, "What To Expect" books, advice from other already-born babies, or the indispensable insights of Dr. Oz. The truth is, apart from a vague sense-memory of all those Mozart recordings you dutifully played for her in the womb, and then the horrifying ordeal of birth, your newborn has no experience of anything whatsoever.

So the next time you find yourself exasperated, unable to figure out why your darling baby is shrieking like a hyena and fighting your every effort to put that adorable elephant-print onesie on over her head, take extra pity on her. She may be thoroughly rested, well fed, and properly burped, but based on her very limited understanding of this world, every time she senses the beginning of any kind of transition, she just might be struck with the terrifying feeling that she's about to be born all over again. It's going to take her a little while longer to figure out that the terrible past is behind her, and that she's living in the future now.

Tim Perrins is a part-time stay-at-home dad who lives with his wife and their brand new tiny human in Park Slope, Brooklyn. More of his thoughts about babies and other things that confuse him can be found at www.RevoltOfTheImbeciles.blogspot.com.

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Homesick blues

10 ways for
parents to
help their
little campers
adjust

This summer, thousands of New York children will head to summer camp — eager, excited, and... homesick?

Yep.

Research indicates that homesickness is the norm, and not the exception.

It is common for campers to feel a tinge of homesickness at some point during the camp session. So, how can parents help? By exercising a little preparation and patience, you can help ease any homesickness in your otherwise happy camper.

• **Encourage your child's independence throughout the year.** Have your child sleepover at friends' and relatives' houses. Being away from home can help simulate the camp experience.

• **Involve your child in the process of choosing a camp.** The more that the child owns the decision, the more comfortable she will feel being at camp.

• **Discuss what camp will be like before your child leaves.** Honest discussions about what camp will be like before your child leaves will help prepare her for the camp experience.

• **Reach an agreement ahead of time on calling each other.** If your child's camp has a no-phone-calls policy, honor it.

• **Send a note or care package to arrive within the first few days of camp.** Send a letter from home or a care package, acknowledging you will miss your child in a positive way. For example, the note can say, "I will miss you, but I know you are going to have a wonderful time



at camp."

• **Don't bribe.** Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new-found confidence and independence.

• **Pack a personal item from home, such as a stuffed animal.**

• **Avoid the temptation to take the child home early.** If your child makes a "rescue call," offer calm reassurance, and put the time frame into perspective.

• **Talk candidly with the camp director to obtain her perspective**

on your child's adjustment. Remember, camp staff are trained to ease homesickness and have dealt with homesick children before.

• **Don't feel guilty about encouraging your child to stay at camp.** If your child wants to come home, don't feel bad about encouraging her to stay. For many children, camp is the first experience toward independence, and it plays an important part in their growth and development.

For more, visit the American Camp Association at www.searchforcamp.org, or call (212) 391-5208.



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Camp/Programs 2012

DIRECTORY

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All Star Studios is more than just a dance studio; Theater, Triple Threat, and Acro classes are also offered. Dance classes include Ballet, Jazz, Tap and Hip hop for children starting from age 3 to adults. Celebrating their 8th season in Forest Hills (formerly Just East of Broadway), this rapidly growing studio never loses sight of their philosophy of keeping the fun in the arts. Why choose them? Small teacher-student ratio, superior customer service, great relationships with their students, and their ability to instill a love of the arts in their students!

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718-758-7550 or www.aviatorsports.com

Aviator Sports and Recreation is offering an All Star Day Camp and a variety of specialty sport camps this summer catering to ages 3-17. The All Star Day camp will be offering instruction in rock climbing, gymnastics, and ice skating along with a variety of sports, group games, field trips and craft activities. The sports camps specialize in ice-skating, basketball, soccer, lacrosse and ice hockey. Camp hours are 9 am to 4 pm, both pre and post camp supervision is available along with transportation service from Brooklyn, Queens and Manhattan.

Beth Sholom Day Camp

401 Roslyn Road
516-621-9257 or www.bethsholomdaycamp.com

Beth Sholom Day Camp offers boys and girls, ages 2-15, the opportunity to reach their goals in a warm, friendly, and noncompetitive atmosphere. Activities include music, dance, computers, gymnastics, Young Israelites arts and crafts and karate, as well as all outdoor field sports, tennis, and an Adventure park Experience. Red Cross swim instruction is offered in our 3 heated pools. A unique C.I.T. (Counselors In Training) program is available for 9th and 10th graders. Older boys and girls in grades 5-8 participate in the Sports Academy and Tween Experience. These programs blend day trips to Splish Splash, Adventureland, baseball games, and shows, with all regular camp activities. They also go on two overnight trips. The camp provides excellent supervision, with a counselor-child ratio of 4:1. Beth Sholom serves hot, Glatt Kosher

lunches in an air-conditioned lunchroom, and we are a nut-free environment. Door-to-door, air conditioned transportation is also provided. Beth Sholom also offers full and mini-day nursery-kindergarten programs.

Blue Dolphin Summer Camp

69-26 Cooper Ave, Glendale
(718) 847-6470 or www.bluedolphinsummercamp.com or info@bluedolphinsummercamp.com

If you have been searching for an interesting, stimulating, safe, caring, and productive summer program, complete with lots of summer fun, Blue Dolphin Summer Camp is the answer.

Summers are always exciting at Blue Dolphin Summer Camp. Kids, ages three through fifteen, enjoy a never-ending list of activities that include: arts & crafts, swimming, flag football, Karaoke, Yoga, Mountain bike riding, Theme Parks, Basketball, Miniature Golf, Roller Skating, Laser Tag, Carnivals, Magic Shows, Anti Bullying Game Show, Batting Cages, Pottery.... to name a few.

We are located at 69-26 Cooper Ave. Glendale NY. Our summer camp experience provides exciting trips, creative counselors, new friends, talent/skit shows, and a close family-like atmosphere. Staff to camper ratio averages 1:5. The nondenominational Christian atmosphere is appropriate for children from all faiths.

Join us this summer! We are committed to strengthening the Foundations of Community through Youth Development, Healthy Living and Social Responsibility.

USA Chess Camp/Active Learning Services

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108 East 89th Street
888-652-4377 or www.usachess.com

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Continued on page 32

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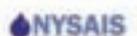
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Camp/Programs 2012

DIRECTORY

Continued from page 30

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The Crayon Box Preschool

44-10 192nd Street, Flushing
718-888-9341 or www.crayonboxpreschool.com

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Garden School Summer

Continued on page 34

Program

33-16 79th Street, Jackson Heights
11372

718-335-6363 or www.gardenschool.org

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A mini-camp program is for children two-and-a-half to three-and-a-half who are ready to separate.

Immanuel Genius

163-15 Oak Ave. Flushing; 718-460-9991

213-01 Northern Blvd. 3Fl. Bayside; 718-819-0190

www.immanuelgenius.com

Immanuel Genius offers a summer filled with learning and lots of fun. For children ages 2-12, morning sessions are filled with enrichment and review in reading and writing, math and science. While afternoons are filled with arts and crafts, music, dance (ballet), and sports (Taekwondo). The goal is to find each child's talents and abilities and help them discover their individuality. The ample playground of 4000 square feet and easy access to Kissena Park directly across the street is the place for the children to observe and explore many different elements of nature.

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718-774-0700 or www.joesmusiccenter.org

A large diversity of instruments is taught from piano, violin, viola, cello, guitar, bass guitar, drums, saxophone, clarinet, flute, trumpet, trombone, voice, etc. to the less common instruments such as bassoon and tuba. Students can begin with classical, but the Academy also has many students that study pop, jazz, contemporary



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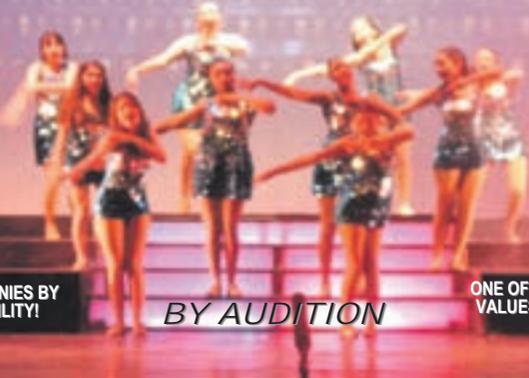


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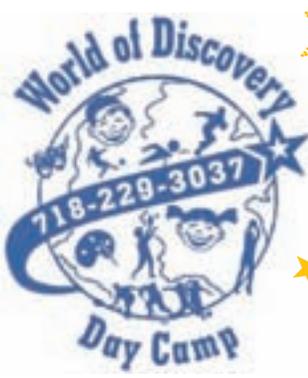
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Instructions by Mrs. Ma,
Master of Art in the Graduate School of Education, NYU

190-19 Union Turnpike, Fresh Meadow
For tuition/schedule, visit www.kimmyma-artstudio.com
646-209-9352 • Kimmyma.artstudio@live.com

Camp/Programs 2012

DIRECTORY

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music or gospel. Students have the opportunity to pursue NYSSMA evaluations and prepare for specialized high school auditions. There are also competitive music opportunities.

The academy is offering more of its most popular classes such as aerobic dance fusion, ballet, hip-hop, modern, liturgical, tap, jazz, evening adult classes including ballroom dancing and the popular 2-5 year old dance program. The academy has floor to ceiling mirrors and uses floating floors that absorb the impact of dancing, keep students energized and avoid injury. Our Summer Arts Program includes music camp, audition workshop, musical theatre, music/audio production, dance and voice. Ask about birthday parties!

Kent Prep

194-11A Northern Blvd., Flushing
11358
718-423-5757 or www.kentinstitute.com

Summer does not mean learning should be put on hold! From July 2nd-August 9th, Kent Prep is offering a Gifted and Talented Summer program for current Pre-K to 1st graders. Your child will be exposed to developmentally appropriate G&T enrichment curriculum that will set them forth in the upcoming school year as well as keep them ahead of their class. Call 718.423.5757 to speak with a G&T specialist or visit www.kentprep.com for more information.

Kew-Forest School

119-17 Union Turnpike, Forest Hills
11375
718-268-4667 extension 114 or
www.kewforest.org

Kew-Forest School offers an idyllic summer children entering grades K-6 enjoy a full-day program 9 a.m. to 4:30 p.m. featuring mornings of academics and afternoons of recreation, or a half day of either option. Academic sessions focus on enrichment in reading, writing, and math; recreation options range from computer lab to tennis to swimming, cheerleading/dance to martial arts and field trips. For teens, grades 7-12, there's a Summer Institute and C.I.T. program. Register for half- or full-day sessions, by the week or for the full eight weeks.

Kimmy Ma ARTStudio's

190-19 Union Turnpike, Fresh Meadow.
646-209-9352 or www.kimmyma-artstudio.com

Summer Youth Art Club 7/17-8/16/2012:

Learn fundamental techniques and explore various mediums through well-guided instructions.

Art appreciation, creative ideas discussions & readings are woven into the curriculum.

We are here to provide young creative thinkers an inspired environment to making art while fostering their confidence through their creative process and theories.

Leisure Art Club for adult art members: Make art in a relaxing and artistically supportive environment.

Instructions in various mediums and various levels are welcome. Enjoy companionship while sharing discussions & art appreciations.

Meet on Thursdays for instructions 10:30am-1:30pm.

