

QUEENS

Family

Where Every Child Matters

July 2013
FREE



Preschools

Baby talk

- Nursing
- Pacifiers
- Postpartum depression
- Baby teeth
- Sunglasses



Find us online at www.NYParenting.com

There's still time to complete your Bachelor's Degree. *The CUNY School of Professional Studies can show you how.*

OUR ADVISORS ARE AVAILABLE TO:

- *Discuss your program options*
- *Give on the spot transcript evaluations*
- *Help you with the application process*

*Attend in-person, by phone, or via skype!
Walk-ins welcome.*

JULY 9TH, 16TH AND 23RD

8:00am - 8:00pm

101 W. 31st Street, 9th Floor, NYC

212.652.CUNY

information@sps.cuny.edu

ONLINE PROGRAMS

B.S. in Business
B.A. in Communication & Media
B.A. in Disability Studies
B.S. in Health Information Management
B.A. in Psychology
B.A. in Sociology

*Start Classes
Fall 2013 or
Spring 2014!*

IN-PERSON PROGRAM

B.A. in Urban & Community Studies

2013-2014 TUITION RATES

NY State Residents: \$245/credit

Out-of-State Residents: \$510/credit

Online degree students pay the NY State tuition rate



The City University of New York

sps.cuny.edu/familydegree



Family July 2013

COLUMNS

- 22 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD
- 24 Just Write Mom**
BY DANIELLE SULLIVAN
- 25 A Teen's Take**
BY AGLAIA HO
- 26 Healthy Living**
BY DANIELLE SULLIVAN
- 28 Death by Children**
BY CHRIS GARLINGTON
- 34 Dear Teacher**
BY PEGGY GISLER AND
MARGE EBERTS

CALENDAR

- 30 July Events**

FEATURES

- 6 Crybaby cafe**
Advice for breastfeeding moms when
faced with resistance
BY MALIA JACOBSON
- 8 An ounce of prevention**
Steps you can take now to avoid
postpartum depression later
BY OLIVIA BERGERON
- 10 Made in the shade**
Why sunglasses are very important at
every age
BY KIKI BOCHI
- 12 Parting with the pacifier**
How to help your child give up his
pacifier
BY MALIA JACOBSON
- 14 Chew on this**
How to care for baby's teeth
BY MONICA DICLERICO BROWN
- 20 The backstory on
Operation Backpack**
Volunteer drive collects brand-new
bags and school supplies
BY TAMMY SCILEPPI

SPECIAL SECTIONS

- 16 Preschool Directory**
- 23 Party Planners**
- 23 The Marketplace**



12



24



26

Letter from the publisher

Babies and beyond

This issue has a focus on two things in particular that tie into each other sooner than you'd think: babies and preschool, and there's no better time than July to be considering where you might elect to begin early childcare. It's a great time to investigate and explore the possibilities as you perhaps think about fall and enrollments in programs.

You'd think that babies wouldn't necessarily conjure up preschool, but they do, and even if you're going to stay home and be the primary care giver (which is getting rarer and rarer an option for a lot of Moms), before you know it, the time will pass and you will be needing to find a



playgroup or a Mommy class or some kind of socializing program that begins the process of adjusting your child to the world at large.

I always say that perhaps the most important responsibility anyone will ever take on comes with no training

and we are expected somehow inherently to know how to be a good parent. No time in our parenting experience is more daunting in this regard and shocking than in those weeks after we bring home a new baby. This tiniest of creatures (more tiny than we could ever have imagined), who hardly sleeps and doesn't let us sleep either, can be more work and cause more feelings of inadequacy than you've ever experienced before.

In New York City, with so many of us not being near our parents or siblings, and possibly having moved here from other places, we are not able to rely on their experience and expertise, and support groups with other parents are not only helpful but rather essential. Forming bonds with others will not only help you determine your "new normal," but also be a great way of establishing early on playgroups for your baby and future friends and buddies.

I often miss having a baby and find myself continually melting when I see babies on the street or out shopping. Watching their personalities emerge after weeks of basic stuff like crying, sleeping and nursing is a gift and a privilege. Suddenly, there is a person, and that person comes with nuance and temper and all that goes into the formation of a whole

individual. What a miracle!

School's out and vacations are here and camp and summer programs. The days of summer pass all too quickly and suddenly we'll be getting ready for school again and all that fall schedules require, so we have to enjoy these weeks to the fullest. Make sure to put sunscreen on your kids and don't forget those sunglasses. Enjoy the beach or the country or whatever family outings/picnics you have planned.

Have a great 4th of July and thanks so much for reading.

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

STAFF

PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss

PUBLISHER / BUSINESS MANAGER:

Clifford Luster

SALES MANAGER / ADVERTISING:

Sharon Noble

OPERATIONS ASSOCIATE:

Tina Felicetti

SALES REPS: Alexis Benson, Lori Falco, Sharon Leverett, Shanika Stewart

ART DIRECTOR:

Leah Mitch

PRODUCTION DIRECTOR:

On Man Tse

LAYOUT MANAGER:

Yvonne Farley

WEB DESIGNER:

Sylvan Migdal

GRAPHIC DESIGNERS:

Arthur Arutyunov, Charlotte Carter, Mauro Deluca, Earl Ferrer

MANAGING EDITOR:

Vince DiMiceli

ASSISTANT EDITOR:

Courtney Donahue

COPY EDITOR:

Lisa J. Curtis

CALENDAR EDITORS:

Joanna Del Buono, Danielle Sullivan

CONTRIBUTING WRITERS:

Risa Doherty, Allison Plitt, Candi Sparks, Laura Varoscak, Mary Carroll Wininger

CONTACT INFORMATION

ADVERTISING: WEB OR PRINT

(718) 260-4554
Family@cnglocal.com or
SWeiss@cnglocal.com

CIRCULATION

(718) 260-8336
TFelicetti@cnglocal.com

EDITORIAL

(718) 260-4554
Family@cnglocal.com

ADDRESS

New York Parenting Media/CNG
1 Metrotech Center North
10th Floor
Brooklyn, NY 11201

www.NYParenting.com

New York Parenting
M E D I A
Where Every Family Matters
www.NYParenting.com



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

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

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

Join the conversation on Facebook.

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

New York Parenting Media is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2013 Readership: 220,000. 2012 circulation audits by CAC & CVC.



Magic Carpet

Summer Day Camp

For Your Child's Summer Recreational Needs

AGES 4 TO 14

are invited aboard



Fly The Magic Carpet To A Fun-Filled Summer!



Still Registering

Call For Time & Location



2-8 Week Sessions Available

All Inclusive Rates

- Door to Door Transportation
- Small Groups • Private Pools
- Spacious Indoor & Outdoor Play Areas
- Exciting Trips & Special Events - Daily!
- Drama • Lunch
- Personal Attention

ACTIVITIES INCLUDE:
Swimming • Basketball
Tennis • Soccer
Baseball • Football

Family Owned And Operated

**LICENSED PROFESSIONAL SUPERVISION
REASONABLE RATES**

Beautiful "Air Conditioned" Bayside/Flushing Location

Call For More Information

718.634.8109

www.magiccarpetdaycamp.com



Give Your Child A Summer To Remember

Flushing Meadows Corona Park Aquatic Center
125-40 Roosevelt Avenue • Flushing, NY 11368
Intersection of Avery Avenue and 131st Street

PARTY PARTY PARTY!

HAVE YOUR CHILD'S FABULOUS BIRTHDAY PARTY WITH US!!

Come in for a **free tour**.
You won't be disappointed

Swimming • Basketball • Soccer • Baseball
In-Line Skating Moon Walk • Super Slide • Healthy & Fun



We give all our parties our "personal touch" as we are committed to customer satisfaction!



INCLUDES

- Hostesses
- Two Sports
- **Pizza & Soda**
- Gift for Every Guest
- **Special Gift for Birthday Child**
- Table for Adults
- **Party Area For 2 1/2 Hours**
- **Ask About Our Photography Show**
- **FREE** Indoor parking for birthday child's parents

Visit our web site for a virtual tour & prices

ASTORIA SPORTS COMPLEX



34-38 38th Street • Astoria, NY 11101
(Bet. 34th & 35th Aves.)

718-729-7163 www.ascsports1.com

Conveniently located in the heart of Queens -
One block from public transportation (M,R)

"THE PLACE EVERYONE IS RAVING ABOUT"



Crybaby cafe

Advice for
breastfeeding
moms when
faced with
resistance

BY MALIA JACOBSON

More babies are starting life with nature's perfect food: breast milk. The Centers for Disease Control and Prevention report that 75 percent of American newborns are now breastfed. That's good news. Breastfeeding has amazing benefits for both mom and baby. But when a happily breastfed baby starts putting up a fight at every feeding, it brings anxiety and drama into an otherwise peaceful relationship.

Nursing resistance and nursing strikes — brief periods when a baby resists or refuses breastfeeding — are frustrating, disheartening, and stressful.

Most babies will go through a phase of fussy nursing as some point, says Dr. Susan Rothenberg, associate director of Obstetrics at Beth Israel Medical Center in New York.

What's going on?

Nursing resistance is commonly misinterpreted, says Rothenberg. Moms often blame dwindling milk supply, but that's usually far from the truth.

"Once breastfeeding is well established, inadequate supply is rarely an issue, but a very common misconception," she explains.

It's also easy to assume that a baby is ready to give up nursing, but successfully breastfed babies

under 1 year old seldom self-wean. Instead, says Rothenberg, a baby who resists or refuses nursing may be reacting to common, treatable conditions: hyperlactation, a slow letdown reflex, discomfort, or changes in the mom's diet or hormone levels.

Hyperlactation: Too much of a good thing

Hyperlactation is the result of an overly strong milk letdown reflex that causes milk to flow too quickly and forcibly for a baby to comfortably swallow. According to lactation consultant and registered nurse Laura Burnett, nursing supervisor at Texas Health Harris Methodist Hospital, hyperlactation

can overwhelm a nursing infant, sending them into a sputtering, coughing tizzy.

How to help: Burnett suggests nursing in a reclined position to relax both mom and baby. If an oversupply of milk is contributing to the problem, she recommends nursing on one breast per feeding. After a few days, the body will reduce its milk production to a more manageable level.

Slow letdown: Going with the flow

A slow milk letdown reflex can frustrate babies, particularly those who receive bottles, which provide instant milk gratification.

Babies will latch on momentarily, only to dissolve into a teary tantrum if milk doesn't appear within seconds. A fussy baby contributes to mom's stress and intensifies the problem.

How to help: While tactics like gentle massage, heat, hand expression, or pumping can help get milk flowing before feedings, they won't resolve an underlying issue.

"It's important to explore reasons for a slow letdown," says Burnett. Returning to work, changing a nursing routine, or starting new medication are factors that can contribute, she says.

A slower-than-normal letdown reflex is often a sign of stress or distraction, notes Rothenberg. Her advice: "Take time to relax, ignore the chores piling up, and focus on your special bond with your baby."

Pain and suffering: Discomfort drama

You may not feel up to eating when you're experiencing pain or tummy troubles, and your baby is no different. Teething, earache, nasal congestion, or mouth pain caused by thrush can make nursing difficult.

Occasionally, a baby's dairy protein sensitivity can lead to uncomfortable gas and fussiness at the breast. This is not lactose intolerance, says Burnett, but a sensitivity to milk proteins in the mother's diet.

How to help: If you've ruled

out other causes and your little one is still unenthusiastic about nursing, see a pediatrician to check for pain or illness. A dairy elimination diet can help relieve symptoms of dairy protein sensitivity, says Burnett, but it may take several weeks to see an improvement.

New tastes: A changing menu

If you consume a varied, flavorful diet, your breastfed baby probably does, too. Breastmilk varies in taste depending on a nursing mom's diet. Hormonal changes resulting from birth control, a resumed menstrual cycle, or a new pregnancy can also affect milk's taste.

Most babies show no reaction to these changes.

A few will voice their displeasure if a new taste isn't to their liking, and temporarily resist nursing.

How to help: Taste variations in milk are generally temporary. If a baby has a strong reaction to a particular taste, eliminating the offending food should resolve the problem.

Feeding while baby is very sleepy, feeding in a warm bath, and skin-to-skin contact during nursing can help minimize resistance to breastfeeding during these changes.

Getting back to happy

Pump or hand-express to stay comfortable during nursing refusal. If you're worried that your baby isn't getting enough to drink, do a wet-diaper count. At least five to six wet diapers per day mean he's probably taking in enough fluid.

Like most babyhood phases, nursing resistance is usually short-lived. And it has a silver lining: once you weather this minor breastfeeding storm, you'll be rewarded with more confidence, patience, and a greater knowledge of your breastfeeding babe.

Malia Jacobson is a nationally published sleep and health journalist and author of "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."

A baby who resists or refuses nursing may be reacting to common, treatable conditions.



Children Are Our Most Precious Treasures...

Entrust Yours to the Professionals with the Most Experience.

Enroll now in our all-inclusive, language-based pre-school

- Low tuition rate
- Full day sessions
- Certified Teachers
- Small staff/student ratio
- Full-time nurse
- Multi cultural

• Beautiful Suburban Setting •
We offer field trips, special events, music, outdoor playground and gym.

HASC WOODMERE
Call us for a tour : 516.295.1340 Ext.195
321 Woodmere Blvd. Woodmere, NY



ALL STAR STUDIOS

dance, theater, and MORE!

Offering Classes in:

- ★ Ballet
- ★ Tap
- ★ Jazz / Contemporary
- ★ Hip Hop
- ★ Acrobatics
- ★ Theater / Singing

...And MORE!!

ALL STAR STUDIOS
108-21 72nd Ave, 4th Floor
Forest Hills, NY 11375
718-268-2280
Email: allstarstudiosnyc@gmail.com
www.allstarstudiosnyc.com

CHECK OUT OUR BIRTHDAY PARTIES!

An ounce of prevention



Steps you
can take
now to avoid
postpartum
depression
later

BY OLIVIA BERGERON

Sitting in a circle, surrounded by other pregnant couples, Samantha and her husband sat quietly.

“Irritability, sadness, guilt, exhaustion,” a childbirth educator at their birthing class described the symptoms of postpartum depression. The list continued, but Samantha was only half listening.

“How could I ever get postpartum depression?” she asked herself. Samantha overcame a rough first trimester, but now in her seventh month, she felt great. “That won’t be me,” she thought confidently.

Unfortunately, many couples experience a kind of magical thinking when it comes to unpleasant possibilities following the birth of a child. They hope that by not thinking about it, postpartum depression won’t happen to them. And yet, one in five postpartum women experiences a mood disorder more serious than the baby blues, such as postpartum depression. The term “postpartum depression” is an umbrella term that includes depression, anxiety, panic disorder, and obsessive compulsive disorder following the birth of a child. Symptoms can be mild to severe. So, while it’s startling to hear how common these illnesses are, it’s more shocking to know how often they go undiagnosed. More than half of women suffering do not get treated. All too many women suffer in silence, either because of shame and stigma, or ignorance as to the symptoms and treatment available. So looking around her birthing class, Samantha was surely seeing one if not more future sufferers. Maybe it would even be her.

In her memoir of her experience with postpartum depression, “Down Came the Rain,” Brooke Shields wrote, “if I had been better

informed, I might not have considered myself candidate [for postpartum depression disorder], but at least I would have been armed with some important information. I recognized early on that something was wrong and that I was able to find help. I hate to think about the women who endure this type of depression for long periods of time without knowing that there is assistance available.”

The good news is that the disorder is extremely treatable, particularly when therapy or medication are started early. Therapists and doctors who specialize in working with new moms are well worth seeking out, as they understand the unique needs of postpartum women. Associations such as Postpartum Support International (www.postpartum.net), and the Postpartum Resource Center of New York (www.postpartumny.org), are excellent sources of information about where to go for help.

And yet, as a therapist who treats pregnant women, as well as new moms with the disorder, I’m sometimes asked if there are ways to prevent it. While I can offer no magic bullet, there are definitely ways to minimize the risk of experiencing it. And the best part about taking these steps? You’ll also be making the transition to parenthood much easier by preparing yourself and your partner for the huge changes ahead.

Here are six things you can do before and after baby arrives:

- Line up as much postpartum support as you need, and then

The best part about taking these steps? You'll also be making the transition to parenthood much easier by preparing yourself and your partner for the huge changes ahead.

some. I tell my pregnant clients to prepare as if they were having twins. Somehow the idea of having two babies really motivates parents! Get family, friends, neighbors, postpartum doulas — and anyone else you can think of — ready to help you with chores and caring for the baby in the first months. There is no such thing as too much help, and certainly no shame in accepting it.

• Schedule a mental health “check up.” If you have a history of depression or anxiety, schedule a session with a therapist or psychiatrist before the baby arrives to discuss a postpartum plan in case of a relapse. Talk about what worked best to overcome the depression or anxiety the last time you got treatment and look at ways to incorporate these tactics after you give birth. It can be a huge relief to know you have a plan prepared in advance, just in case. Early intervention also results in a faster recovery, should postpartum occur, so don't wait to get help.

• Don't isolate yourself. Many new parents are surprised at how lonely and isolating it can be when you have a baby. This is particularly true if you are the first among your friends to have a baby, or if you live far from family. The internet can be a real lifeline for new parents looking to avoid isolation. Sign up for one of the local Yahoo parenting groups in your neighborhood (groups.yahoo.com) to find out news and information about parent gatherings. Look for new parent support groups and “baby and me” classes at the library, religious center, or baby gym, all great places to meet other parents. The sooner you develop a network of other new

parents to commiserate with, the more connected you'll feel.

• Nurture yourself with quality, nutritious foods. New parents are sleep deprived as a rule, and most don't have time to cook or eat elaborate meals. Oftentimes, they end up relying on caffeine and unhealthy snacks as a crutch. Caffeine can seriously exacerbate anxious feelings and sharp spikes in blood sugar can contribute to moodiness. Make sure you have healthy, quick meals, and snacks on hand and minimize or avoid caffeine altogether.

• Begin gentle exercise once you get medical clearance. Exercise has been shown to be as effective as antidepressants in some studies. Once you get the green light from your healthcare provider, begin gentle exercises, outside if possible. Sunshine and fresh air are great mood boosters as well. Note: if you are prone to panic attacks, avoid strenuous exercise, which can trigger an attack.

• Put off big life changes. Stress is a postpartum risk factor, so try to avoid major life stressors, such as changing jobs or moving, until you get settled as a family, if at all possible.

But even with all the preparation possible, some women will still fall victim to postpartum depression through absolutely no fault of their own. Stress, isolation, and fatigue are all contributing factors, but so is biology or a family history of depression and anxiety, which is completely out of our control. However, armed with the knowledge of where to go and what to do, new parents can get treated and go on to experience the joy they always hoped a child would bring. By seeking help early, new moms can give themselves and their new baby the best gift of all: a happy, healthy parent.

Olivia Bergeron, is a licensed clinical social worker and the founder of Mommy Groove Therapy & Support (MommyGroove.com). She is a psychotherapist who specializes in helping parents — particularly moms — to become less anxious and depressed, and more confident, so that they can best enjoy their children and families. She has an office in Park Slope, Brooklyn, and makes home visits for clients in Manhattan and Brooklyn. She lives in New York City with her husband, daughter, and twin sons. She can be reached at (917) 397-0323 or at Olivia@mommygroove.com.



Kimmy Ma ARTStudio

Embrace Originality & Build Confidence via Creative Process.

Summer Sundays Young Architect Workshop

Age 9-16, 10:30am-12:30pm with Ms. Catherine

Fall 17-week session in fine arts/illustration (September–January)

Mondays after school with Ms. Christine, beginners for age 5.5-8 & 8-11
 Tuesdays-Saturdays PM with Mrs. Ma, advanced beginners for age 8.5 & up
 Saturdays AM, beginners age 7-11 & advanced beginners age 8.5-15
 Sundays with Mr. Alan, 3 classes: age 6-10, 7-12, 8-15 with various levels
 Private 1:1 hourly during school breaks &
 Group 3-hour portfolio classes on Fri/Sat schedule are also available!

Visit Kimmyma-ARTStudio.com for schedules/tuition.

Curriculums are thoughtfully planned and supervised by Mrs. Kimmy Ma, Master of Art in the School of Education, NYU.

190-19 UNION TURNPIKE FRESH MEADOW, NY 11364
 646-209-9352

Astoria Kid Specialist

Walk In's Welcome

Asthma • Allergy • Anemia • Bleeding Disorders
 Obesity Sleep Disorders • Adolescent Medicine
 Gynecology • Hematology - Oncology

Meet our Board Certified
PEDIATRICIANS
 Dr. Rosemarie F. St. Victor
 Dr. Mario A. Peichev
 Dr. Mayank Shukla



WE ACCEPT MOST INSURANCES

We speak: English, Russian, Yugoslavian, Bulgarian, Hindi, French and Creole, Spanish

Get Your Child's Camp Physical

Open Monday-Saturday

Visit at: 32-72 Steinway, Suite B01, Astoria, NY 11103
 Phone **718-406-9278**
www.astoriakidspecialists.com • www.zocdoc.com

Made in the shade

Sunglasses
are very
important at
every age

BY KIKI BOCHI

Sunglasses are more than just a fashion statement. Especially in the summer, they are protection for your child's precious peepers. The sun's rays don't just damage the skin, they can harm the eyes, as well. As you apply sunscreen to protect your children's skin, don't forget to protect their eyes. Studies show that exposure to bright sunlight may increase the risk of developing cataracts, age-related macular degeneration, and growths on the eye, including cancer.

Kids are particularly vulnerable, and the sooner they begin to protect their eyes, the better. Many experts believe our eyes get 80 percent of their total lifetime exposure to the sun's ultraviolet rays by age 18. Especially during the summer, when the level of radiation is at least three times higher than during the winter, sunglasses are an important part of everyone's wardrobe.

The American Academy of Ophthalmology offers these tips to protect the whole family's eyes from the sun:

- Don't focus on color or darkness of sunglass lenses. Select sunglasses that block ultraviolet rays. Don't be deceived by color or cost. The ability to block light is not dependent on the price tag or how dark the lenses are.

- Check for the level of protection. Make sure your sunglasses block 99 to 100 percent of all dangerous rays.

- Choose wrap-around styles. Ideally, your sunglasses

should wrap all the way around to your temples, so the sun's rays can't enter from the side. Wrap-around sunglasses offer five-percent more protection than regular shades and can reduce sun-induced cataracts if used regularly.

- Tie one on. Protect your kids'

peepers — and your investment — by fastening shades to a strap so they stay on your child and don't get lost.

- Wear a hat. In addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.

- Don't be fooled by clouds. The sun's rays can pass through haze and thin clouds. Just because you don't see the sun shining brightly, it doesn't mean it can't damage your family's eyes.

- Protect your eyes during peak sun times. Sunglasses should be worn whenever you're outside, but it's especially important to wear sunglasses in the early afternoon, when light is more intense.

- Consider how much you want to invest. Many inexpensive children's sunglasses provide excellent protection. This is especially true if they include polycarbonate lenses, because polycarbonate lens material blocks 100 percent of rays without the need for added lens filters or coatings. However, if you are willing to invest more, desirable features include impact resistant lenses, unbreakable frame material, and spring hinges.

- Be patient. Start as young as you can, and don't get frustrated if children want to push their sunglasses off.

Just be consistent. Eventually, wearing sunglasses will become a habit — one that will serve your child well throughout his life.

Luckily, getting children to wear sunglasses is not that tough, especially if you allow them to select their shades. To them, sunglasses are a fashion statement, but you know they are so much more.





Queens Special Education Parent Center (QSEPC)

A non for profit parent resource center

*Servicing families of children with disabilities
in Queens & Brooklyn*

SOME OF THE SERVICES WE PROVIDE:

- Parent Workshops
- Parent Support Groups
- Information & referral Services
- Training in Special Education Process



*For more information, Contact us.
Nosotros hablamos Espanol*

98 Moore St., Brooklyn, NY 11206 • 718-302-4313 • www.uwsofny.org

INFLATABLE BOUNCE HOUSE • CLOWNS

For the ultimate experience in
**Clowns Magicians Characters
Princesses Bounce Slides!**

Book your next party with us!