The Learning Tree

Middle Village
718-899-2020 or www.thelearningtree.org

Learning Tree has been providing quality educational services since 1972. Situated in Middle Village, the nurturing environment is safe, creative and non-competitive. Age-appropriate curriculum, equipment, and positive social interaction are the nursery's key successful elements. Nursery and Pre-Kindergarten programs for ages 2-4, and camp programs for children 2-13 includes A/C facilities, and on-site swimming and instruction. After school programs are also available.

Magic Carpet Day Camp

718-634-8109 or www.magicdaycamp.com

Magic Carpet Day Camp is getting ready to board and its destination is a Summer of Fun for boys and girls ages 4 to 14. There will be a new and exciting adventure each day. This summer, the "flight plan" will take you to the following landing zones: Adventureland, Fun Zone, Mad Science, Bounce U, Pump-It-Up, bowling and first run movies.

Magic Carpet provides a wide variety of popular summer sports. Music, arts and crafts, drama, dance and dance instruction are also part of the fun.

Door to door transportation, on-site hot lunch, and a T-shirt and tote bag are provided.

New York Baseball Academy

New York Institute of Technology
Old Westbury Campus
516-922-7133 or www.nybaseballacademy.com

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Centro Preescolar de Ciudad Nueva • EL ARCO IRIS • 푸기계 크리스찬 유치원 • Pré-escola Arc-iris

Rainbow Christian Preschool & Kindergarten



"Teaching With Love Since 1987"

Summer Camp

Ages 2 to 7
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Open 7:30 AM to 6:30 PM Year-Round

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St. Jacobus Evangelical Lutheran Church
Woodside Avenue & 72nd Street (opp. PS 12) Woodside, N.Y. 11377
www.rainbowchristian.com

Rainbow Christian Preschool & Kindergarten Admits Students Of Any Race, Creed and National Or Ethnic Origin.

Ecole Maternelle Internationale Arc-en-Ciel

BLUE DOLPHIN

SUMMER DAY CAMP

OPEN HOUSE

Tuesday April 3rd, 4:00 pm - 6:00 pm
 Saturday April 21st, 11:00 am - 1:00 pm
 Tuesday April 24th, 4:00 pm - 6:00 pm
 Thursday May 3rd, 4:00 am - 6:00 pm
 Tuesday May 8th, 4:00 am - 6:00 pm
 Saturday May 19th, 11:00 am - 1:00 pm
 Saturday May 26th, 11:00 am - 1:00 pm
 Saturday June 2nd, 11:00 am - 1:00 pm
 Saturday June 5th, 4:00 pm - 6:00 pm

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MON. - FRI.
7AM - 6PM

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(718) 847 - 6470

Camp/Programs 2012

DIRECTORY

Continued from page 34

New York Baseball Academy summer program, with Bob Hirschfield as the program's director, is ranked as one of the Top 5 Baseball Schools in the country. The facility boasts a multitude of batting cages, teaching stations and practice areas in one central location for athletes from ages 7-15. Guest instructors from collegiate and professional ranks provide daily clinics. Players select from one through six weeks and partake in a daily position workshop, which emphasizes pitching, infield and catching. Coach-to-player ratio of one to six ensures personal attention. Door-to-door transportation is offered in Manhattan, Queens, Nassau and Suffolk. Hot lunch and swim are available. Personal Evaluation Program available for college-bound athletes ages 15-18. Call for details and open house dates.

New York Softball Academy

**New York Institute of Technology
Old Westbury Campus
516-404-5052 or www.nysoftballacademy.com**

New York Softball Academy's exciting summer program has one of the finest softball facilities in the Northeast and ensures girls ages 7-14 become better players. Guest instructors from the collegiate and professional ranks provide daily instruction throughout the two-week camps. Players select from the two weeks offered. Grouped by age and ability level, the daily instructional program stresses the fundamentals of hitting, throwing, fielding, base stealing, speed development, reaction training and team defense. A coach-to-player ratio of one to six ensures personal attention. Hot lunch and swimming are available. Door-to-door transportation is offered for Manhattan, Queens, Nassau and Suffolk. College Prospect Program available for ages 14-17. Call or visit the website for details.

New York Sports Academy

**New York Institute of Technology
Old Westbury Campus
516-922-1439 or www.nysportscademy.com**

New York Sports Academy, for boys and girls ages 4-7, is an exciting summer program that introduces daily instructional swim, golf, lacrosse, tennis, track, soccer, baseball, basketball, hockey, football and more in a structured environment for the younger child. With Director Bill Timmes at the helm, the Academy offers participants multi-sport instruction in one- through

eight-week-sessions. Programs are developed to start with a youngster at his or her given ability level and move forward from that point. Children learn the meaning of teamwork and cooperation through small group participation. A low coach-to-player ratio ensures individualized attention. Door-to-door transportation is available for Nassau, Suffolk, Queens, and Manhattan. Hot lunches are available. Call or visit the website for details.

Park City Swim School

**98-00 62nd Drive, Rego Park
718-830-9634 or www.parkcityswimclub.com**

Teach your child to swim this summer in our heated outdoor pools. Park City Swim Club has private and group swim lessons available for all ages ranging from toddler to adult. Swim lessons are given by our certified instructors. Lessons are available to members and non members. Detailed information can be obtained at registration. Registration begins in mid April. Call for specific dates.

Queensborough Community College, Office of Continuing Education & Workforce Development

**222-05 56th Avenue, Bayside
11364**

718-631-6343 or www.qcc.cuny.edu/conted

Continuing Education Kids College presents the new Teens College! This immersive learning experience targeted at high school students will excite and help your teen achieve academic, personal, and professional goals during the summer when students face a potential two-month learning loss. Your teen is a member of Generation M, which implies they are used to instantaneous and technologically based information gathering, which positions them well for the ever evolving work place. Rather than fight the media-strong environment we are living in, we have chosen to embrace it! Classes include Architecture, Leadership skills, social media workshops, local internships how to be entrepreneurial, and the famous High School & College test prep classes. Call for more information: 718-631-6343

Queens Community House Summer Adventure Camp

Ages 6-10 located at 108-25 62nd Dr. Forest Hills; 718-592-5757

Continued on page 38



Queens Community House
Summer Adventure Camp
REGISTER NOW!

- ▲ Over 30 years experience
- ▲ July 9th to August 24th, 2012
- ▲ Affordable Summer Camp to fit your family's needs

Ages 6 to 10

Unique and creative activities, competitive prices, weekly field trips, arts and crafts, athletics, academic help, water activities, daily lunch and snack, cooking classes and more!

Counselor In Training (C.I.T.) Program for 11 and 12 year olds

C.I.T.s learn to manage age-appropriate responsibilities in a safe and fun environment. Same fees apply.

For more information on our camp, call Jennifer at 718-592-5757*228, e-mail her at jbuffa@qchnyc.org or visit at 108-25 62nd Drive in Forest Hills, Queens.



Ask Jen about our 2012-2013
After School Program for
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718-592-5757*228
108-25 62nd Drive, Forest Hills
www.queenscommunityhouse.org

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Chess - Intro - Sequel



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Your child will actually design, develop and create a one-of-a-kind video game.

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 - Video Game Creation - The Sequel
- See website for details.



Register Online:
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Camp/Programs 2012

DIRECTORY

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Queens Community House Summer Adventure Camp offers a flexible fun enriching environment which is safe and supervised. Our program offers creative and unique activities, athletics, weekly field trips around New York City, cooking classes, a healthy daily lunch, tee-shirts, leadership opportunities, academic help, and much more! Our professional staff is made up of First-aid and CPR certified administrators and experience, trained counselors. Regular hours are from 9am-4pm and extended hours from 8:00am -6:00pm are available at an extra fee. Now registering!

Rainbow Christian Preschool & Kindergarten

72-01 43rd Avenue (Opposite P.S. 12), Woodside
718-335-3361 or 1-888-RAINBOW
or www.rainbowchristian.com

Rainbow Christian Preschool & Kindergarten offers a Christian environment that welcomes children ages 2 to 7 of all religious and racial backgrounds during their summer camp. "Teaching with Love" has been their motto since 1987. In their fully licensed program, children are exposed to a curriculum that provides for all areas of development. English language learners are introduced to the English language by a qualified multilingual staff. A special event or a trip is the highlight of each week.

Their modern, spacious facilities include air-conditioned classrooms, a full-size gym, and a state-of-the-art fenced-in private playground. They are open year-round from 7:30 am to 6:30 pm. Come with your child for a visit - anytime.

Reach For The STARS!

156-18 96 Street & 8 Coleman Square
718-845-1429 or www.ReachForTheStarsDayCare.com

Are you looking for something for your little one to do this summer? Reach For The STARS! Is a great way for your child to spend the summer! Their goal is to provide a fun, exciting and safe environment for your child. The professional and experienced staff implements activities and trips that are sure to make your child's summer a memorable experience.

The daily program is designed around a weekly theme. Each day RFTS provides creative arts and crafts projects that encourage imagination and originality. The children head outside for water based fun and they participate in some local trips. The trips are educational and fun. Sports are also an important

part of the day. Children of all ages and skill level have the opportunity to win prizes, as there is a new contest every day.

For more info check out the website at www.ReachForTheStarsDayCare.com or call 718-845-1429.

Theatre Arts Center

In Summer Residence at Professional Performing Arts Center Queensborough Community College, Bayside, Queens 11364
718-595-2905 or www.TheatreArtsCenter.com

Professional quality close to home. You're center stage in a four-week Performing Arts Workshops for talented 7- to 19-year-olds. Three Musical Theatre/Dance Companies by age & ability or Teen Acting Ensemble. Full day (Mon - Fri) includes acting, musical theatre/dance, voice, on-camera, improv, and more. Learn with working professionals from Broadway & beyond. Students perform in fully staged shows for the public. Musical Theatre (ages 7-19) July 9-August 5. Teen Acting Ensemble July 2-July 29. Fifth week cabaret workshop option for advanced teen vocalists August 6-August 12. One of the best values in NYC! By audition. Space is limited. Robert Laconi & Kristine Lewis, Artistic Directors.

The West Side Tennis Club Camp

1 Tennis Place, Forest Hills 11375
718-268-2300 extension 127 or www.foresthillstennis.com

The West Side Tennis Club, former home of the US Open, offers the premier tennis and swim camp in NYC. They offer juniors the opportunity to use state-of-the-art facilities: 39 courts, four different surfaces, Junior Olympic swimming pool and historic stadium. The EXCEL Program includes three hours of tennis instruction, two snacks, catered lunch, swimming and supervised match play. The ELITE Tournament Team includes all aspects of national level training. The facility is two blocks from major subway lines; transportation is also available from Manhattan and Queens.

Have you played at Forest Hills?

World of Discovery Day Camp

718 228 3037 or www.worldofdiscovery.org

World of Discovery Day Camp is designed to stimulate your child's imagination and provide an environment where kids can just be kids. Since 1977 children ages 4-15 have enjoyed base-

ALL STAR STUDIOS
dance, theater, and MORE!

Offering Classes in:

- ★ Ballet
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Forest Hills, NY 11375
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E-mail: allstarstudiosnyc@gmail.com
www.allstarstudiosnyc.com

CHECK OUT OUR BIRTHDAY PARTIES!

Camp/Programs 2012

DIRECTORY

ball, volleyball, basketball, gymnastics, dance and drama, carnivals, scavenger hunts, swimming, Olympic week, trips and much more. Counselors must meet stringent standards and qualifications and all Directors and Assistant Directors are New York State Certified administrators and trained in CPR, First Aid and Responding to Emergency. The swim program stresses safety and fun. All swim instructors are certified lifeguards, carefully picked and receptive to camper's individual needs. Door-to-door transportation is provided.

YMCA of Greater New York Day Camps

Catalpa Center YMCA 69-02 64th Street, Ridgewood; 718-821-6271 or www.ymcanyc.org/catalpa

Cross Island YMCA 238-10 Hillside Avenue, Bellerose; 718-479-0505 or www.ymcanyc.org/cross

Flushing YMCA 138-46 Northern Boulevard., Flushing; 718-961-6880 or www.ymcanyc.org/flushing

Jamaica YMCA 89-25 Parsons Boulevard, Jamaica; 718-739-6600 or www.ymcanyc.org/jamaica

Long Island City YMCA 32-23 Queens Boulevard., LIC; 718-392-7932 or www.ymcanyc.org/lic; 214-13 35th Avenue in Bayside 718-229-5972 Beacon Center at JHS 189

154-60 17th Avenue, Whitestone 718-961-6014 Beacon Center at JHS 194

144-80 Barclay Avenue, Flushing 718-747-1364 Beacon Center @ MS210

93-11 101st Avenue, Ozone Park 718-659-7710

YMCA of Greater New York Day Camps provide youth with supervised activities that teach core values, conflict resolution and leadership skills. Kids have fun while making new friends, building self-confidence, appreciating teamwork and growing in self-reliance.

Their program includes playing games, arts & crafts, exploring science and technology, swimming, field trips, appreciating nature and values of many cultures.

All camps are accredited by the American Camping Association. Registration for Summer 2012 will be beginning soon. Please contact your nearest YMCA of Greater New York Day Camp for more information:

Young People's Day Camp of Queens

800-DAY-CAMP or 1-800-856-1043 or www.yfdc.com or www.queenscamp.com

Since 1972, our family run camp has provided safe, fun-filled summers for thousands of Queens youngsters. YPDC of Queens is accredited by the American Camping Association, the New York Camp Directors Association and is supervised by licensed teachers and administrators. The camp's philosophy is to "grow" children intellectually, physically, and spiritually in a FUN environment. For children, ages 4 to 15. Free transportation is available. Choose from 2 to 8 weeks of camp.

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www.joesmusiccenter.org

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NYC GIFTED & TALENTED PROGRAM PREP

Kent Prep is now accepting registrations into their comprehensive G&T summer program for current **Pre-K to 1st graders**.

Under the instruction of experienced instructors, prepare your child for the upcoming 2012 school semester by building needed reading and math skills.

To learn more about our G&T test prep and enrichment courses, please call our counselors or visit www.kentprep.com for more information.

- Date: **Summer I** (Jul. 2~Aug. 9)
Summer II (Aug. 20~Aug. 30)
- Days & Time: **Mon. - Thurs.**
9:00 am~1:45 pm

718.423.5757
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ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

The ins and outs of an estate plan

What is an estate plan? My husband and I own our apartment, but we don't have a lot of income or assets. Do we really need a Last Will and Testament?

The answer to whether you need a Last Will and Testament is an emphatic yes! A will is part of your overall estate plan, which simply means that you have put the documents in place to ensure that your needs and your family's needs are met during your lifetime and upon your death. A thorough and comprehensive plan typically includes not only a will, but also advanced directives such as a healthcare proxy, living will, and power of attorney. For some people, but not everyone, a revocable or irrevocable trust may help

meet the individual or couple's objectives and concerns.

An estate plan lays out how your assets are to be distributed upon your death through a will or trust, and designates the individual or individuals you want to handle your financial and health matters during your lifetime through the use of a power of attorney, a healthcare proxy, and living will.

The best place to start is to inventory and analyze the extent and nature of your assets. This includes your home, second homes, business interests (yes, even if you are a sole member of your company!), cash, stocks, bonds, annuities, retirement savings, and insurance policies. The next step is to consider the following questions:

- Who do you want to act as

guardian for your minor children if you and your spouse both passed away (or were both incapacitated)?

- Who do you want to make medical decisions on your behalf if you were unable to do so?

- Who do you want to handle your financial affairs if you were to become incapacitated?

- When you die, how do you want your assets distributed? If you have children, at what age would you want them to receive the principal assets?

- Who would you want to administer and distribute your assets upon your death?

Even if you do not have the answers to each of these questions, you can start the process, and an attorney can help you evaluate your choices and make a decision. If you already have an estate plan in place, you should review it every few years or after major life developments, such as the birth of a child (or grandchild), after a divorce, the death of a spouse, a decline in health, or significant change in financial circumstances, or any of the above occurring in the life of one of your selected fiduciaries. Different issues arise throughout your lifetime, and changes in the law may occur which impact your plan.

By addressing these issues now and implementing an estate plan, you can avoid placing unnecessary stress and confusion on your loved ones in a time of crisis. An estate plan states to your family members and beneficiaries how you would want things handled in a crisis or at your death, or even when you are no longer able to state those wishes for yourself. Being clear about your intentions can prevent lengthy and costly legal battles, and preserves family harmony.

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



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DIVORCE & SEPARATION

LEE CHABIN, ESQ.

Getting Daddy back

When kids dream of their parents' reunification

If your marriage has been rocky for some time, it can be the most obvious thing in the world that divorce is inevitable, and that nothing can keep you and your spouse together. Perhaps divorce proceedings have begun, and in your eyes, there is no going back. But your children may have a totally different perspective — unrealistic as it may be.

Is the current separation a rerun? Have your children seen one of you leave, and later return? Maybe you or your spouse left briefly after a particularly bad argument, and then were back in a day or two. Perhaps you tried a trial separation, and then gave the relationship another go after that. Maybe you've been talking about ending the marriage for awhile, but you're still together. If so, the children have observed that the family has stayed together, despite the arguments or separations, so why should this time be different?

When you consider that most children want the family to stay together, it's easier to understand why many of them can make themselves believe that this wish will come true. Even if there has been a great deal of yelling and discord, the family being together is at least familiar, and that means a lot, including at least a certain amount of security, in most instances.

A parent leaving is difficult and painful for children to think about; to them, it means that Mom or Dad won't be around much anymore. And so, the idea of the family remaining united, even if far from ideal, can be one they cling to tenaciously.

Have your children helped to



shape the marital relationship? For instance, have they repeatedly interfered with your plans for a parents' night out together? If so, children who have learned that they can create distance between their parents may believe, understandably, that they have the power to reunite them as well.

If you and your spouse have come together in the past, let's say when a child was having trouble at school, or was sick, that experience may suggest to your child that having or causing some difficulty may bring you together again. Of course, you shouldn't jump to the conclusion that any new problem is by design. Health issues in particular should be taken seriously. But, even if a child creates a problem

to unite parents, you really shouldn't blame him. In such instances, not only are children doing what makes sense to them, but also, in a sense, are doing what you taught them to do, even if unintentionally.

Have one of you made your own fantasy your child's fantasy as well? Have you or your spouse been holding onto the hope that the marriage can be saved? If one parent hasn't accepted that the divorce will happen, perhaps that parent has been vague in talking with the children about it, giving them hope when there isn't any.

Worse yet, maybe that parent has been telling the children that the family can stay as it is or return to what it was, even telling them that they can help in making that happen. To avoid (or reverse) emotional problems, children must be helped to move forward and accept the new reality.

What to do:

In an age-appropriate manner (and when the time comes), the children need to be told:

- Mom and Dad will be living apart, and this will be permanent (assuming this isn't a trial separation).
- This was an adult decision. Children don't make these decisions, and can't change them.

Further, to address issues of self-blame and insecurity, let them know:

- You (the children) didn't cause Mom and Dad to start living apart.
- We (the parents) both love you and will continue to both take care of you (assuming that this is true).

Repeating these messages on occasion should comfort children, and help them to accept the difficult changes that are coming.

Lee Chabin, Esq., a divorce mediator and collaborative divorce lawyer, helps clients end their relationships respectfully and without going to court. Contact him at lee_chabin@lc-mediate.com or (718) 229-6149, or go to <http://lc-mediate.com/home>.

Disclaimer: All material in this column is for informational purposes only.



HEALTHY LIVING

DANIELLE SULLIVAN

Time for allergies!

The season is here, but you can still enjoy it

Have you noticed that the green grass hasn't quite vanished this year? Whether you were in Central Park or Prospect Park, you may have noticed that, unlike other years when the green shades turned to a dusty brown over the winter months, for the most part, the grass has stayed green all winter long. While pleasing to the eye, the very fact that plants have sustained life since last year could spell out trouble for those of us with seasonal allergies.

stantly itchy," says O'Hara. "We both started on allergy medications earlier in the year than we had in the past."

The O'Hara's are not alone. The Asthma and Allergy Foundation of America reports that allergy is the fifth leading chronic disease in the U.S. among all ages, and the third most common chronic disease among children under 18 years old, with an estimated 50 million Americans suffering from all types of allergies. Experts say that the prevalence

suffer," he says.

"Make sure that you tailor your medications to your symptoms. Many people purchase over-the-counter medications, because the box says 'allergy,' and they end up ingesting a medication they don't need — for example, an allergy pill might contain a decongestant, but you are trying to address itchy eyes. Take care to read all labels, or speak with your physician, to ensure that you are taking something that will address your particular symptoms."

O'Hara agrees and says that she was on the fence about getting her son allergy tested and hadn't even considered her common complaints of itchy eyes and post nasal drip to be a problem, but when her son underwent testing, she did, too. Both tested positive for the same pollen allergy and since they've been on medication, they have felt considerably better.

Realistically, because pollen counts have started increasing earlier this year, doctors say we can expect symptoms to last longer and be more severe. Symptoms include:

- Itchy, watery eyes
- Sneezing
- Running nose
- Nasal congestion
- Postnasal drip

Treatments such as over-the-counter Allegra pills may provide some relief, but allergy shots deliver the longest-term support.

There are a few easy tips that moms and dads should do daily to help combat allergies in their children (and themselves):

- Avoid outside play on late afternoons when it's dry and windy, since pollen counts peak under those circumstances
- Take a long shower at the end of the day to wash away any pollen stuck in hair.

Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world for more than 10 years. She also writes for Babble.com. Find her on Facebook and Twitter @DanniSullWriter, or at her blog, Just Write Mom.



On top of that, the flowers and trees have budded earlier because of the mild winter — and the spring allergies have arrived earlier, too.

Sandy O'Hara of Murray Hill says her whole family suffers from seasonal allergies. Sandy and her 5-year-old son, Matthew, are allergic to pollen and dust mites, and her husband, Frank has hay fever.

"Early March was particularly bad for my son and me. We were sneezing and our eyes were con-

stant Eye and Ear Infirmary. "For example, nasal steroids can be very effective for those who suffer from hay fever, but you must start using them well before symptoms appear. They prevent, rather than treat, the symptoms. If you start taking them after your symptoms have kicked in, they will be less effective."

Along the same lines, it's vital to fill prescriptions before allergy season, "so that you have your arsenal ready before you begin to

I have a question about my child's medicine.



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Money doesn't buy happiness

Psychologist's new book finds the best things in life are free

BY ALLISON PLITT

They are the top students in their classes, play varsity sports, and are editors of their school newspapers or yearbooks. They come from intact homes of married parents who have high expectations for their children and have few worries about giving their kids iPhones, laptops, and cars.

These are not students prepared to graduate from high school and head off to college, but rather teenagers sitting in psychologists' offices throughout the nation talking about how empty they feel and how disconnected they are from their parents. They are usually suffering from depression and anxiety and are on the cusp of developing an addiction to drugs, alcohol, or food.