Proudly Serving Long Island, Queens,
Brooklyn, Manhattan, & The Bronx

#1 in Kids Entertainment

Fun Filled Packages

Specializing in

- ✓ Professional Face Painting
- ✓ Magic Show w/ Live Rabbit
- ✓ Bounce House Inflatables
- ✓ Cotton Candy & Popcorn
- ✓ Cartoon Characters
- ✓ Interactive Games
- ✓ Lively Singing & Dancing
- ✓ Balloon Animals & Much More
- ✓ Birthday Parties
- ✓ Christenings
- ✓ Communion
- ✓ Corporate & Community Events
- ✓ Usherin

www.BookYourKidsParty.com
1057 Hempstead Turnpike . Franklin Sq. NY

Professional KIDS ENTERTAINMENT **516-596-5067**

CHARACTERS • MAGICIANS • PRINCESSES • BIRTHDAY PARTIES
CORPORATE AND COMMUNITY EVENTS • CLOWNS • BIRTHDAY PARTIES
COMMUNIONS • UPSHERIN • CHRISTENINGS



SPEECH PATHOLOGY & SWALLOWING DISORDER SERVICES OF LONG ISLAND

Specializing in the Treatment and Correction of:

Language Disorders • Memory & Auditory Processing Difficulties
Fluency • Voice Disorders • Motor Planning Disorders
Deviate Swallowing which Contributes to Orthodontic, Pedodontic and Periodontic Problems
Tongue Thrust • Feeding and Swallowing Problems / Aversions
Thumb and Finger Sucking • Articulation Disorders • Oral Facial Muscle Weakness

Specialized Therapy Approaches Including

PROMPT Therapy • Individual Feeding Therapy
Augumentative Communication Evaluations & Therapy

**PARTICIPATING WITH MOST MAJOR
HEALTH INSURANCE COMPANIES**

**444 LAKEVILLE ROAD
LAKE SUCCESS, NY 11042
718-640-6767
WWW.LISPEECHANDMYO.COM**

Parting with the pacifier

How to help your child give up his pacifier

BY MALIA JACOBSON

Ready to help your child give up a pacifier? Here are some tips for navigating the tricky transition.

Whether they're crystal clear, neon-bright, or covered in rhinestones, pacifiers are the modern baby's accessory of choice. Thanks to studies showing that they reduce the incidence of Sudden Infant Death Syndrome, most pediatricians have given pacifiers the green light. A study in Pediatrics found that a whopping 68 percent of parents give them to their babies before six weeks of age.

Babies aren't the only ones who love them; parents quickly become addicted to the pacifier's soothing effects on their offspring. Unfortunately, it often becomes a habit that overstays its welcome.

Why wean?

Some children give up non-nutritive or comfort sucking on their own, but others cling to the habit well into the preschool years. According to Dr. Lotus Su, of Pediatric Dental Associates, using a pacifier too much or for too long can contribute to dental problems, including deformation of the palate and shifting of the teeth, as well as mouth breathing and dry mouth, which may increase susceptibility to tooth decay.

Many doctors and dentists recommend ending the habit before permanent front teeth begin to emerge, which can happen before kindergarten.

"I recommend stopping pacifier use by age 3," says Dr. Su. "The earlier a pacifier habit is stopped, the less likely that there will be any den-

tal problems."

Potential problems extend beyond the teeth. Pacifier use is associated with otitis media, or middle ear infections. Minor health upsets like gastrointestinal infections and oral thrush are also more commonly seen in pacifier users.

Parents may be swayed by medical data and dentists' recommendations, but kids often need some coaxing to give up the long-held habit. Guilt-inducing lectures about dental problems or germs may be counterproductive, causing them to dig in their heels. Instead, help them become confidently pacifier-free with these tactics.

Literary lesson: Before embarking on a pacifier-purge, check out some

children's books on the topic. After listening to stories like "The Last Noo-Noo" by Jill Murphy or "Pacifiers Are Not Forever" by Elizabeth Verdick, your child may be more receptive to the idea.

Pacifier bear: When 3-year-old Violet was ready to give up her pacifier, mom Bec Langham took her to a popular build-your-own-stuffed-animal store. Violet deposited her last pacifier safely inside the teddy bear before it was sewn up. The bear now serves as both a cuddly friend and a unique reminder of Violet's younger days.

Baby charity: Your child may be willing to donate her pacifiers to a good cause. Gather up the pacifiers, and pay a visit to a friend with a young baby. Have your child "gift" the baby with the pacifier collection, and shower her with praise for her generosity.

The Paci Fairy: Steal this idea from Supernanny Jo Frost: have your child place her pacifiers in a large envelope to mail to the "Pacifier Fairy." Put the envelope in the mailbox together before bed. Once she's asleep, swap the envelope for a new toy. When she wakes up, excitedly take her to the mailbox to find her new treasures.

Make the cut: Snipping a small hole in a pacifier can help it lose its appeal quickly, encouraging a child to give it up on her own. Be sure to dispose of a broken pacifier promptly, because it can harbor bacteria or become a choking hazard if a child continues to use it.

Out of sight, out of mind: Parents seeking the quickest route to pacifier-freedom can simply throw them all away. Kelly Stallings opted for the cold-turkey approach with daughter Taylor.

"The first night was rough, but after that, she didn't care," she says. Just make sure to get rid of each and every one, so your child isn't tempted to relapse (and you're not tempted to cave in).

No matter how stubbornly your child clings to a beloved binky, eventually it will be a thing of the past. Once your child is free of the pacifier habit, you're free as well — from relentlessly searching for them, washing them, and buying them. Enjoy your well-earned liberation. At least, until the next must-have item comes along.

Malia Jacobson is a nationally published sleep expert, health journalist, and mom. She blogs about sleep and family health at www.thewellrestedfamily.com.



SEND IN THE CLOWNS / 100% FUN ENTERTAINMENT CORP.



YOUR **1** STOP PARTY SHOP!

WWW.SENDINTHECLOWNS.COM

(718) 353-8446

(516) 354-1515

(914) 524-0055

Serving Tri-State Area
(Specializing in Hampton Parties)

PHOTO FAVORS



VIDEO TRUSS



ROCK WALL



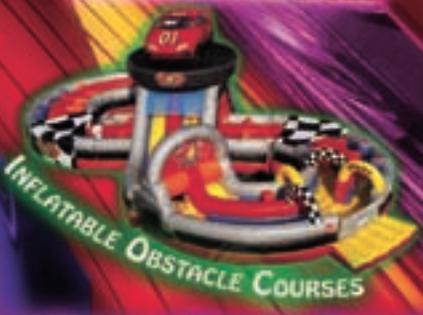
MECHANICAL BULL



INFLATABLE WATER RIDES



FAIRY'S DRAGON



INFLATABLE OBSTACLE COURSES



PHOTO BOOTH

CORPORATE PARTIES, BAR/BAT MITZVAH'S, BIRTHDAY PARTIES, BLOCKS PARTIES, DJ'S, AND MUCH MORE

**FREE COTTON CANDY
WITH COUPON**
YOU MUST SAY "METS ROCK"
WHEN YOU BOOK A PARTY!



RENTALS AVAILABLE
TABLES, TENTS, CHAIRS, DANCE FLOORS,
BALLONS, BARS, GRILLS.

OFFICIAL PARTY PROVIDER OF THE NEW YORK METS

CALL OR EMAIL US FOR A FREE CATALOG



Chew on this

How to care for baby's teeth

BY MONICA DICLERICO BROWN

It's a milestone that lots of parents love, and they like to document it with lots of cute pictures.

Baby's new teeth are adorable, but their care and maintenance routine can be confusing for many new parents. Here's the scoop on the best way to properly clean those little pearly whites and the right time for that first visit to the dentist.

Dr. Frederick Stange, of City Dentist, says the perfect age for a child's first visit can depend on how much room they have between their teeth.

"Children have spaces between their baby teeth — and that's supposed to be the case," says Dr. Stange. "That's what makes those teeth 'self-cleaning.' Minimal care from the caretaker will keep the teeth healthy. Start with a flexible finger cot that is sold in most pharmacies — it helps keep

the hands close to the child and offers more control. As the infant grows accustomed to this habit, you can switch to the brush."

A toddler with spaces in between his teeth usually has his molars by the

time he's 2 years old, and that's when Dr. Stange recommends bringing the child in for the first professional evaluation.

But children who don't have spaces in between their teeth should be seen by a dentist much earlier — usually around his first birthday, or when you can see eight to 12 teeth in his mouth.

"Just like an adult, the touching teeth allow plaque and bacteria to grow in between. The children I see with little to no space between their teeth are usually the ones with decay."

For all children, wiping the teeth clean before bedtime is important, even if you're not comfortable using toothpaste right away.

"Start one thing at a time: finger cot, toothbrush, then toothbrush and paste. And never allow a child with teeth to fall asleep with a milk or juice bottle in their mouth. Sugar that will remain in the mouth overnight will cause decay. This usually starts in the front teeth and turns the teeth dark, but it's so easily prevented."

And the Midtown Manhattan dentist says parents can make it easier for children who may be anxious or uneasy about visiting the dentist for the first time.

"Preparation for a toddler's first dental visit starts at home," he says. "If this is the first time anyone is looking in the child's mouth, the new experience with a stranger will most likely not be received well. I have my 4-month-old daughter hold and explore her little toothbrush, even at this young age. This way, she's somewhat familiar with it, and it doesn't become something that's forced into her mouth. Rather, the experience of the toothbrush is almost akin to her pacifier, in that it's accepted as normal."

You can also prepare them at home by going through some of the same motions the dentist will go through: have your child open his mouth wide, so you can make a game of counting his teeth. Let him do the same for you. Give him a flashlight, if it makes the "game" more fun.

"If they are in control and understand the situation, you have removed the fear," says Dr. Stange.

Going a step further, Dr. Stange recommends bringing your child with you when you see the den-

tist, so that he can see the dentist or hygienist is working on mom or dad, and that it's ok.

"Start as young as you can. If they see that it's easy with you, then it will be easier to relate to the dentist," he adds.

At the very least, Dr. Stange urges parents NOT to threaten their children with a trip to the dentist.

"Children have excellent memories — if you tell them, 'Brush your teeth or you will have cavities and then the dentist will have to pull out all of your teeth,' they'll remember that! Make it a positive experience and use positive reinforcement when your child is brushing correctly. You don't want anything negative attached to the dental visit."

If your child is using a toothbrush and is actually learning how to brush, Dr. Stange says it's a good idea to do it while he is in a playful and inquisitive mood.

"Right before bed while your child is tired and fussy is probably not the time to try to brush the teeth. It's best after dinner and after breakfast. Remember that the cavity and odor-causing bacteria are always growing in our mouth. We are controlling their population by brushing them away. It is not as much about brushing at 9:04 pm and again at 7:56 am as it is about removing bacteria twice a day.

"It is okay to brush and have one more bottle as long as — again — we don't fall asleep with that bottle. Brushing effectively while a child is accepting is much better than fighting that cranky child at 11 pm. Ultimately, it is best to brush, then go off to bed, and in the morning after breakfast would be best as well."

Bottom line? Make oral hygiene an important part of your child's daily routine, and you'll never go wrong.

"We find ways to have our children enjoy reading or coloring daily, so we should be doing the same with our oral health routine," says Dr. Stange. "But timing is very important. We usually don't ask them to wait till bedtime to start reading, playing, or learning, so we should take care of their teeth throughout the day as well."

Monica DiClerico Brown is a television news anchor and freelance writer who lives in Pearl River, NY, with her husband and two children.

"BEST NEW ACT IN AMERICA!"

Piers Morgan, AMERICA'S GOT TALENT

illuminate ARTIST of LIGHT

**An Electrifying Story
Told Through Music,
Dance & Technology**

BEGINS JUNE 24

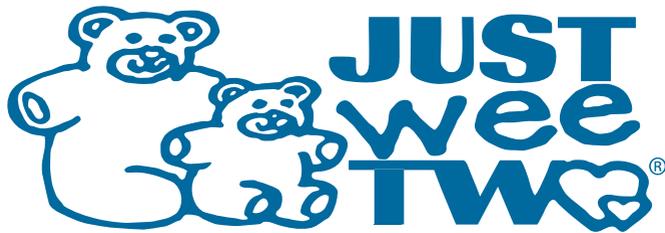


New World Stages • 340 W. 50th St. NYC

Telecharge.com 212-239-6200



illuminate.com



where children and grown-ups learn and play together

For 8 months – 3½ years

NOW REGISTERING

for Summer and Fall Programs
at our Bayside Location

Join Us For Fun

- Arts & Crafts
- Music • Stories
- Creative Movement
- Playtime
- Narrow Age Spans
- Maximum 10 Children Per Class
- 1½ Hour Classes
- Professional Staff

“Just For Me”

2½ – 3½

Separation Program

Partial Separation Classes
Also Available

Infant Classes and ABC Enrichment Classes also available

For information call 1-800-404-2204 or 516-433-0003
Or log onto our website: www.justweetwo.com

Other Locations: Park Slope & Brooklyn Heights, Plainview & Manhasset, Greenwich & North Stamford, CT



Kissena Cherry Day Care

Where East Meets West

Your child deserves a bright start

- **6 months - 5 years**
- **7:30am - 6:30pm**
- Affordable monthly tuition
- UPK - for 4yrs (2009)
- Breakfast, lunch & snack
- Reading & Writing
- Art & Music
- Math & Science
- G/T test prep
- Director always available!

**Brand New
Infant Care Space!**

**Nurturing, Safe &
Loving Environment**

6 Months and up

**Limited Space
REGISTER
NOW**

Director: Flora Chung, M.S. Early Childhood
140-26 Cherry Avenue, Flushing, NY 11355
(718) 886-2889 • www.kissenacherrydaycare.com

PreSchool

DIRECTORY

All My Children Day Care & Nursery School

718-658-1563 or www.allmychildrendaycare.com

Our Philosophy: Learning, curiosity, and motivation are natural and ongoing processes in children's growth. We encourage children to be aware of the environment and appreciate the things around them. Our staff creates an atmosphere wherein these qualities are nurtured and encouraged. We know that children learn best through activities that capture their interests. We provide a wide variety of learning materials that are both interesting and educational. We also enrich our curriculum with computer workshops, a music and movement specialist, programs based on holidays, speakers that come on and off site, and trips (Green Meadow Farm, The Hall of science, Long Island Children's Museum and the firehouse, just to name a few). Our large playground and movement classes provide an excellent environment to develop gross motor skills.

Parental participation is an important component of our program. We foster parent involvement through various parent-child workshops and other parent child activities throughout the year.

The HASC Integrated program is available to children ages 3-5. Developmentally appropriate learning is emphasized through play, language and motor activities in classes consisting of seven children with special needs and eight typically developing children. Multicultural programs are held in a state-of-the art facility with highly trained staff. Children experience the benefits of low student-teacher ratios in classes taught by certified teachers. Classes participate in gym, music, class trips, and special events. HASC provides a high quality well- rounded program!

Immanuel Genius

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

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

253 Northern Blvd., Little Neck/ 718-877-3001

www.immanuelgenius.com

Immanuel Genius offers FREE Full day and Half day UPK program for children born in 2008. Also, Immanuel offers FREE extended Service for those who enrolled Free Half day UPK program & Free Bus Service for paid Private Pre-Kindergarten; for Flushing residents to our Flushing Center, and for Bayside residents, to our Bayside center (boundary restrictions apply). Preschool (ages 2 to 6) children are introduced to beginning reading and writing, math and science, 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 from our Flushing center is the place for the children to observe and explore many different elements of nature. Teachers communicate with the parents on a daily basis through the student's home-school journal. Also, Immanuel Genius has a full day and after school program year round, including an exciting Summer Programs. Bus Service is available to Flushing, Bayside, Whitestone, Douglaston, and Little Neck.

Just Wee Two

With locations in Bayside, Plainview and Manhasset
800-404-2204 or 516-433-0003 or www.justweetwo.com

Offers a very special time for children to enjoy pre-nursery school activities with the security of knowing Mommy (or another caregiver) is there. .A great preparation for pre-school, the Mother & Child program is available for children as young as 14 months. Partial separation and separation classes are also available. The school has a pre-nursery program, arts & crafts, music, play, stories, snack and creative movement.

Alpha Kappa Alpha Sorority Epsilon Pi Omega Chapter Day Care Center, Inc

144-06 Rockaway Blvd.
718-322-6242

LOOKING FOR A QUALITY EARLY CHILDHOOD PROGRAM? We at Alpha Kappa Alpha Day Care Center believe that all children, regardless of race, color, sex, national origin, or religion deserve an opportunity to learn to the fullest extent of their potential. We provide an atmosphere that encourages social, emotional, physical, and intellectual growth and development. The philosophy is that early childhood should be a time of fun, warmth, security, exploring, and discovery. Based on the theory that children learn through play, classroom routines encourage active involvement, meaningful experimentation and reinforcement through repetition. The curriculum includes sharing and conversation time; stories, songs, and finger plays; creative art activities, crafts; games, large and fine muscle activities, field trips, science and math activities and celebration of birthdays and holidays.

HASC Early Childhood Programs

321 Woodmere Boulevard,
Woodmere
516-295-1340

Is a non-profit, non-sectarian program, serving children from birth to age ten.

Continued on page 18

Discover Something Amazing Here..... Children



ALPHA KAPPA
ALPHA SORORITY
EPSILON PI
OMEGA CHAPTER

DAY CARE CENTER, INC

144-06 Rockaway Blvd.
South Ozone Park, NY 11436



UNIVERSAL PRE-KINDERGARTEN

Group Day Care: Ages 2 years to 5 years

Family Day Care: 6 weeks to 3 years

Contact Ms. Claudette Sutton (718) 322-6242

E-mail: akadaycare@aol.com

Job Opportunity: Preschool Teacher

Employment Type: Full Time

The mission of Alpha Kappa Alpha Sorority Day Care Center is a commitment to provide a quality early childhood program for young children to develop and grow in the areas of Physical, Social/Emotional, Cognitive and Communication.




Fresh Meadows Center Open House
Saturdays: 10am to 3pm / Weekdays: 4pm to 6pm

UPK program available, seats are very limited!
Call us and register today!

FREE Gifted and Talented Classes for Pre-K.
90% of our children who took the test
got into NYC G&T program!

- Exciting programs for 6-months to 5 year olds
- Full day, half day and after-school options
- Certified NY State teachers, multi-lingual staff
- Brand new, state-of-the-art facility
- Sunny & spacious classrooms
- Large outdoor playground
- Extended hours available
- Accepting all government vouchers
- Nutritious and hot meals served daily

www.rainbowchildlearning.com

Flushing Center 133-20 Avery Ave, Flushing NY 11355 • 718-496-5513

NEW! Fresh Meadows Center 77-40 164th St. Fresh Meadows, NY 11366 • 718-969-1900

DISCOVER THE PERFECT BALANCE OF FUN AND ENRICHMENT at Immanuel Genius!

FOR CHILDREN AGES 2-5 YEARS

PRESCHOOL 2-5 YEARS

- Language & Literacy
- Math & Science
- Art & Music
- Ballet & Tae Kwon Do
- Social Studies
- Computers
- Monthly Assessment
- Progressive Report

REGISTER
NOW FOR
FREE
UPK PROGRAM
FOR ALL
4-YEAR OLDS

BUS SERVICE
AVAILABLE



REGISTER
NOW FOR
SEPTEMBER
2013 IN
LITTLE NECK!

2013-2014
SCHOOL YEAR
Preschool • 2-5 Years
FREE Special Enrichment
Program

- Ballet
- Taekwondo
- 2nd Language
- Cooking and more



Unlock the full potential
of your child with
Immanuel Genius!

253 Northern Blvd Little Neck (718) 877-3001
163-15 Oak Ave., Flushing, NY 11358 | (718) 460-9991
213-01 Northern Blvd., 3 Fl., Bayside, NY (718) 819-0190

Visit our website: www.ImmanuelGenius.com
Bus service to Flushing, Fresh Meadows, Bayside,
Whitestone and Douglaston

PreSchool

DIRECTORY

Continued from page 16

Kissena Cherry Daycare
140-26 Cherry Ave, Flushing
718-886-2889 or www.kissenacherrydaycare.com

Our mission is that every child has the individual needs, strengths and talents; with a choice education every one of them can be a leader of the future. Our goal at Kissena Cherry Daycare is to nurture each student to achieve his or her full potential; with an emphasis on the development of all aspects of a student's talents and abilities. We also prepare our student's with the requisite skills and disposition to be lifelong learners. We help them foster self-esteem and build confidence, grow and assume responsibility for their lives while introducing social skills and respect for others. This is all accomplished in a fun and dynamic learning atmosphere. Call today for more information.

The Learning Tree
74-15 Juniper Boulevard, Middle Village
718-899-2020 or www.thelearningtree.org

The Learning Tree has been servicing the community since 1972. Their Middle Village location provides a safe, nurturing and creative environment. Age appropriate curriculum and positive social interaction are the schools key successful elements. Nursery, pre-kindergarten for children ages 2-5 and after-school programs are available. Summer Camp programs are also available for ages 2-14 with swimming on premises. Please contact them for more information.

Little Apple Preschool
213-54 35th Ave., Bayside
718-838-9243 or www.littleapplepreschool.com

At Little Apple Preschool, we promote learning through play and discovery. We find that stimulating curiosity further builds our natural need to explore and understand using our primal senses-- an intricate part of development at any stage.

We pride ourselves in providing teacher-directed/child-selected learning environments that enrich the process of knowledge retention and expansion. It is important to actively encourage developmentally appropriate activities and lessons that your child will equally enjoy and benefit from.

In addition, we believe that indulging in methods that not only evoke the mind but the body as well explores boundaries that would not be reached any other way. For this reason we include dance, music, yoga, and art classes to every age

group-- from newborns to our 5year old leaders, in our daily plans. Its another way to simultaneously learn, laugh, and explore.

We hope to extend our family to yours at Little Apple Preschool.

Positive Beginnings Preschool

71-25 Main Street, Flushing
718-261-0211
72-52 Metropolitan Avenue, Middle Village
718-326-0055
Evaluation Site: 72-60 Metropolitan Avenue, Middle Village
718-894-8400

We are preschools servicing typically developing and special education children ages 3-5. Bilingual Spanish and Hebrew classes are available. The nurturing environment caters to children with special needs and their families to provide quality educational programs tailored to enhance the child's developmental levels. Evaluations, Special Ed classes, Art Education; Music, Occupational, Speech, Language and Physical Therapies, are all accredited professional departments. Their commitment is to provide a safe, caring and stimulating environment, with respect for each child's culture, language, religion, and learning style. The schools and evaluation site are centrally located and convenient to mass transit and major highways.

Rainbow Child Development Center
133-20 Avery Ave., Flushing
718-496-5513 or www.rainbowchildlearning.com

Rainbow Child Development Center is a year-round nursery and preschool with rolling admission. We serve children that are 6 months to five years old. All our programs provide free & nutritious breakfast, lunch, afternoon snack, and dinner daily!

The early years of your child's life are a time of tremendous development and learning. Our curriculum is specifically designed to cultivate children's independent thinking, encourage their curiosity to learn, and support their physical development. In the 2012-2013 school year, 90% of children that took the NYC gifted and talented test from our Pre-K class got in.

We are now thrilled to have two state-of-the-art centers in the culturally-diverse borough of Queens, NY! We also take pride in our bilingual educational programs. All children in our centers are exposed to both English and Chinese instructions throughout the day. You will be surprised at how much your child will learn!

GROW WITH US

THE LEARNING TREE

ENROLL NOW!

Half or Full Day Programs 2, 3, or 5 Days a Week Bus Service or Extended Day Available
N.Y.C. Lic., A.C.S. Approved

- Communication, Social & Listening Skills
 - Enriched Academic Curriculum
 - Positive Reinforcement
 - Warm, Friendly Environment
- Qualified, Nurturing Teaching Staff



- Nursery
- Pre-Kindergarten
- After School Program

74-15 Juniper Blvd. North
Middle Village, NY
7:00am to 6:30pm
718-899-2020
www.thelearningtree.org

Near Public Transportation & Highway

**71-25 Main Street
Flushing, NY 11367**
**Tel: 718-261-0211
Fax: 718-268-0556**

**72-52 Metropolitan Ave.
Middle Village, NY 11379**
**Tel: 718-326-0055
Fax: 718-326-0637**

We Provide:

- Classes in English, Spanish, Hebrew & Russian
- Integrated Classes
- Comprehensive Evaluations
- School Psychologist
- Counseling
- Social Work Services
- Speech Therapy
- Occupational Therapy
- Physical Therapy
- Family Support Groups and Training
- Adaptive Physical Education
- Fully Equipped Playground
- Music, Art, Library & Science

POSITIVE BEGINNINGS IMPACTS A LIFETIME

Funded by NYS Educational Dept. and NYS Dept. of Health



Free Pre-K classes for children born in 2009 Register for Summer Camp!