In her book, "The Price of Privilege," psychologist Madeline Levine discusses what she sees as a trend among some affluent families that is sweeping across the United States. According to Levine, some well-to-do parents have become so obsessed with providing materialistically comfortable lifestyles for their children, that they have neglected to nurture their children's own self-identities.

Too much pressure

What the media has dubbed an "epidemic" is really a vicious cycle of parents working too hard to provide the best for their kids, and demanding that their kids work just as hard at school and sports, while the kids just want to please their parents, says Levine.

"The popular press has devoted rivers of ink to chronicling the 'epidemic' of narcissistic, over-involved



Madeline Levine, PhD, is the author of "The Price of Privilege."

parents producing spoiled, entitled children with poor values," she writes. "But my experience leads me to a very different conclusion. Most of my patients are deeply troubled, not spoiled; most of their parents are not narcissistic, but are struggling, often quite alone, with their own problems."

In order to send their children to the best schools and provide them with after-school lessons and the latest electronic gadgets, these parents need to work longer hours, thus, leaving less time for them to spend with their families, says Levine. This, in turn, has a negative effect on the kids.

"In affluent families, where social and professional demands can be highly time consuming, there is often a lack of 'family time.' In what some researchers call the 'silver spoon syndrome,' affluent kids are often painfully aware that they rate low on their parents' 'to-do' list," Levine

states. "As a result, there is an inverse relationship between income and closeness to parents. Lower-socioeconomic kids are far more likely to report feeling close to their parents than kids from high socioeconomic homes."

And the effects of this trend, Levine says, are producing dire consequences: since 1950, teenage suicide rates have quadrupled. She attributes this to parents who overly stress academics, so they can prepare their children to graduate from elite colleges and find well-paying jobs, which they feel will bring the kids a standard of living that was, in reality, much more easily obtainable 60 years ago.

Modern society continues to emphasize the idea that material wealth is a sign of success, Levine says, and families think they must always look good in the eyes of their neighbors. In addition to being able to afford expensive homes and cars, parents also want children who are model students and athletes, and have come to demand perfection from their kids. On the other hand, these parents are also overprotecting their children to the point that the kids lack the emotional and social skills necessary to survive on their own once they leave home.

"While demands for outstanding academic or extracurricular performance are very high, expectations about family responsibilities are amazingly low. This kind of imbalance in expectations results in kids who regularly expect others to 'take up the slack,' rather than learning themselves how to prioritize tasks or how to manage time," Levine writes. "Tutors, coaches, counselors, and

psychotherapists are all enlisted by parents to shore up performance and help ensure the kind of academic and athletic success so prized in my community.”

Seeking approval

Consequently, some of these teens have developed such a need for acceptance from their parents that they feel they are playing roles of what is expected of them, instead of forging their own identities as individuals.

Constantly seeking approval from their parents, these teens are not learning to act instinctually and develop an inner sense of self.

“The kids I see have been given all kinds of material advantages, yet feel that they have nothing genuine to anchor their lives to,” writes Levine. “They lack spontaneity, creativity, enthusiasm, and, most disturbingly, the capacity for pleasure.”

Case studies

Levine refers to many of her own case histories in her book. In one, she writes about a son who works hard to gain acceptance to his father’s Ivy League alma mater, but once he arrives on campus, he’s so miserable that he develops a drinking problem. The son ends up returning home and attending a local college where he finally studies a subject that interests him, makes friends, and finds himself a girlfriend who shares his interests and values.

Then, there is the teenage girl who is studying dance. Her father, a prominent businessman who is usually physically and emotionally absent from the home, does not take her interest in dance seriously. As a result, the teenager falls into a deep depression. It is her stay-at-home mother, also suffering from depression, who becomes her ally and supports her daughter as she pursues a career in dance.

Levine discusses case histories with which readers can identify, but she also has patients who recount unbelievable stories. In one instance, a teenager’s quiet, artistic nature was so ignored by his parents, he developed a cocaine problem in his teens. Through therapy, the teenager was able to quit his addiction, but then found cocaine in the kitchen of his home. Apparently, both his parents were abusers as well.

Levine also details an account of a teen who went on a resort vacation with his family. His parents not only decided to lodge in a separate room, they put their children in a villa at

the other end of the resort. Not surprisingly, later in life, the children had difficulty dealing with their feelings of neglect and abandonment, developed serious drug addictions, and fell in trouble with the law.

Levine uses these cases to show that children desire to feel secure and loved unconditionally, and that parents need to spend quality time with their children and listen carefully to their thoughts and desires. With busy working parents and overscheduled kids, families need to slow down and create peaceful moments when they can spend meaningful time together.

Advice for parents

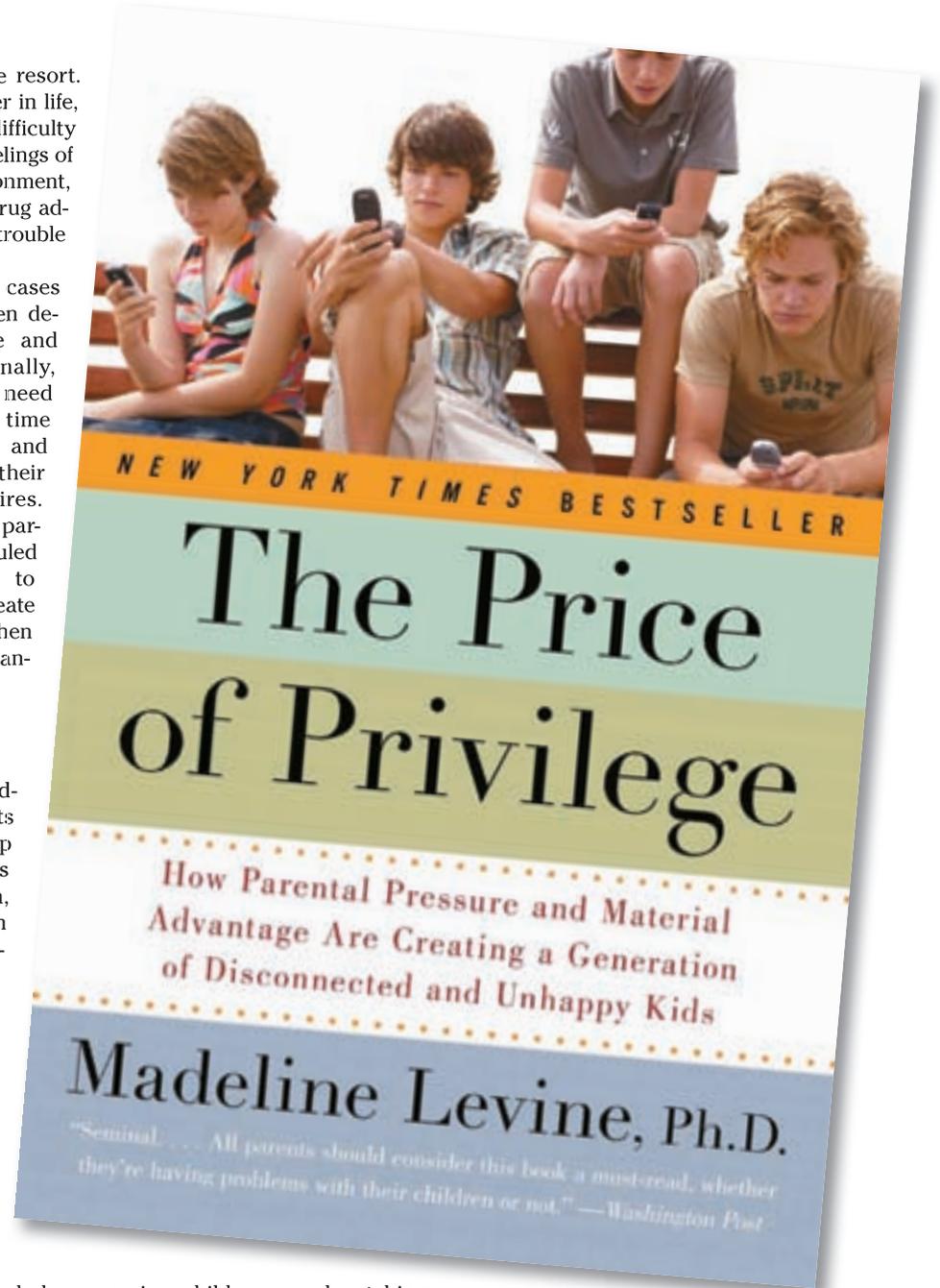
Levine offers advice to these parents to help them develop better relationships with their children, saying that children crave rituals and traditions.

“Perhaps the single most important ritual a family can observe is having dinner together,” she writes. “Families who eat together five or more times a week have kids who are significantly less likely

to use tobacco, alcohol, or marijuana, have higher grade point averages, less depressive symptoms, and fewer suicide attempts than families who eat together two or fewer times a week.”

Parents do not need to stay at home and not work in order to spend quality time with their children, she says, but rather, should know that an emotionally happy child most often has emotionally happy parents. She aims this specifically at mothers, since women are usually the ones who feel conflicted about their decisions to either stay at home or go back to work after their children are born.

Teenagers need clearly defined boundaries, she says, and parents should enforce household rules about curfews, completing homework, and the amount of time that



children spend watching TV, texting, or using the computer. When parents do not set boundaries, she says, kids often feel that their parents don’t care enough about them to raise them more strictly.

Levine also believes that parents should have their children do chores or get part-time jobs to learn the importance of hard work as a motivating factor for achievement. She views the responsibility of holding a job as a more valuable experience for a teenager than getting a report card with straight As.

She says, however, that teenagers should make their own decisions about choosing age-appropriate clothing, friends, and extra-curricular activities. In making their own choices, teenagers gain self-confidence and a sense of independence.

Levine’s book makes a convincing case about the parenting phenomenon that is ailing many well-to-do families nationwide. If parents really want their children to succeed, they must teach their kids to be accountable for their actions, instead of placing responsibility and blame upon others. Most importantly, families must provide a nurturing home, where their kids feel they can openly express themselves and where parents can learn to accept and love their children for who they are.

Allison Plitt is a contributing writer for New York Parenting Media and a mother living in Queens with a 6-year-old daughter. If you have ideas to share about topics for articles or resources for families, please contact her at allisonplitt@hotmail.com.



THE BOOK WORM

TERRI SCHLICHENMEYER

All about our earth

Someday, your children are going to inherit the earth. And there is so much to learn before it becomes theirs. “B is for Blue Planet,” by Ruth Strother, is just the tool to learn all about our Earth.

“B is for Blue Planet” teaches children all about the planet by taking them through the alphabet to introduce them to new words, such as A, for amber, the gooey material that oozed from trees when dinosaurs walked the earth, and trapped bugs, flowers, and leaves, and then hardened, rock-like. And while your child is learning about old, hard rocks, she’ll also learn about I, for igneous rock, which was on the earth before the dinosaurs that roamed the earth during J, the Jurassic period.

Of course, B is for blue planet, another name for the earth, because much of it is covered with water and looks blue from space. In all that water are coral reefs, which start

with the letter C. E stands for earthquakes, and V is for volcano.

If you’ve got a young reader in your house, you probably have at least one shelf that’s filled with books that have been outgrown. The nice thing about this book is that it grows with your child: read it with a 4 year old, then keep it for the 12 year old she’ll be someday, because “B is for Blue Planet” really is two books in one.