- A Place For Your Child to Grow Emotionally & Intellectually
- Environment encourages Problem Solving and Independent Thinking
 - Interesting and varied educational activities
 - Enrichment programs - Parent Programs - Trips

PROGRAMS

- Year Round • Full Day Sessions • Ages 6 mos. - 5 yrs.
- After School Ages 6-12 Yrs • Jewish Culture
- Kosher Meals & Snacks Provided
- Trained Music Specialist • Transportation Available
- Individual Attention • Creativity Stressed • Field Trips
- Movement Specialist • Nature • Drama • Computer • Trips

FREE UPK
for children born in 2009

* We are accredited and licensed by the NYC Department of Health and State Education Department

Subsidized ACS Early Learn programs available.

Long Island City
36-49 11 Street

Forest Hills
108-22 69 Ave.
66-05 108 Street

Fresh Meadows
169-07 Jewel Ave.

Jamaica
110-15 Place
117-16 Sutphin Blvd

Jamaica Estates
175-44 Mayfield Rd.
83-10 188 Street

Queens Office: 718-658-1563 ext 206
Brooklyn Office: 718-576-6812 ext 601

www.allmychildrendaycare.com

The backstory on Operation Backpack

Volunteer drive
collects brand-
new bags and
school supplies

BY TAMMY SCILEPPI

As a surge of grassroots volunteering sweeps the country, more and more folks are choosing to devote their time and energy to help those in need, as evidenced by the thousands who stepped forward after Hurricane Sandy's devastation and, more recently, after the Oklahoma tornadoes.

Giving back to those less fortunate can also benefit children by helping them to appreciate what they have. So, if you're dealing with "bored kids syndrome" this summer, how about getting them involved in some community work? After all, charity begins at home. Through participating, parents can find a fun and fulfilling summer activity for the whole family.

Operation Backpack: A great family project

Fast forward to September, and before you know it, it's back-to-school time. As a parent, can you imagine sending your child or teen off to school without a backpack, filled with the essential supplies they need to help them get off to a good start?

This summer there are more than 20,000 children living in homeless shelters, and every year, thousands of homeless students in the city face a new school year without those basic supplies.

Volunteers of America's Operation Backpack helps close this gap by collecting and distributing thousands of new backpacks full of grade-specific and essential school supplies to those kids. Last year, more than 13,500 backpacks were distributed!

And volunteering at Operation Backpack has become an annual back-to-school tradition for many

children over the years.

Spear-headed by Rachel Weinstein, Operation Backpack came to be when she decided to re-brand the small effort, back-to-school drive 10 years ago.

Rajani's story

Rajani was a high school junior when she and her family fell on hard times, and the only way they could remain together was to enter a shelter. The shelter was not a Volunteers of America shelter, but while there, the children were instructed to get their backpacks for school. Rajani didn't want to go, thinking she was going to be given a "shelter backpack," but her mother insisted she take her little brother to get his.

Rajani says the quality of the backpack she received was totally unexpected, and to this day she has the dictionary and thesaurus.

"I couldn't believe someone cared about me enough to do this for me — give me a backpack that had everything I needed to go to school," she said. "It gave me the incentive to go to school and I decided that even though I was sitting in a shelter, I could still have a good time ... and that year, I excelled. It propelled me to apply for the scholarship I received."

Rajani has since graduated from Fordham University.

"The success of Operation Backpack lies with the generosity of the New York City community," says Weinstein, Vice-President and Chief Development and Communications Officer at Volunteers of America-Greater New York. "I don't necessarily think of community service as 'giving back,' so much as I just see it as good citizenship — the right thing

to do; helping to make the world a better place."

The backstory

Weinstein says she was working as a consultant 11 years ago when her daughter Madeline attended school at Metropolitan Montessori, across the street from Volunteer of America's headquarters on W. 85th Street in Manhattan. One of the moms who happened to work at there asked Weinstein if she would plan an employee recognition event. Then, when she joined full-time, she had responsibility for the volunteer function — and the project going on at the time was the back-to-school drive.

One summer, while shopping for young Maddie's school supplies, Weinstein noticed "the difference between what my daughter would be taking to school and what our kids in shelter would have — a plastic bag with perhaps some pencils — was a huge disparity, and I vowed to develop a more targeted and comprehensive approach the following year. This was 2003."

Her goal was an ambitious one: a backpack filled with a specific list of supplies recommended by public school teachers, for every one of the 11,000 children served by Volunteers of America-Greater New York.

"We would ask the general public to donate their gently used backpacks (and ask the corporate community to donate supplies)," she said.

"Well, as I learned, no child's used backpack is in any shape to recycle for another child, and next year I established a new standard — we would only accept new backpacks that we would put on our own kids' backs," said Weinstein, adding, "We also wouldn't accept branded backpacks (backpacks emblazoned with a company's name). For that same reason we didn't indicate on or inside the backpack that it was donated by Volunteers of America, or otherwise associated with Operation Backpack. We rebranded the campaign that year, Operation Backpack."

Then, Weinstein says, she got Maddie involved with Operation Backpack.

"Not to expose her to volunteerism, initially — but because I was desperate for help and had already worn out all my adult volunteers, after three days of sorting supplies into backpacks. The public's response was so much greater than anticipated, that I wasn't prepared for the hundreds of backpacks that had continued to come in, even after the drive officially ended," Weinstein recalled.



(Clockwise from top right) Rachel Weinstein and her daughter Maddie. Maddie sits amongst hundreds of donated backpacks. The proud owner of a brand-new backpack.



City Department of Homeless Service Commissioner. “Operation Backpack helps ensure that homeless children have the best possible start to their school year by making certain they have the proper supplies, and we are grateful to [Volunteers of America] for that.”

According to Weinstein, who juggles her super-busy personal life with her important role with the organization, a number of families said they take their children back-to-school shopping for their own school supplies and have them select and fill a backpack for a child who might otherwise go without.

“A family can hold a party or other event, and ask everyone to bring specific school supplies then hold a mini-sort day, resulting in a number of filled backpacks (which they can then bring to our office),” she suggests. “Kids have raised money and donated it to Operation Backpack, which is very helpful during sort week, so we can replenish supplies we run out of.”

Students at Hunter College High School formed a club, Hunter Backpack Organization, and for several years raised close to \$2,000 each year, through raffles and other creative methods. Some of those kids have volunteered for years but are about to leave for college this year.

Operation Backpack, which began as a project to outfit only Volunteers of America children, has expanded to include nearly every homeless or domestic violence shelter in the city — about 150 shelters in total.

Duane Reade stores operate as official drop locations and post signs inviting the public to drop off their donations of backpacks and school supplies. For grade-appropriate supplies and drop locations, visit www.OperationBackpacknyc.org. Donations can be made from July 15 through Aug. 9. Financial donations can still be made after Aug. 5.

Tammy Scileppi is a Queens-based freelance writer and parent who loves New York City. She has been a contributing writer for several community newspapers and writes book cover copy for a well-know publishing company. Her consumer-focused articles appear on the AngiesList website, and other stories by her have been published in the New York Daily News and the New York Post.

So, she called Maddie and asked her if she could come in next morning to help, and to see if she could enlist any friends. “The only person she could rustle up quickly was Julian, a friend from the Metropolitan Opera Children’s Chorus, who lived in New Jersey. Well, Julian and Maddie worked a good eight hours straight; quality controlled, labeled and sorted every backpack (about 300). By the end of that day they were nearly too exhausted to walk to dinner. Seeing how quickly and conscientiously they had worked, I realized kids were a good source of help for Operation Backpack, and it reinforced for me the appropriateness of engaging kids in this particular volunteer effort,” Weinstein said. “After seeing what an incredible job Maddie and Julian did, an annual tradition was born: one day during sort week each year would be dedicated to youth volunteers.

Leveling the playing field

“The point after all, was for these [homeless] children to go to school that all-important first day, looking

and feeling more like their housed classmates,” Weinstein explained. “We had to educate the public not only about the needs of homeless families and the devastating impact it has on a child’s education, but the concept of ‘normalizing’ life for these kids; helping them look and feel like other kids.”

And most people got it. She said they understood and supported the objective to help these children fit in; to level the playing field.

“What was most important was that the children arrive at school with their new backpack full of new supplies.”

Weinstein says seeing the children open their backpacks is heartwarming, and Volunteers of America is grateful for the generosity of the New York City community.

“One of my mantras is: ‘It’s never too early to begin a tradition of giving.’ For it to really stick though, philanthropy — in whatever form it takes — needs to be part of the fabric of the family,” says Weinstein.

“Parents need to model kindness

and volunteerism, starting at home: phone calls to grandparents just to say ‘hi’ or giving one’s seat on the bus to an elderly passenger; offering to stop by a neighbor’s apartment to play with their pet. These are all simple activities that can generate good discussions about the value of kindness, caring for others and putting that caring into action. Volunteering outside of one’s home, takes it a step further,” she says.

How you can help

Volunteering begins when individuals, families, and various groups shop for and donate backpacks and school supplies, organize drives, hold fund-raising events, and take it upon themselves to spread the word about the needs of homeless children.

“The key to a good education is showing up and showing up prepared,” says Seth Diamond, New York



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Dietician dads dish

Nutritionist fathers on what they feed their kids

Fathers have an enormous impact on their children's food choices.

So, I reached out to four experts — dads who are registered dietitian nutritionists — to find out how they do it.

"I make them think twice about how much they are eating; asking if they are eating, because they are hungry or bored, and making sure they get in as many fruits and veggies as possible," says David Grotto, author of "The Best Things You Can Eat" and the father of three teen girls.

Rick Hall, senior lecturer of nutrition at Arizona State University and the father of three elementary school-aged children, focuses on moderation and variety.

"We never force them to eat foods they don't want to," he says.

"They have to try everything, and if they don't like it, it's called a 'no thank you' bite. They eat what we're eating.

We're not short order cooks," says Dr. Chris Mohr, of MohrResults.com and the father of a preschooler and a toddler.

Dr. Milton Stokes, assistant professor of nutrition at University of Saint Joseph in Connecticut, had to learn to tolerate messiness as the father of two toddlers.

"It's especially true for meal times,



and that's fine, because kids need to feel food, play with food, and spit out food."

Value of family meals

With everyone's schedules, eating together as a family every day is very hard to accomplish, Grotto says.

"We find that we enjoy the eating experience much more when we can

eat together and often have our most deep and meaningful conversations at that time."

Hall's family eats together at least once a day.

"Meal time is an opportunity to sit as a family with no distractions," he says. "We do not allow books or computer devices at the table. Meal time is an opportunity to connect."

Stokes likes to offer a snack while putting the main dinner together.

"For pre-dinner snacks, my daughter's really into diced pears and baby carrots. My son is into kiwi fruit."

Three tips to try

- My kids are not allowed to claim that they don't like a food until they've tried it; and they have to try it every time we have it.

- Don't overeat. When our kids say, "My tummy is full," they are allowed to be done.

- Drink water. They've always known that soda isn't an option, despite what "all of the other kids do."

— Rick Hall

Christine M. Palumbo, registered dietitian, is a Naperville, Ill.-based nutritionist who is on the faculty of Benedictine University. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.



Peanut Apple Toastie

Makes one serving

INGREDIENTS:

2 slices bread, toasted and buttered
2 tablespoons peanut butter
1/2 apple, sliced
Lemon juice
Cinnamon
1 teaspoon brown sugar

DIRECTIONS: Spread peanut butter on one side of each of the two slices of toasted bread. Dip apple slices

in lemon juice. Arrange apple slices on peanut butter and sprinkle with brown sugar and cinnamon. Put on a baking sheet and place under broiler. Broil three to five minutes or until lightly browned.