Strother offers a quick, easy-to-understand poem for younger children, each accompanied by a colorful illustration from artist Bob Marstall. You’ll notice, though, that on the outer half of each letter-page are longer, more thorough, more sci-



entific explanations meant for older kids — or for yourself, if you need help answering the questions of a curious child.

For preschoolers to middle-schoolers, “B is for Blue Planet” will prove that Earth Day — April 22 — isn’t the only time to be green. For them, this book is a good lesson and a great gift.

“B is for Blue Planet,” by Ruth Strother [40 pages, Sleeping Bear Press, 2011, \$16.95] is recommended for children in preschool through middle school.

A real account of a truly horrible disaster

Your kids complain about their chores. Every morning, they have to make their beds and straighten up. They help wash the dishes, clean the house, and pitch in with yard work.

They think they’ve got it rough. But as they’ll see in the new book, “Surviving the Hindenburg” by Larry Verstraete, their chores are nothing. At least they don’t put them in the path of danger.

The book tells the story of 14-year-old Werner Franz, who, in 1937, was the youngest crew member on the German airship the Hindenburg, one of the most famous airships in history. Through Werner’s memories, readers will learn the inner workings of the airship and the tragedy that unfolded during the zeppelin’s final voyage.

Werner was very excited to be a cabin boy on the Hindenburg, which, at 13 stories high and more than 800 feet long, was like a big, floating hotel surrounded by fabric cells filled with highly flammable hydrogen. As the youngest crew member,

Werner loved working on this great big ship in the sky, and he was finally going to see America!

As a cabin boy, his many duties included making the beds, setting the tables, washing dishes, and cleaning uniforms. Every day, when he was done with his work, he would visit the mechanics who manned the engines or the riggers who worked at the top of the airship. It was a bit of a balancing act to make his way around the airship; the Hindenburg was lined with narrow wooden paths that connected the stern to the bow. One of the paths led to a small window that gave Werner a bird’s-eye view of the Atlantic Ocean, and, on May 6, 1937, an up-high look at New York City as the Hindenburg tried to dock in New Jersey.

It was stormy that day, but people crowded the beaches of New Jersey to watch the mighty Hindenburg’s landing. Werner wished he could watch it, too, but he had dishes to wash.

And then, there was a thump. Dishes scattered and broke, and Werner ran to a wooden pathway as he discovered that the Hindenburg was on fire!

Based on Werner’s own account and other research about this tragic

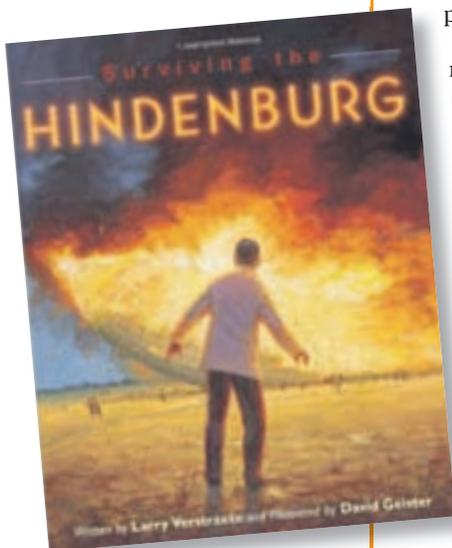
event for which the anniversary looms, “Surviving the Hindenburg” is an interesting tale enhanced by historical information in the front and back pages, which gives young readers an idea of the magnitude of this disaster. In telling this story, Verstraete gives kids someone to identify with: a boy like them who is witness to an event that shocked Americans, and the Germans who made the zeppelin.

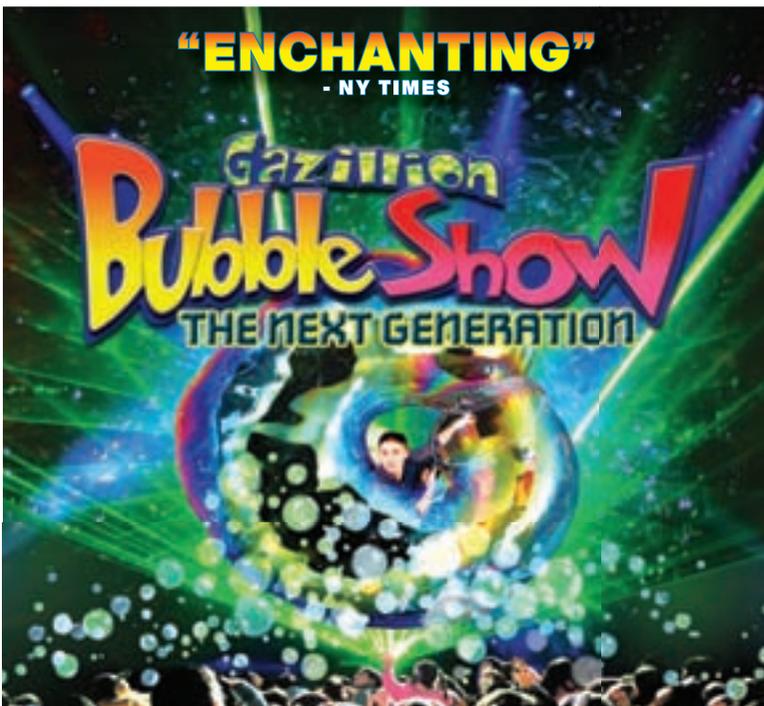
What really makes this book are the illustrations by David Geister. With a palette that evokes many emotions in a few pages, Geister’s artwork truly sets the tone.

While it’s generally the size and shape of a preschooler’s picture book, I think “Surviving the Hindenburg” is better suited for children ages 7 to 12. If you’ve got a budding historian in the house, enjoying this book won’t be a chore.

“Surviving the Hindenburg” by Larry Verstraete [32 pages, Sleeping Bear Press, 2012, \$16.95] is recommended for children ages 7 to 12.

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





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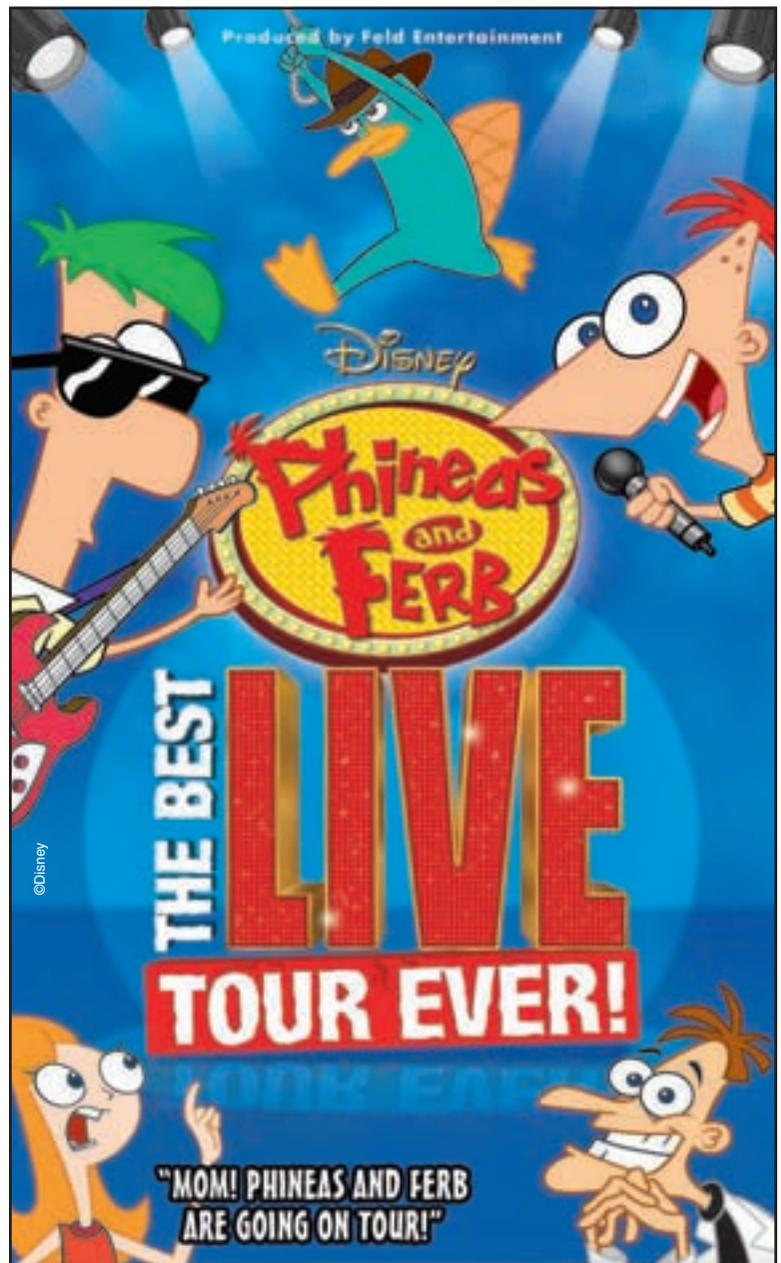
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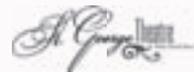


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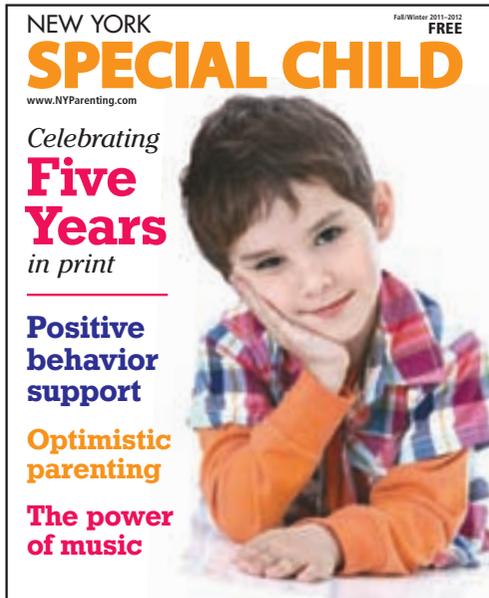
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Going Places

LONG-RUNNING

"Little Miss Muffet's Monster Sitting Service": The Swedish Cottage Marionette Theatre, West Dr. at 79th Street Transverse; (212) 988-9093; cityparksfoundation.org/swedishcottage.html; Tuesdays – Fridays, 10:30 am and noon, Saturdays and Sundays, 1 pm, Now – Sun, April 8; \$8 (\$5 children under 12).

Based on the nursery rhyme, "Little Miss Muffet", this version tells the story of Molly Muffet, the descendent of the original Miss Muffet. Run time is approximately 50 minutes and is suitable for children 3-9.

Spies!: Three Village Historical Society, 93 N. Country Rd. (631) 751-3730; www.tvhs.org; Sundays, 1–4 pm, Now – Sun, June 24; \$5 (\$3 children and members).

Docent led, interactive exhibit with hands-on activities and computer games about the Revolutionary War.

"Over the River and Through the Woods": BayWay Arts Centre, 265 E. Main St. (631) 581-2700; www.broadhollow.org; Wednesday, March 28, 2 pm; Friday, March 30, 8 pm; Saturday, March 31, 8 pm; Sunday, April 1, 2:30 pm; \$20 (\$18 seniors and students \$14 for children under 12) All tickets \$25 at the door.

Laugh with Nick, a young, single Italian American who wants to move, but can't seem to get away from both sets of grandparents.

"Urban Odyssey": La Mama, 66 E. Fourth St. (212) 475-7710; www.lamama.org; Thursdays – Saturdays, 7:30 pm, Sundays, 2:30 pm, Now – Sun, April 8; \$25 (\$20 students and seniors).

The world premier by Loco7 Dance Puppet Theater. Suitable for children 12 and older only.

Sunny Bunnies Nature Education: Alley Pond Environmental Center, 228-06 Northern Blvd. (718) 229-4000.

Ages 3-4. Bring a bag lunch. Explore nature trails, music time, free play and more. Pre-register. Two session types to choose from.

Poetry workshop: Barnes & Noble, 176-60 Union TPKE. (718) 380-7077; Mondays, 7:30 pm, Free.

Budding poets perfect the craft with Bob Trabold and Amanda Konstantine Perlmutter.

Project Posterity: Central Queens



Adventure with Dora

Yo, ho, ho, and a bottle of apple juice! Dora and friends land at the Showplace Theater on April 7 for a fun filled week of treasure hunting.

Join Dora as she and her best buddy Boots the Monkey embark on a trip to Treasure Island. Along the way, Dora invites the audi-

ence to help her find the pirate booty using map-reading, counting, and language skills.

Dora's Pirate Adventure at the The Showplace, 222 Pettit Ave., Bellmore, NY. April 7, 9, 10, 11, 12, 13, 14 and 21, all performances at 11 am. Tickets are \$10. Call (516) 599-6870 or visit www.plazatheatrical.com.

YM & YWHA, 67-09 108th St., between 67th Avenue; (718) 268-5011; www.centralqueensy.org; Tuesdays, 3–4:30 pm, Now – Tues, April 24; Free.

Everyone has a story, seniors 55 and older are welcome to tell theirs to teen volunteers from the Academy of Public Service of Forest Hills HS. Presented in part with the Central Queens YM&YWHA. Registration required.

Karate: Oak Ridge (Forest Park), Forest Park Dr. at Park Lane South; (718) 235-4100; debby.kuha@parks.nyc.gov; www.nycgovparks.org; Tuesdays and Thursdays, 4–5:30 pm, Now – Thurs, April 19; Free.

Children 7 to 14 learn this method of self-defense.

Storytime: Barnes & Noble, 176-60 Union TPKE. (718) 380-7077; Wednesdays and Saturdays, 11 am, Now – Sat, June 30; Free.

Children listen to a different author and theme each week.

Resume writing: Arverne Public Library, 312 Bch. 54th St. at Rockaway Beach Boulevard; (718) 634-4784; www.queenslibrary.org; Wednesdays, 4 pm, Now – Wed, April 18; Free.

Teens and young adults 16-24 get help in preparing their resumes.

Gaelic classes: Ancient Order of Hibernians Hall, 27 Locust Ave. www.scoilgaelge.org; Wednesdays, 7–10 pm, Now – Wed, June 27; Free.

For beginners (8-9 pm), novices (7:15-8 pm); Grammar 8-9 pm and advanced workshops (8-10 pm).

Cartoon exhibit: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; www.nyscience.org; Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm, \$11 (\$8 children 2-17, college students and seniors).

Animation. a 6,000 square exhibit features characters from the Cartoon Network, including larger than life graph-

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ics, animation from concept to finished product, storyboarding, character design and drawing.

Kindershul: Hillcrest Jewish Center, 183-02 Union Turnpike; 718-380-4145; www.hillcrestjc.org; Saturdays, 10:30 am, Now – Tues, June 5.

For children 2 to 7. An interactive program for parents and kids.

Arts and crafts: Lakeshore Learning Store, 2079 Hillside Ave. at Marcus Avenue; (516) 616-9360; mgermain@lakeshorelearning.com; www.lakeshorelearning.com; Saturdays, 11 am – 3 pm, Free.

Children three and up create fun projects.

"The Amazing Max and the Box of Interesting Things": The MMAC Theater, 248 W. 60th St. between Amsterdam and West End avenues; (212) 239-6200; www.telecharge.com; Saturdays, 4:30 pm, Now – Sat, June 30; \$29.50 (\$49.50 VIP seating).

The magic show with a mind of its own. Magician Max Darwin makes objects appear out of thin air.

Volunteers needed: Friedberg JCC and Sunrise Day Camp, 15 Neil Ct. (516) 634-4158; bflatow@friedbergjcc.org; Daily, 10 am–4 pm; Sun, April 1 – Mon, April 30.

Sunrise on Wheels, an outreach program for children and families who are in the outpatient pediatric hematology/oncology clinic for part or all of the day is asking for volunteers to roll out the rainbow tie-dye trunk in the waiting room or playroom offering games, toys and puzzles to keep the children occupied while they await treatment. Volunteers are needed for the Stony Brooklyn

Continued on page 50

Going Places

Continued from page 49

University Medical Center location and must be 18 years or older, be able to engage children and be very compassionate, patient and kind.

Get Your Kids Moving with Outdoor Spring Sports Leagues: Central Queens YM & YWHA, 67-09 108th St., between 67th Avenue; (718) 268-5011; www.centralqueensy.org; Sundays, 12 pm, Now – Sun, May 20; \$165 for each league. T-Ball program for children ages 3–6 years old. Youth Soccer League for children ages 3½ to 12 years old. The league is being held outdoors at the Forest Hills High School field.

Family sundays: Nassau Community Museum of Art, One Museum Drive at Glen Cove Road; (516) 484-9337; www.nassaumuseum.org; Sunday, April 1, 1 pm; Sunday, April 8, 1 pm; Sunday, April 15, 1 pm; Sunday, April 22, 1 pm; Sunday, April 29, 1 pm; Free with museum admission.

Docent led tours through the museum along with supervised art activities.

Homework and project help: Hollis public library, 202-05 Hillside Ave. (718) 465-7355; www.queenslibrary.org; Weekdays, 4 pm, Mon, April 2 – Mon, April 30; Free (\$15 for the trolley tour).

Teens learn how to use a laptop to do research for projects.

Homework help: Lefrak City Library, 98-30 57th Ave. (718) 592-7677; www.queenslibrary.org; Mondays – Thursdays, 4 pm, Mon, April 2 – Mon, April 30; Free.

Teens help each other with their school assignments.

Kite decorating: Long Island Children's Museum, 11 Davis Avenue; (516) 224-5800; www.limc.org; Tuesdays – Fridays, 2:30–4 pm, Tues, April 3 – Fri, April 27; Free with museum admission.

Design a kite using special dot markers, yarn and paper to create a one-of-a-kind project. (No classes April 6-13).

"Dora's Pirate Adventure": The Showplace, 222 Pettit Ave. (516) 599-6870; www.plazatheatrical.com; Saturday, April 7, 11 am; Monday, April 9, 11 am; Tuesday, April 10, 11 am; Wednesday, April 11, 11 am; Thursday, April 12, 11 am; Friday, April 13, 11 am; Saturday, April 14, 11 am; Saturday, April 21, 11 am; \$10.

Dora the Explorer live is an interactive performance with Dora and her best buddy Boots the Monkey embarking on a trip to Treasure Island. Along the way the audience is invited to practice map-reading, counting and language skills to help Dora reach the booty.

"Little Miss Muffet's Monster Sitting Service": The Swedish Cottage Marionette Theatre, West Dr. at 79th Street Transverse; (212) 988-9093;

Gardening and stories

For storytelling or gardening, Voelker Orth Museum is the place to be this spring. The Victorian garden and bird sanctuary, on the grounds of a centuries-old Victorian home in Flushing, has become the habitat to a variety of birds including orioles, mockingbirds and hummingbirds as well as local species like cardinals and blue jays. The gardens also boast many butterfly bushes that attract monarchs and swallowtails as well as a colony of honey bees.

On "Gardening Day" (April 1, from 2 to 4:30 pm) children and their parents can get a great crash course in city and suburban yardwork. Whether you have a terrace, backyard, or even a window box, you will get helpful tips from experts on everything from preparing a spring garden to refreshing houseplants. At the end of the program you get to take home seeds and seedlings. Admission

cityparksfoundation.org/swedishcottage.html; Mondays, Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon and 2:30 pm, beginning Sat, April 14; \$8 (\$5 children under 12).

Based on the nursery rhyme, "Little Miss Muffet", this version tells the story of Molly Muffet, the descendant of the original Miss Muffet. Run time is approximately 50 minutes and is suitable for children 3-9.

SUN, APRIL 1

Opening weekend: 8 am–6 pm. Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; 8 am–6 pm; free with museum admission.

Buddhist Mandalas: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rraport@cmany.org; www.cmany.org; 10 am; Free with museum admission (\$6 Free for members). Kids learn about the meditative tradition of creating mandalas, using colored sand to create designs and symbols.

Gustafer Yellowgold's Year in the Day: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000;



is \$3 for members and \$4 for non-members; Children are free.

Resident storyteller Dr. Marge Hendler tells tales to little ones 6 and younger during "Storybook Discovery" on April 14 from 11 am to noon.

Best of all, admission is a \$1 donation!

"Gardening Day" on April 1 from 2 to 4:30 pm and "Storybook Discovery" time on April 14, from 11 am to noon at the Voelker Orth Museum, 149-19 38th Ave. At 149th Place in Flushing, (718) 359-6227. www.vomuseum.org.

www.92y.org/92ytribeca; 11 am; \$15 (children under 2 free). The little guy from the Sun returns to New York City in a national tour with an out-of-this world multimedia show.

"Ramona Quimby": Queens Theatre, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queens theatre.org; 1 and 3 pm; \$14. The exasperating lovable third grader comes to life on stage and shares another fantastic adventure.

Spring adventure: Connetquot River State Park, Sunrise Hwy at S. County Rd. (631) 581-1072; 1:30–3 pm; \$4 (\$3 child; free for children under 3). Take a walk through the woodlands and search for the clues that spring has arrived. Registration required.

Gardening Day: Voelker Orth Museum, 149-19 38th Ave. (718) 359-6227; www.vomuseum.org; 2–4:30 pm; \$4 (\$3 members; Free for children). Participants get to take away seeds and seedlings.

Fashion workshop: Bayside Historical Society, 208 Totten Ave. (Fort Totten); (718) 352-1548; www.baysidehistorical.org; 2 pm; \$15 (\$20 family; \$12

members). Tweens and teens learn all about the Fascinator, a millinery headpiece, and an Easter parade must-have. Suitable for children 8 and older. Reservations required.

Red Star Army Chorus and Dance Ensemble: Queensborough Performing Arts Center, 222-05 56th Ave. 718-631-6311; www.visitpac.org; 3 pm; \$35-\$42. Over 70 singers, dancers and musicians put on a dazzling performance of Russian music and traditional folk songs.

MON, APRIL 2

Color weaving: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rraport@cmany.org; www.cmany.org; Noon; Free with museum admission (\$6 Free for members). Discover how colors interact as you create your own weaving on cardboard looms.

The 11th Annual Eva & Lou Friedman Model Passover Seder: Machane Chodosh, 67-29 108th St. 12 pm; \$14 for Central Queens Y members; \$18 non-members. A traditional glatt kosher luncheon will be served.

WED, APRIL 4

Princess Katie and Racer Steve: The Portledge Lower School, 355 Duck Pond Rd. (516) 750-3225; www.portledge.org; 8:40 am; Free. Children's band performs songs that impart life lessons with a positive spin.