NUTRITION FACTS: 254 calories; 8 g protein; 54 g carbohydrate; 6 g fat (1 g monounsaturated; 2 g saturated); 10 mg cholesterol; 5 g fiber; 179 mg sodium.

Courtesy of NationalPeanutBoard.org.

Party Planners

MAGIC AND COMEDY with Rico

718 434-9697 • 917 318-9092

Available For All Occasions

Best Clowns

Clowns • Costume Characters
Princess Parties • Magicians
Face Painters • Balloon Art
Caricaturists • Toddler Games
Cotton Candy & More

1-800-75-CLOWN or 212-614-0988

Bi-Lingual Performers Available
Private & Corporate Events
All Boros, L.I. & Westchester

www.bestclownsnyc.com

CLOWNS, CHARACTERS & COTTON CANDY, INC.

Best Parties! Children's Parties Best Parties!

- ★ CUTE CLOWNS
- ★ CARTOON CHARACTERS
- ★ BALLOON SCULPTING
- ★ FACE PAINTING
- ★ MUSICAL GAMES
- ★ PICTURE TIME
- ★ MAGIC
- ★ COTTON CANDY MACHINE

We Come to You and Bring Smiles to Your Children!
(718) 683-1739 • (516) 987-9288

VISIT OUR WEB SITE AT 3CPARTIES.COM!

Clowns Silly Magic
Princesses Balloon Art
Super Heroes Face Painting
Costume Characters Glitter Tattoos
Pop Stars Dance Games
Magicians Cotton Candy

PARTY TIME EXPRESS

Let us bring the party to you!

www.party-time-express.com
917-771-1259

HAPPY HENRY
"The Wizard/Magician Clown"

Close Up Magic AT ITS VERY FINEST

- HANDS-ON MAGIC
- BALLOON ANIMALS
- FACE PAINTING
- ILLUSIONS AND HUNDREDS OF COSTUME CHARACTERS

Birthdays, Bar Mitzvahs, Christenings,
Children's and Adult Parties
CORPORATE ACCOUNTS WELCOME

917-617-3698
www.HappyHenrytheWizard.com

PARTY! PARTY! PARTY!

Have Your Next Fabulous Party With Us

Includes:

- Hostesses ★ Two Sports ★ Pizza & Soda
- Gift for Every Guest ★ Special Gift for Birthday Child
- Table for Adults ★ Party Area For 2 1/2 Hours

We give all our parties "personal touch" as we are committed to customer satisfaction!
See inside ad for more information.

ASTORIA SPORTS COMPLEX
34-38 38th St., Astoria, NY 11101 • 718-729-7163 • www.ascsports1.com

Have A Kid's Party That's Very Different!

- We bring the zoo to you!
- All ages & all occasions
- Bug & Reptile Shows
- Barnyard Petting Zoo
- Pony Rides
- Exotic Pet Program
- Nature Programs
- Pet Therapy
- U.S.D.A. Licensed & Insured

Visit our website: www.partypets.com

Hands-on learning about exotic animals from around the world

\$20 Off with ad code family

PARTY PETS.com

WE ADOPT UNWANTED EXOTIC PETS!

All Day Enrichment Programs Available to Schools, Scouts, Libraries, & Private Occasions • **BOOK EARLY!**

Call 516-766-1100 • Party Pets, Inc. • P.O. Box 439 • Baldwin, NY

Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Bugs

STAY CONNECTED

To advertise with us please call 718-260-2587

theMarketplace

BUSINESS OPPORTUNITIES

Wanted Distributors & Sales Agents

Earn Big Money! Set Your Own Hours!
Be Your Own Boss!

Use Your Home Or Place Of Business To Earn Extra Income
Selling Ladies Lingerie & Accessories
Customer Service 24 Hours

Tel. 917-833-7643 Ask for Barrett
E-mail: Bjmlingerie@gmail.com • www.bjmlingerieone.com

LANGUAGE TUTORING

FRENCH
ACADEMIC AND TUTORING PROGRAMS

NEW WEB BASED INTERACTIVE PROGRAMS WITH INTERNATIONAL FRENCH SPEAKING CHILDREN

FOR CHILDREN, TEENS & ADULTS, SMALL GROUPS, PRIVATE LESSONS

NATIVE FRENCH TEACHERS
New This Year And So Exciting

718-809-9820

TUTORING

NINA'S TUTORING CENTER
Private Tutoring by Experienced Tutors
For All Subjects • For All Grades School Homework • All School Tests

INTENSIVE SUMMER PROGRAM
STUDY AHEAD FOR THE NEXT GRADE

- READING COMPREHENSION AND WRITING CLASSES
- MATH CLASSES

• Now Registering for REGENTS Prep. and SUMMER CLASSES
• PREP. CLASSES FOR SHSAT, TACH & SAT

OPEN 7 DAYS A WEEK
LOOK FOR YELLOW SIGN
87-02 GRAND AVENUE, ELMHURST, NY 11373
Phone: 718-205-7508



JUST WRITE MOM

DANIELLE SULLIVAN

An 'Independence' day, then and now

Exactly 21 Julys ago, I remember waddling out to the backyard to watch fireworks.

Because of the earth's mounting vibrations, the slugs in the ground escaped and were lying all over the concrete, so my steps had to be

balanced and mindful. Their world was vibrating while we were blasting booming displays to celebrate our country.

My world, however, was on the verge of combustion in more ways than one. July is always exciting, but on that Independence Day, all I remember was giddy expectation mixed with immense trepidation, coupled with feeling hot, sticky, and exhausted. Just a few days later, our first daughter Amanda arrived.

As a young mom, there were so many judgments passed along. Would we know how to raise a child when we were so young ourselves? Did we have any place having a child at this age (which was barely 20)? I only wish I could have pointed out other strong and young moms who raised incredibly strong and smart people (President Obama's mother was 18 when he was born) back then, when I was

a naïve, young mom. While the naysayers were irritating, my concerns were more immediate: was Amanda eating enough? Sleeping enough? Was she comfortable? Was she safe? Largely because I was so immersed in her day-to-day care and partly because of my determination (AKA stubbornness), I chose to ignore the negativity. I knew that I would forever do anything I had to do to make her life the best possible.

I finished college and leaped into my publishing career all the while learning the ins and out of parenting 101.

Surely, it would have been easier, if my husband and I had been more settled with a few extra years under our belts, but I firmly believe that when it comes to babies, god

gives us exactly who we are supposed to be with in this life, and when.

As Amanda grew, I watched her quickly go from baby to toddler to big kid, in the blink of an eye. There are countless memories: school, friends, dances, graduations, and the prom. With each milestone, I reveled not only in witnessing this little amazing person blossom right in front of me, but also shared in her joys and heartaches. People say that, as a mom, your job is to teach your child to be able to thrive in their world, and to that extent, my job is done. She turns 21 this month. She is a senior in college, and holds a part-time administrative assistant job, as well as an internship at a non-profit women's organization, among a host of other accomplishments. She is a leader, but also a caring, kind, and fun-loving young woman.

Twenty-one supposed to be the magical age where you, as a parent, are finished, but we all know you never really are. While "Independence Day" has finally been reached for her, this year holds special meaning. Amanda is just starting out, and as a young person, many expectations will be placed on her. She will go off on her own, leaving that little girl in the pink Barney t-shirt behind her. And yet, I will still sometimes wonder — is she sleeping enough, working too much, is she safe? Except now I have to remain steadfast in the belief that what I have done the past 21 years has been enough. And while I can't quite wrap my mind around how incredibly (almost obscenely) fast it has soared by, I know that it has. Now it is her time to fly.

Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find her on Facebook and Twitter @ DanniSullWriter, or on her blog, Some Puppy To Love.





A TEEN'S TAKE

AGLAIA HO

Teens & drinking

In today's society, teenagers seem in a rush to grow up. Having a fake ID and drinking may make youngsters feel free and mature, but underage drinking has many severe consequences.

Underage drinking is a very common problem among high school and college students. According to the Centers for Disease Control and Prevention, roughly 11 percent of the alcohol consumed in the United States is imbibed by adolescents under 21 years old. This is a particularly troubling statistic because alcohol is a highly addictive drug. (Yes, it is classified as a drug, just like tobacco, cocaine, and marijuana.) Drinking underage may be the beginning of a life of alcohol addiction. Thus, the legal drinking age is a precaution

that should not be ignored.

And alcohol is a depressant that often affects brain development. This is why it is so dangerous for underage youths to drink. Before the age of 21, most young brains are still developing and consumption of alcohol can damage one's cognitive ability.

I only recently became aware that drinking was common behavior among high school students. I have friends who proudly flaunt their fake IDs, usually phony driver's licenses from Connecticut or Vermont. They speak of how easy it was to obtain a forged ID and even offered to get me one. (Don't worry, I passed on their offer!) When I asked them what they used their ID for, they honestly replied, "To get into bars and clubs and to get drinks." There have even been a few instances where students have actually brought beer into my school. From what I have heard, many parties, like those following large school events, such as theater productions or sports games, often involve very drunk teens.

What really surprised me was how casually and freely students discussed this issue. There seemed to be no secretive fear of having a fake ID. It almost seemed like it was a "cool thing" that comes with bragging rights. Underage drinking also seems to have no shameful stigma attached to it. To me it was baffling, for I have had a sip out of my parent's wine glass once, and the taste of alcohol was revolting.

So, why then, does drinking seem so attractive to teens? Let's not forget that underage drinking and having a fake ID are illegal. Getting caught with an illegal drink or ID can lead to fines, not to mention complete embarrassment.

In my opinion, two major factors allow underage drinking to grow out of control. First, although law enforcement have tried to crack down on this problem by confiscating fake IDs and busting alcohol-infused parties, it is far too easy for teens to obtain alcohol. Stealing a pack of beer from the fridge is all it takes.

Second, and more prominently, underage drinking is too frequently

romanticized in American pop culture. Music, literature, TV shows, and movies often glorify alcohol consumption by youth. Several movies feature the comedic scene where a teen tries to spike the punch bowl during prom. In a music video from a pop song, teens are partying at a bar or breaking into their parents' wine cellar. On one TV show, every episode features two plastered teenage lovers making out in the bedroom. A subway ad campaign makes a bottle of beer look completely angelic with the halo of light radiating off it.

In pop culture, alcohol has nothing to do with hangovers, drunk driving, date rape, or alcohol poisoning. Instead, it's associated with fun and games all the time. In reality, however, someone always gets hurt.

The newspaper is littered with horrific stories of the aftermath of underage drinking or partying. Many teens have gotten into fights at bars. At parties, many girls have been taken advantage of sexually while still under the disorienting effects of alcohol. Other teens have died from alcohol poisoning or from driving drunk. These are not situations you want to find yourselves in. In the spur of the moment and often fueled by peer pressure, you may not be able to control yourself with a drink in your hands. Do not be the next unfortunate headline.

Let's face it, teens; you have a lifetime ahead of you in which to drink responsibly without breaking the law. Good things come to those who wait, and it is the same with drinking. Underage drinking is not worth the trouble. Life offers plenty more exciting and legal fun times. Sometimes, when we grow up too quickly, we gain so little, but miss so much. Don't be in a rush, cherish your time now and look forward to the future. Next time, save the ID for the scrapbook and pass up the bottle of beer for a glass of ice water. It is cool, too!

Aglaia Ho is a 17-year-old student from Queens who enjoys writing. Her work has been published in Creative Kids, Skipping Stones, Daily News-Children's Pressline, and The State of the Wild.





HEALTHY LIVING

DANIELLE SULLIVAN

Summer's asthma

Fighting the hot season's particular triggers

Most people tend to associate winter months with coughing and sniffles. But for people with asthma, summertime can be just as big a trigger for asthma exacerbations.

"My daughter, Alexis, has coughed nearly the entire school year," says Maureen Casey of Park Slope, Brooklyn. After being diagnosed with asthmatic bronchitis in October, the 7-year-old had been treated for upper respiratory infections for most of first grade. Casey admits it has been a tense time, and she has worried about her daughter's safety in school when her cough became very bad.

"Coughing is part of having colds (or upper respiratory tract infections, URI) in children. Most school-aged children can have six to 12 URIs in one year, which can mean one almost every month, but tending to be more frequent during the fall and winter," says Dr. Jason Price, pediatric pulmonologist and co-founder of Hudson Allergy in Tribeca. "If the cough resolves after a few days with the other symptoms (fevers, congestion, runny nose), then they probably do not need a nebulizer or pump treatment as long as they are not wheezing or having any respiratory distress."