A Reptile Adventure with Erik Callender: East Elmhurst Public Library, 95-06 Astoria Blvd. at 95th Street; (718) 424-2619; www.queenslibrary.org; 4 pm; Free. Children handle live animals including frogs, toads, lizards, turtles, snakes and live bugs.

Jewelry workshop: Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; www.queenslibrary.org; 4 pm; Free. Children explore their creative side and make unique pieces of wearable art.

THURS, APRIL 5

Celebrate spring: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 2 pm; \$10 (Free for members). Learn how to make a Vejridante Mask or a Mexican paper flower. All levels welcome. Materials included.

A Reptile Adventure with Erik Callender: Corona Public Library, 38-23 104th St. between 38th and 39th streets; (718) 426-2844; www.queenslibrary.org; 4 pm; Free. A fun-filled education experience allowing children to see, touch, and learn about reptiles and amphibians. Children handle live animals

Going Places

including frogs, toads, lizards, turtles, snakes and live bugs.

SAT, APRIL 7

Easter egg hunt: Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; www.queensfarm.org; Noon-4pm; \$5. The annual hunt in the orchard features Whiskers the Bunny hopping and greeting children, a round of Bunny Hop, games and hayrides.

Crystal Trio: Long Island Children's Museum, 11 Davis Avenue; (516) 224-5800; www.licm.org; 1 and 3 pm; \$4 (\$3 members) with museum admission (\$10 theater only). A unique musical group that performs using glass instruments. For children 3 and older.

"Rapunzel: A Tangled Fairy Tale": BayWay Arts Centre, 265 E. Main St. (631) 581-2700; www.broadhollow.org; 2 pm; \$10 (\$22 for tea party and show)

SUN, APRIL 8

Hieroglyphs: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rrapport@cmayn.org; www.cmany.org; 10 am; Free with museum admission (\$6 Free for members). Using the alphabet of ancient Egyptians create your own secret messages.

MON, APRIL 9

Pellet workshop: Long Island Children's Museum, 11 Davis Avenue; (516) 224-5800; www.licm.org; 11 am and 2 pm; \$4 (\$3 members). What does an owl eat? Children 5 and older discover the 411 on the night bird.

"Little Miss Muffet's Monster Sitting Service": The Swedish Cottage Marionette Theatre, West Dr. at 79th Street Transverse; (212) 988-9093; cityparksfoundation.org/swedishcottage.html; 11 am and 1 pm; \$8 (\$5 children under 12). Suitable for children 3-9.

Comic books: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rrapport@cmayn.org; www.cmany.org; Noon; Free with museum admission (\$6 Free for members). Use the museum's templates to create your own visual story.

Passover seder: La Baraka Restaurant, 225-09 Northern Blvd. (516) 354-7032; 5:45 pm; \$50 (\$25 children). Six-course dinner, includes a reading of the Haggadah, songs, and fellowship.

TUES, APRIL 10

"Little Miss Muffet's Monster Sitting Service": 11 am and 1 pm. The Swedish Cottage Marionette Theatre. See Monday, April 9.



Good times at the fair

Step right up and get your tickets because for two weekends in April, it's carnival time at the Queens County Farm Museum! Spend the day playing midway games, going on hayrides, winning prizes, chowing down on cotton candy, and being amazed by the magic show (2, 3, 4 and 5 pm in the barn). Not enough excitement? Whiskers the Easter Bunny ramps up the fun on April 7, from noon to 4 pm, when he hops on by and leads children on

a barnyard egg hunt, a few turns of the Bunny Hop, a game of egg toss and a visit with the farm animals.

Admission to the carnival is \$10 per person and includes all carnival rides; the Barnyard Easter Egg Hunt is \$5 per person.

Queens County Farm Museum Carnival, 73-50 Little Neck Parkway at Elmont Avenue in Floral Park, (718) 347-3276 on April 14, 15, 21 and 22, from 11 am-6 pm and Egg Hunt on April 7 from noon to 4 pm. www.queensfarm.org

"Rapunzel: A Tangled Fairy Tale": 1 pm. BayWay Arts Centre. See Saturday, April 7.

Artifacts and other things: Long Island Children's Museum, 11 Davis Avenue; (516) 224-5800; www.licm.org; 3 pm; \$3 with museum admission (\$2 for members). Children go on a simulated dig. For children 5 years and older.

"The Mikado": Carnegie Hall, 881 Seventh Ave. at W. 57th Street; (212) 247-7800; www.carnegiehall.org; 6:30 pm; \$25.

Gilbert and Sullivan's operetta set in Japan in the fictional town of Titipu.

WED, APRIL 11

"Little Miss Muffet's Monster Sitting Service": 11 am, 1 and 2:30 pm. The Swedish Cottage Marionette Theatre. See Monday, April 9.

THURS, APRIL 12

"Little Miss Muffet's Monster Sitting Service": 11 am and 1 pm.

The Swedish Cottage Marionette Theatre. See Monday, April 9.

Flamenco in the Boros: Jamaica Center for the Arts & Learning, 153rd St. and Jamaica Ave. (718) 658-7400; www.jcal.org; 7 pm; Free.

Flamenco performed by Vivo Carlota Santana. RSVP required.

FRI, APRIL 13

"Little Miss Muffet's Monster Sitting Service": 11 am and 1 pm. The Swedish Cottage Marionette Theatre. See Monday, April 9.

SAT, APRIL 14

College fair: Langston Hughes Public Library, 100-01 Northern Blvd. at 216th Street; (718) 651-1100; www.queenslibrary.org; 10 am; Free. Get information on admission, programs and more as well as listen to a panel of experts discuss how to obtain financial aid.

Nature Center, Wantagh State Pkwy at Jones Beach Causeway;

(516) 780-3295; 10:30 am- noon; \$4 (children under 3 free; Parking fee must be paid). Children 6-12 discover nature. Registration required.

Carnival: Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; www.queensfarm.org; 11 am-6 pm; \$10 (rides included). Performance times for magic show are 2,34, and 5 pm in the barn.)

Storybook discovery: Voelker Orth Museum, 149-19 38th Ave. (718) 359-6227; www.vomuseum.org; 11 am-noon; \$1 donation. Children 6 and younger hear stories.

Children's Carnival: Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; www.queensfarm.org; 11 am; \$10.

Rides, games, prizes, hayrides.

1001 Voices - Discover the Immigrant Experience in Queens: Jamaica Performing Arts Center, 153-10 Jamaica Ave. at 153rd St. (718) 618-6170; jpac@jcal.org; 7 pm; Free.

The Arts and music festival featuring the Dvorak New World Symphony and Dvorak Cello Concerto. RSVP required.

SUN, APRIL 15

Children's Carnival: 11 am. Queens County Farm Museum. See Saturday, April 14.

"Dora the Explorer": John H Hessel Hall, 336 Woodmere Blvd. at W. Broadway; (516) 374-5559; 1 pm; \$10.

Presented by Plaza Theatrical.

Fun for kids: Neissequogue River State Park, Old Dock Rd. at Sunken Meadow Road; (631) 581-1072; 1:30-3 pm; \$4 (\$3 per child; \$8 parking fee). Children 5 and older have fun examining the flowers and the animals in the park.

TUES, APRIL 17

"Peter Pan": Once Upon a Time Inc, 87-61 111th St. (718) 846-9182; 10:15 am; \$5. Join Peter, Wendy and the Lost Boys.

WED, APRIL 18

Parent workshop: Portledge School, 355 Duck Pond Rd. (516) 750-3244; 7 pm; cvillecco@portledge.org. Guest speaker Dr. Donna Volpitta presents practical information for parents.

THURS, APRIL 19

Discover nature hour: Caleb Smith State Park Preserve, 581 W. Jericho Tpke. (631) 265-1054; 10-11 am; \$4 (\$3 per child; free for children under 3). For children 3-5 and their parents. Learn about the natural world with hands-

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Going Places

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on activities and stories. Reservations required.

"Alice in Wonderland": Once Upon a Time Inc, 87-61 111th St. (718) 846-9182; 10:15 am; \$5. Take a trip with Alice through the looking glass.

Spoken word: Victor Hanson Recreation Center, 133-39 Guy R. Brewer Blvd. at 134th Avenue; (718) 978-1536; www.nycgovparks.org; 6:30-8 pm; Free. Adults, teens and children express their thoughts through spoken words. All ages.

FRI, APRIL 20

"The Dragon Child": Jack H Skirball Center for the Performing Arts, 566 LaGuardia Pl. at Washington Square; (212) 352-3101; www.skirballcenter.nyu.edu; 7 pm; \$25-\$40. Performance blends traditional Chinese art, music and culture with contemporary puppetry, theater and animation. Suitable for children six and up.

SAT, APRIL 21

Kinder Kritters: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10-11 am; \$25 (\$30 non-members). Instructors lead the children through songs, dances and games, as well as creative animal themed crafts.

Body buildings: Skyscraper Museum, 39 Battery Place; (212) 968-1961; www.skyscraper.org; 10:15 am-noon; Free with museum admission. Children work together to create a city skyline using poster paper.

Russian festival: Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; www.queenslibrary.org; Noon-3 pm; Free.

Hands-on history: King Manor Museum, Jamaica Ave. at 150th St. (718) 206-0545; www.nycgovparks.org; Noon-3 pm; Free. Learn how to play "Twinkle Twinkle Little Star," one of Mozart's compositions and listen to stories about Mozart and music.

Spring fling: Brookville Playground, Brookville Blvd. and N. Conduit Avenue; (718) 520-5918; www.nycgovparks.org; Noon-4 pm; Free. Children enjoy crafts, face painting, scavenger hunt, music and a performance by G Tee Shotta.

"The Dragon Child": 2 and 7 pm. Jack H Skirball Center for the Performing Arts. See Friday, April 20.

Ballet Hispanico: The Joyce Theater, 175 Eighth Ave. at 19th Street; (212) 242-0800; www.joyce.org; 2 pm; \$10-\$59. The world premier of *Espiritu Vivo*.

"The Nerd": Houghton Hall Theatre



Striking 'Yellowgold'

How does a mellow-yellow-fellow from the sun, named Gustafer Yellowgold, celebrate Earth's holidays? Find out at the far out, multimedia release party for the "Gustafer Yellowgold's Year in the Day" DVD/CD set, on April 1 at 11 am at the 92Y Tribeca. New songs from the DVD will be performed live by Yellowgold creator Morgan Taylor and his band.

In this fifth DVD set featuring Yellowgold, the little, conehead sun-man is enjoying his new life in the Minnesota woodlands, and he's celebrating a year's worth of the Earth's holidays in his own, unique way. Among the 11 music videos are "New is the New Old" and "A Shadow," in honor of (need we say it?)

at Trinity Episcopal Church, 130 Main St. (631) 732-2926; www.minstrelplayers.org; 8 pm; \$15 (\$12 seniors and children). Performed by the Minstrel Players of Northport.

SUN, APRIL 22

Photo day: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10-11:30 am; \$45 (\$50 non-members). Children 6-18 years old team up with parents and photograph zoo ani-

Groundhog Day. In addition to the widely known holidays, like Halloween, Yellowgold celebrates "unsung-about holidays," like Fat Tuesday/Pancake Day in "Pancake Smackdown."

"Year in the Day," featuring Gustafer, BF Forest Applecrumbie and pet eel Slim (short for Slimothy), offers a unique blend of pop music and cartoons.

"Gustafer Yellowgold's Year in the Day" debuts on the mainstage at 92Y Tribeca, 200 Hudson St. at Vestry Street in Tribeca, (212) 601-1000 on April 1 at 11 am. Tickets are \$15, and free for children ages 2 and younger. "Gustafer Yellowgold's Year in the Day" DVD/CD package, \$19.99, will be available for purchase at the event. For more, visit www.92y.org/tribeca/event.

mals in celebration of Earth Day. Digital camera required.

Carnival: 11 am-6 pm. Queens County Farm Museum. See Saturday, April 14.

Earth day: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 1 pm; Free.

Earth Day Live Animal Program: Alley Pond Environmental Center, 228-06 Northern Blvd. (718) 229-4000; 1 pm; \$15

Fred Garbo Inflation Theater

Col: Colden Auditorium, Kupferberg Center for the Arts, Queens College, 65-30 Kissena Blvd. (718) 544-2996; www.kupferbergcenter.org; 3 pm; \$12-\$18. Fast paced clever performance with big blow up shapes.

Concert: Free Synagogue of Flushing, 41-60 Kissena Blvd. (718) 961-0030; info@freesynagogue.org; 3 pm; Free. Pianist Albert Lotto performs.

"The Dragon Child": 3 and 7 pm. Jack H Skirball Center for the Performing Arts. See Friday, April 20.

"The Nerd": 3 pm. Houghton Hall Theatre at Trinity Episcopal Church. See Saturday, April 21.

MON, APRIL 23

Jewelry workshop: Bayside Public Library, 214-20 Northern Blvd. at 215th Street; (718) 229-1834; www.queenslibrary.org; 4 pm; Free. Children explore their creative side and make unique pieces of wearable art. Along the way they will learn jewelry techniques.

TUES, APRIL 24

"Peter Pan": 10:15 am. Once Upon a Time Inc. See Tuesday, April 17.

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30-11:30 am; \$25 (\$30 non-members).

Scaly Critters - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

Tiny Tots: 1:30-2:30 pm. Theodore Roosevelt Nature Center. See Tuesday, April 10.

Advisory Board: Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; www.queenslibrary.org; 5 pm; Free.

Teens brainstorm about new ideas about programs, books and services. Club hours count toward community service.

THURS, APRIL 26

"Alice in Wonderland": 10:15 am. Once Upon a Time Inc. See Thursday, April 19.

Toddler Time: 10:30-11:30 am. Central Park Zoo. See Tuesday, April 17.

Motivational workshop: Laurelton Public Library, 134-26 225th St. at Merrick Boulevard; (718) 528-2822; www.queenslibrary.org; 5 pm; Free.

Teens learn to deal with everyday issues.

Open mic: East Elmhurst Public Library, 95-06 Astoria Blvd. at 95th

Going Places

Street; (718) 424-2619; www.queenslibrary.org; 6 pm; Free.

Share your talents in poetry, writing, music and comedy. All are welcome.

FRI, APRIL 27

Family fun: Theodore Roosevelt Nature Center, Wantagh State Pkwy at Jones Beach Causeway; (516) 780-3295; 7:30–9 pm; \$4 (children under 3 free; Parking fee must be paid). The whole family discovers nature and gazes at the universe. Registration required.

SAT, APRIL 28

Nature workshop: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11:30 am; \$35 (\$40 non-members). Children 9-12 years old learn about frogs toads and everything amphibian.

Arbor Day Celebration: Alley Pond Park, 76th Ave. & Springfield Blvd. (718) 229-4000; 10 am. Help plant trees and shrubs in Alley Pond Park.

Toddler Time: Central Park Zoo, 830

Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members). Animal Sing-A-Long - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

Earth day: Heckscher State Park, Heckscher State Pkwy and Forty Foot Road; (631) 581-2100; www.nysparks.com; 11 am–4 pm; \$8 vehicle per car. Come and celebrate the 42nd anniversary of Mother Nature with hands-on environmental activities, live animals, pony rides, children's arts and crafts and vendor booths.

Storytime: Barnes & Noble, 176-60 Union TPKE. (718) 380-7077; 11:30 am; Free. Meet Skippyjon Jones, children's character reads.

Golf fest: Chelsea Piers, 23rd St. and the Hudson River; (212) 336-6800; www.chelseapiers.com; Noon–6 pm; \$15 (\$10 children). Stop by and demo out the latest golf equipment and enjoy complimentary hitting and swing tips from pros, a kids corner and hot dogs and beverages.

Ballet Hispanico: 2 pm. The Joyce Theater. See Saturday, April 21.

"The Nerd": 8 pm. Houghton Hall Theatre at Trinity Episcopal Church. See Saturday, April 21.

SUN, APRIL 29

Antique auto show: Queens County Farm Museum, 73-50 Little Neck Pkwy. (718) 347-3276; www.queensfarm.org; 11 am – 4 pm; \$5 (\$2 for children 12 and under). Members of the New York Antique Auto Club show off their retro vehicles, memorabilia for sale, hayrides and food.

Arbor festival: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; 11 am–4:30 pm; Free with admission to the gardens. Enjoy a variety of activities with in-house gardening tips, local artists, vendors, workshops and performances.

Earth day: 11 am–4 pm. Heckscher State Park. See Saturday, April 28.

Gustafer Yellowgold's Year

in the Day: Cinema Arts Centre, 423 Park Ave. (631) 423-3456; cinemaartscentre.org; Noon; \$12. The little guy from the Sun returns to New York City in a national tour with an out-of-this world multimedia show.

Golf academy: Chelsea Piers, 23rd St. and the Hudson River; (212) 336-6800; www.chelseapiers.com; Noon–5 pm; Free. Enjoy a 15 minute lesson with a golf pro, demos and more.

Ballet Hispanico: 2 pm. The Joyce Theater. See Saturday, April 21.

Marionetas de la Esquina: Queens Theatre, Flushing Meadows Corona Park; Box Office 718-760-0064; Administration 718-760-0686; www.queensstheatre.org; 3 pm; \$16. The Mexican puppet theater performs, "A Moon Between Two Houses" the story of two boys who become friends on a scary night. In English.

Night Jaguar: Long Island Children's Museum, 11 Davis Avenue; (516) 224-5800; www.licm.org; 3 pm; free with museum admission. Listen to folktales and myths of the Mayas and make a craft.

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New & Noteworthy

For April showers

Make sure your kids feet are dry — and stylin' — in a pair of Keen's waterproof Coronado rain boots. Available in a variety of smile-inducing patterns for boys and girls, from Grass Print (pictured); to not-scary Monsters on a field of blue; to Dark Shadow, featuring adorable dogs on a black background, these boots are lined with soft microfleece.

Perfect for romping through playgrounds and jumping in puddles, these boots slip on easily with the help of their looped handles. But watch out, they may be so comfy and fun that they'll soon have your child wishing for rainy days that never go away. Available in sizes 1-6.

Coronado Rain Boot by Keen, \$55. For more, visit keenfootwear.com or call (866) 676-5336.



'Mirror' reflects movie

It can be difficult to encourage a child to choose a book over easy entertainment like video games and TV shows. But if it's a chapter book based on a magical new movie about a legendary princess, they just might be tempted to crack its spine.

A new take on the Grimm Brothers' "Little Snow White" fairy tale, the PG-film "Mirror, Mirror" is an adventure comedy directed by Tarsem Singh ("Immortals"), starring Oscar-winner Julia Roberts as the greedy, vain Queen and Lily Collins ("The Blind Side") as Snow White. Arnie Hammer ("The Social Network") plays her seriously handsome Prince, while Nathan Lane delivers comic relief as Brighton, the Queen's bungling servant.

The movie-inspired novel, adapted by Lexi Ryals, is a suspenseful read with eight pages of color pictures from the film, high-

lighting the magnificent costumes by another Oscar-winner, the late Eiko Ishioka ("Immortals" and "Bram Stoker's Dracula").

Parents, be warned that the book (geared toward kids ages 7 and up) contains much calling for the death of Snow White; a teeth-gnashing beast; magical, murderous mannequins; and — spoiler alert — an apple-related murder-suicide. Overall, however, the novel about the generous, sympathetic Snow, who finds the metaphorical and literal strength to fight evil, turn a band of thieving dwarves into heroes, save the prince from a humiliating potion, and aid her impoverished townspeople, is a great way for your young reader to relive the memory of seeing the film with you, while they hone their reading skills.

"Mirror, Mirror: The Movie Novel" adapted by Lexi Ryals (Scholastic), \$5.99. For more, visit www.scholastic.com.



Universal pleasure

Celebrate Earth Day with Recess Music's Celebrate Earth Music series' "La Bella Stella" CD. It's struck the right chord to combine education and entertainment in kiddie music.

All 15 tracks are diverse styles, and each touches on the wonders of our universe. It's recommended for kids ages 4-11, but parents can hone their inner child, too! Rocknoceros' "Pluto" relays how the former plant



became a pint-sized one, while AudraRox laments that "Gravity" is keeping her down, and Andy Z croons that the Milky Way is more than a candy bar in "Galaxy Song."

There's more good news! A portion of the proceeds will be donated to the McAuliffe-Shepard Discovery Center in Concord, N.H.

"La Bella Stella" CD, \$12.99 plus \$2.98 for shipping and handling. For info, visit www.recessmusic.com.

Batty about friendship

Captivate your child with Scholastic's new animated version of Janell Cannon's 20-year-old story, "Stellaluna" — a DVD that brings to life the eponymous fruit bat which becomes separated from her mother by a swooping, hungry owl, which then raises it as her one of her own.

A teensy bit scary? Maybe, but a lot of fun at the same time. Stellaluna's story is about accepting what makes her different, and along the way, the viewer learns fun facts about these jungle inhabitants, including



hat makes a fruit bat different from birds: Did you know they sleep upside down and are covered in fur? All ends happily with Stellaluna reuniting with her mother. The DVD also has the option to watch the film with a read-along function — subtitles highlight each word as it's spoken

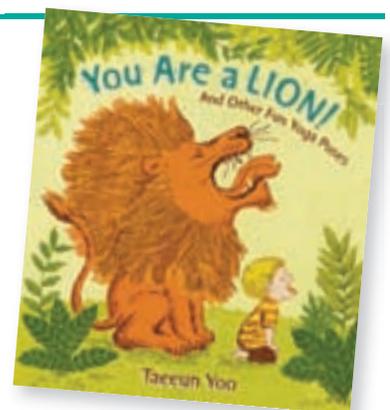
— which could be a boon for young readers. Fun songs folded into the narrative, too, and it's recommended for children ages 2-8.

"Stellaluna" DVD, \$12.95. For info, visit newkideo.com.

Yoga for two

When I found a rare moment to roll out my yoga mat in the living room, my young son took it as an invitation to jump on Mommy like I was a jungle gym. Needless to say, all of my muscles tensing for the impact from a rambunctious boy was not conducive to a relaxing session.

I'm sure that if I had Tae-eun Yoo's new book, "You are a Lion! And Other Fun Yoga Poses" (Nancy Paulsen Books), recommended for kids ages 3-5, I would have been more successful at diverting my son off of me and onto his own mat. This author-illustrated hardcover is a wonderfully drawn tool to help introduce your little one to the benefits of yoga — flexibility, focus, and more —



while making it easier for you to continue your own downward-facing dogs.

Yoo has reminded this reader of another side effect from practicing yoga — and parenting: fun!

"You are a Lion!" by Tae-eun Yoo, \$16.99
— Lisa J. Curtis

Orthodontist

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