Now Casey's worries turn to the summer.

"Since being diagnosed, I wonder what will happen this summer when the temperatures rise, and she runs around and coughs."

"Weather changes — including going from a cool, air-conditioned room to hot and humid weather outdoors — can trigger asthma. As people tend to be more active during the warmer months, we see more asthma exacerbations in children with exercise-induced asthma," explains Price. "Any type of smoke, whether it be from campfires or barbecues, can be irritant and trigger asthma. Chlorine from pools can also act as an irritant and trigger asthma exacerbations as well. There are also some summer pollens that can trigger asthma, so parents should keep an eye on the pollen count."

Of course, preparation is needed



when planning summer activities. If your child has an inhaler, she needs to take it with her wherever she goes: vacations, beach, pool, waterpark, zoo, or even when just playing sports. Price advises using a valved holding chamber when children use their inhaler.

"Proper use of the chamber with the pump is extremely important in order to ensure the medication is delivered appropriately to the lungs."

Identifying triggers is essential to preventing asthma attacks.

"If parents know their child's asthma triggers, they may want to discuss using the inhaler prior to the trigger with their doctor," says Price. "For example, if a child has a history

of wheezing when at a chlorinated pool, it may be beneficial to use their inhaler prior to going to the pool. This should be discussed with their doctor first."

Although asthma is a serious disease, with proper education and regular treatment, "there is no reason to keep your child indoors during the summer months," he says. So prepare first, but then have fun.

Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find her on Facebook and Twitter @DanniSullWriter, or on her blog, Some Puppy To Love.



If you like
the magazine
you'll love
the site.

Check us out!

NYParenting.com

*Where every family matters and where
New York parents find help, info and support.*



DEATH BY CHILDREN
CHRIS GARLINGTON

My own gun control

I don't own a gun. Never have. Not because of any overt political or personal views, but for the simple reason that I am a goofball and I would most likely use that weapon to shoot my own feet, an ineptitude I've passed on to my son.

We were visiting family; it was a father-and-son vacation to the motherland, the red dirt state of my birth, Alabama, where sons are born with a gun in one hand and a football in the other. We arrived on my nephew's birthday. My nephew was getting a gun.

Not a real gun: he was buying an airsoft pistol — it shoots tiny little plastic beads that couldn't hurt a fly.

My sister loaded her van full of boys and we went to the local fake arms dealer, a sports store, where my son found himself standing before a wall of fake firearms.

"Can I have a gun? Everyone else has one."

Kid logic. It seems stupid in retrospect, but something about the lure of fake weaponry and the realization that without a fake gun my son would be fake unarmed alarmed me in the dark recesses of my cowboy brain. Plus, my wife wasn't there. So I got two.

Back at the party, the adults were drinking sweet iced tea in the kitchen while the boys slaughtered each other in the basement. My son showed up.

"They're shooting me!"

"Well, shoot back."

"I am!"

"What's the problem?"

"They're good!"

"Welcome to Alabama, kid."

Ten minutes later, two cousins appeared.

"We think Connor should sit this one out."

"Why?"

"He's crazy."

"He's shooting us while we re-load."

"Welcome to Chicago, kid."

I went in the basement. There was my son, eyes wild, a gun in both hands, laughing maniacally, shooting neon green plastic balls in every direction while my nephews hid behind a couch and tried to ignore him. I dragged him upstairs for a talk.

"I think it's time to put the gun away."

He waved the gun around like a drunken Nicaraguan dictator.

"Dad, it's totally saf—"

He's cut off by a loud click — the only sound these guns make — and remained silent for a split second, as his eyes widened and we both looked down at his index finger, wrapped snugly over the barrel of the fake gun, a finger rapidly turning crimson. The scream came from deep within him, where it had been wrapped around his spleen, patiently waiting to deploy; now it uncurled and filled the house with a splenetic wail of oh-my-god-I-shot-myself.

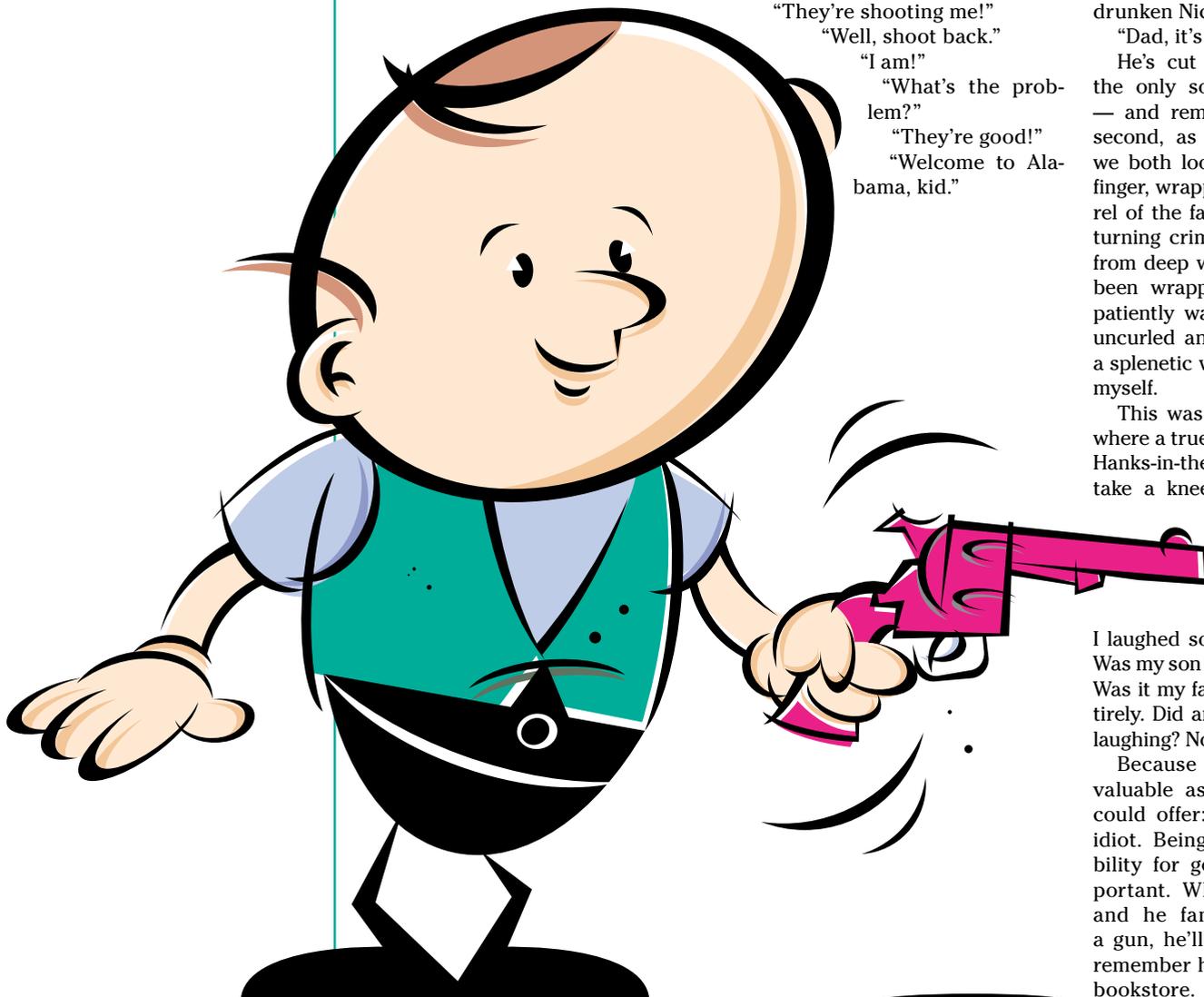
This was one of those moments where a true dad, a good dad, a Tom Hanks-in-the-role-of-dad dad, would take a knee, soothe the boy's affliction, and teach a life lesson.

You know where this is going, right?

I fell out of my chair.

I laughed so hard I almost choked. Was my son crying? Yes, yes, he was. Was it my fault? Yes. Absolutely. Entirely. Did any of that stop me from laughing? No. It. Did. Not.

Because that's a life lesson as valuable as anything Tom Hanks could offer: sometimes, you're an idiot. Being aware of one's capability for genuine stupidity is important. When my son is a man and he fantasizes about buying a gun, he'll look at his finger and remember he's an idiot and go to a bookstore.



THE RHYTHM OF NEW YORK



Tue-Fri @ 8, Sat @ 3&8, Sun @ 2&5:30

ORPHEUM THEATRE

Second Avenue at 8th Street [ticketmaster](#) (800) 982-2787

[www.stomponline.com](#) Connect with us:   

WINNER! 5 TONY AWARDS

PETER AND THE STAR CATCHER

"THE MOST EXHILARATING BROADWAY STORYTELLING IN DECADES!" -THE NEW YORK TIMES

3 WAYS TO BUY TICKETS

 **ONLINE**
VISIT
[TELECHARGE.COM](#)

 **PHONE**
TELECHARGE
at 212-239-6200
or 800-447-7400

 **IN PERSON**
NEW WORLD STAGES
340 West 50th Street,
Between 8th & 9th Avenues

[PETERandtheSTARCATCHER.com](#)

Like us on

facebook

or follow us on

twitter 

Facebook Search: NYParenting

"ENCHANTING!"

- NY TIMES

Gazillion
Bubble Show
THE NEXT GENERATION

Sat 11, 2 & 4:30
Sun 12 & 3

TELECHARGE.COM
or **212.239.6200**

For Groups & birthday parties
visit our website or call 866.642.9849

GazillionBubbleShow.com

NW

NEW WORLD STAGES
340 WEST 50th ST.

Calendar

JULY



Head the museum for a pow-wow

Look no further than the Queens County Farm Museum for a taste of American Indian culture, when the Thunderbird American Indian Pow-Wow blazes into town on July 26, 27, and 28.

The group has enchanted audiences with songs and dances of the tribes of the Northwest Coast, Woodlands, Plains and the Southwest for more than 25 years.

The rollicking repertoire includes the traditional “Fancy Dance” and “Hoop Dance,” as well

as a variety of other distinct regional tribal pieces that are sure to delight and amaze.

Thunderbird American Indian Pow-Wow on July 26 from 7 pm to 10 pm; July 27 from noon to 5 pm and 7 pm to 10 pm, and July 28 from noon to 5 pm.

Admission is \$10 or \$15 (adults) for an all-weekend pass, and \$5 for children 12 and under.

Queens County Farm Museum [73-50 Little Neck Pkwy. in Little Neck, (718) 347-3276, www.queensfarm.org].

Calendar

Submit a listing

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

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

MON, JULY 1

"Making Books Sing": Steinway Public Library, 21-45 31 St. at 21st Avenue; (718) 728-1965; www.queenslibrary.org; 3 pm; Free.

Presented by the New York City Public Library, the touring production of "My City Park" is great for children 3-10 years old. Milo and the whole gang try to save their favorite park.

Dancing under the stars: Wallenberg Square, Metropolitan Avenue and Park Lane South; (718) 235-4100; www.nycgovparks.org; 6-7:30 pm; Free.

Enjoy a ballroom dancing lesson. Great exercise for any age.

"Little Red's Hood": Beach 17th Street, and Seagirt Boulevard; www.cityparksfoundation.org; 7-8 pm; Free.

Presented by CityParks PuppetMobile, this is a modern twist on an old tale.

TUES, JULY 2

Mario the Magician: Long Island City Public Library, 37-44 21st St. at 43rd Avenue; www.queenslibrary.org; Noon; Free.

Magic tricks thanks to the Lincoln Center Summer Program at Queens Library.

WED, JULY 3

"My City Park": Sunnyside Library, 43-06 Greenpoint Ave.; 3 pm; Free.

Presented by Making Books Sing, the play is about Milo and his friends who save their favorite park and learn how to work together.

FRI, JULY 5

Farmer's Market: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; 8:30 am-4 pm; Free.

Get fresh, local, produce.

Fireworks Painting Party: New York Hall of Science, 47-01 111th St., at



The Gizmo Guys live!

It's magic, it's juggling, it's the Gizmo Guys at the Rufus King Park on July 16.

With a winning combination of dazzling technique and infectious humor, Allan Jacobs and Barret Felker, better known as the Gizmo Guys, perform gravity-defying juggling, while tick-

ling the funnybone in kids of all ages.

The entertainers come to the great lawn at Rufus King Park on July 16 from 10:30 am to 11:30 am. And the best part is that it's free.

Rufus King Park [150th Street and Jamaica Avenue in Jamaica, www.cityparksfoundation.org].

Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; 2-4 pm; \$8 (\$5 members).

Celebrate the country's independence with splatter paintings and noisemakers.

SUN, JULY 7

Fireworks Painting Party: 10:30 am-12:30 pm. New York Hall of Science. See Friday, July 5.

Saltwater fishing: World's Fair Marina, Pier 1, Northern Boulevard; (718) 846-2731; www.nycgovparks.org; 1 pm; Free.

Urban rangers help children master new skills, including practice and patience.

MON, JULY 8

Dancing under the stars: 6-7:30 pm. Wallenberg Square. See Monday, July 1.

TUES, JULY 9

Nemcatocoa Teatro: Rufus King

Park, 150th Street and Jamaica Avenue; www.cityparksfoundation.org; 10:30 am-11:30 am; Free.

From Bogota Columbia the group uses stilts and song to express their sound.

Water festival: Beach 108th Street Hockey Rink, Rockaway Beach Boardwalk; (718) 318-4000; <http://nycgovparks.org>; 11 am - 1 pm; Free.

A fun-filled day of water inflatable rides, cotton candy, popcorn, smoke house and giveaways.

"ParaNorman": Elmhurst Park, Grand Avenue and 79th Street; www.nycgovparks.org; 8 pm; Free.

The small-town movie with big zombies. Come and sit outside and watch a great movie.

WED, JULY 10

"My City Park": Woodside Library, 54-22 Skillman Ave.; (718) 429-4700; www.queenslibrary.org; 3:30 pm; Free.

Presented by Making Books Sing, the play is about Milo and his friends who save their favorite park and learn how to work together.

THURS, JULY 11

Music with Darlene Graham: Buz O'Rourke Playground, 214th Street and 33rd Road; (718) 352-4793 X 301; www.nycgovparks.org; 10:30 am-11:15 am; Free.

Children of all ages will enjoy this interactive and exciting concert.

Autism workshop: Howard Beach Library, 92-06 156th Ave.; (718) 592-9700; 4-5 pm; Free.

The Friendship workshop offers families to explore social skills and the language of friendship inspired by children's books. Pre-registration required. Dress to get messy!

FRI, JULY 12

Farmer's Market: 8:30 am-4 pm. Queens Botanical Garden. See Friday, July 5.

Kayaking: Jamaica Bay Park, Jacob Riis Park; www.nycgovparks.org; 1pm to 4 pm; free.

Children over 11 and adults receive instructions on how to paddle the bay.

Super Soap Making: New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; 2-4 pm; \$8 (\$5 members).

Children make a bar of soap by mixing and molding household ingredients.

SAT, JULY 13

Creepy Crawlies: Jamaica Bay Wildlife Refuge Visitor Center, 100 Cross Bay Blvd.; www.nycgovparks.org; 10 am-11 am; Free.

The it'sy bitsy spider really isn't scary at all. Children learn all about insects.

Hands on History: King Manor Museum, 150th Street and Jamaica Avenue; (718) 206-0545 X 13; nycgovparks.org; Noon-3 pm; Free.

Go fishing with Frederick and learn all about the history of the sport at King Manor. Then fish in the magnetic fishing pond and try to catch a pig!

Summer of stars: New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; Noon-4 pm; Free with museum admission.

Children have a field day of activities and demonstration along with hands-on games, while exploring the design process.

Puppet Mobile: Liberty Learning Garden, 173rd Street between 106th and 107th avenues; (212) 360-1499; nycgovparks.org; 1 pm; Free.

Little Red Hood is the selection presented by the CFS Puppet Show.

Villalobos Brothers: Jackson

Continued on page 32

Calendar

Continued from page 31

Heights Public Library, 35-51 81st St. at Northern Boulevard; (718) 899-2500; www.queenslibrary.org; 2-3 pm and 4-5 pm; Free.

The group, from Veracruz Mexico brings its intricate harmonies of jazz and classical music to the library as part of the Lincoln Center summer season at Queens Library. Recommended for children 5 years and older. After the performance a Question and Answer will follow.

SUN, JULY 14

Super Soap Making: 10:30 am-12:30 pm. New York Hall of Science. See Friday, July 12.

Rock and Roll party: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 1 pm; Free.

The Karlus Trapp Band presents the popular songs of the 1960's.

Activity table: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; 2-5 pm; Free with admission to the grounds.

Children enjoy a day at the gardens and make crafts.

TUES, JULY 16

"The Gizmo Guys": Rufus King Park, 150th Street and Jamaica Avenue; www.cityparksfoundation.org; 10:30 am-11:30 am; Free.

They're back those fun guys performing juggling, and lots of magic.

Hip Pickles: Beach 96th Street and the Boardwalk; (718) 318-4000; nycgovparks.org; 11 am - 1 pm; Free.

They are not sour — this interactive percussion band teaches children about instruments and the beat.

WED, JULY 17

Nim and the War Effort: Ryan Visitor Center at Jamaica Bay Park, Flatbush Avenue and Aviation Road; www.nycgovparks.org; 1-2 pm; Free.

Recycling is not new. Children learn how it got started in World War II.

Astoria Health Fair and Farmer's Market: At 14th Street intersection of 31st Avenue and 31st Road. 11 am-3 pm; Free.

THURS, JULY 18

Mommy, Music & Me: Buz O'Rourke Playground, 33rd Road and 214th Place; (718) 352-4793 X 301; www.nycgovparks.org; 10:30-11:30 am; Free.

Children birth to 7 years old enjoy music, movement and activities. Bring a low chair or blanket.



Latin music pulsates at the library

The Villalobos Brothers present "Redefining Latin Music" at Jackson Heights Library for two shows on July 13.

The group hails from Veracruz, Mexico, and brings its intricate harmonies of jazz and classical music to Queens. The brothers

masterfully blend the indigenous rhythms and melodies of their native country, and are hailed as leaders in classical fusion music. The performance includes a Q&A after each performance.

The concert is part of the Lincoln Center for the Performing

Arts summer program and is recommended for children 5 years and older.

Villalobos Brothers, July 13, at 2 to 3 pm and 4 to 5 pm. Free.

Jackson Heights Public Library [35-51 81st St. in Jackson Heights, (718) 899-2500, www.queenslibrary.org].

FRI, JULY 19

Farmer's Market: 8:30 am-4 pm. Queens Botanical Garden. See Friday, July 5.

Jam to the Music: New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; 2-4 pm; \$8 (\$5 members).

Children explore the science of sounds.

SAT, JULY 20

Summer fun: New York Hall of Science, 47-01 111th St. at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; 10:30 am-11:30 am; Free with museum admission.

Children with autism spectrum disorder play classic summer games, including bubbles and water play, recommended for children 3- 5 years old. Pre-registration required.

"The House of the Rising Sun": Jamaica Center for the Arts & Learning, 153rd Street and Jamaica Ave.; (718) 658-7400; www.jcal.org; 8 pm; \$20 - \$30.

The Vissi Dance Theater performs to

the music of Bjork, Nina Simone, and Bob Marley.

SUN, JULY 21

Jam to the Music: 10:30 am-12:30 pm. New York Hall of Science. See Friday, July 19.

Activity table: 2-5 pm. Queens Botanical Garden. See Sunday, July 14.

Family Day: Queensbridge Park, Vernon Boulevard and 41st Avenue; www.nycgovparks.org; 4-7 pm; Free.

Presented by SummerStage Kids, it's a whole day of fun activities and entertainment and DJ Chris Love.

MON, JULY 22

Wildlife Theater: Rochdale, Guy R. Brewer Boulevard and 137th Avenue; www.nycgovparks.org; 10:30 am-11:30 am; Free.

Children meet a giant cockroach puppet and learn all about why insects are cool. Then see the show "The Tale of Flutterby and Piggie."

TUES, JULY 23

"Little Red's Hood": Rufus King Park, 150th Street and Jamaica Avenue; www.cityparksfoundation.org; 10:30 am; Free.

Presented by CityParks PuppetMobile, this is a modern twist on an old tale.

The Bari Koral Rock Band: Beach 108th Street, Rockaway Beach Boulevard and the Boardwalk; (718) 318-4000; www.nycgovparks.org; 11 am -1 pm; Free.

The funky band plays music from its award winning debut album Rock and Roll Garden.

WED, JULY 24

"The Tempest": Unisphere, Flushing Meadows Park; (718) 760-6560; www.nycgovparks.org; 7:30pm-9:30 pm; Free.

Shakespeare in the Park presents the Bard's comedy.

"Brave": Beach 108th Street Hockey Rink, Rockaway Beach and Beach 108th Street; (718) 318-4000; www.nycgovparks.org; 8:30 pm-10 pm; Free.

Calendar

Enjoy the movie outdoors. Bring a chair or blanket.

THURS, JULY 25

"Little Red's Hood": Buz O'Rourke Playground, 214th Place and 33rd Road; (718) 352-4793 X 301; www.cityparks-foundation.org; 10:30 am; Free.

Presented by CityParks PuppetMobile, this is a modern twist on an old tale.

"My City Park": Central Library, 89-11 Merrick Blvd.; (718) 990-0700; www.queenslibrary.org; 3 pm; Free.

Presented by Making Books Sing, the play is about Milo and his friends who save their favorite park and learn how to work together.

Autism workshop: 4-5 pm. Howard Beach Library. See Thursday, July 11.

FRI, JULY 26

Farmer's Market: 8:30 am-4 pm. Queens Botanical Garden. See Friday, July 5.

Lighten Up: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; 2-4 pm; \$8 (\$5 members).

Children discover how fireflies light up the summer nights.

Thunderbird American Pow

Wow: Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; www.queensfarm.org; 7 pm-10 pm; \$10 (\$15 all weekend pass; \$5 children 12 and under, \$7 all weekend pass).

Come to the largest pow wow and meeting of intertribal nations.

SAT, JULY 27

Butterfly hike: Jamaica Bay Wildlife Refuge Visitor Center, 100 Cross Bay Blvd.; (718) 318-4340; www.nycgovprks.org; 11 am - 1 pm; Free.

Join with the rangers and hike to the East Pond to look for butterflies.

Thunderbird American Pow

Wow: Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; www.queensfarm.org; Noon-5 pm and 7 pm to 10 pm; \$10 (\$15 all weekend pass; \$5 children 12 and under, \$7 all weekend pass).

Come to the largest pow wow and meeting of intertribal nations.

Mario the Magician: Cambria Heights Public Library, 218-13 Linden Blvd. between 218th and 219th streets; (718) 528-3535; www.queenslibrary.org; 3-4 pm; Free.

Magic tricks thanks to the Lincoln Center Summer Program at Queens Library.



Free dance concert

Young Dancemakers presents a free concert and workshop at Flushing Town Hall on July 28.

The company of 18 exuberant, ethnically diverse high school dancers and choreographers celebrates its 18th anniversary with a performance of original works, under the direction of Alice Teirstein.

Acclaimed choreographer Doug Elkins will teach one of his dances, and all performances end with the lively and popular "Dance With Us," inviting audience members on stage for some exhilarating post-concert improvisation.

Young Dancemakers Company, workshop and performance on July 28 at 1 pm and 2:15 pm. Free.

Flushing Town Hall [137-35 Northern Blvd., Flushing. For reservation contact Young Dancemakers Company (718) 329-7300 X 3358 or e-mail aliceteirstein@gmail.com].

SUN, JULY 28

Lighten Up: 10:30 am-12:30 pm. New York Hall of Science. See Friday, July 26.

Thunderbird American Pow

Wow: Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; www.queensfarm.org; Noon-5 pm; \$10 (\$15 all weekend pass; \$5 children 12 and under, \$7 all weekend pass).

Come to the largest pow wow and meeting of intertribal nations.

Young Dancemakers Company

Free Performance: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; aliceteirstein@gmail.com; www.flushingtownhall.org; 1 pm and 2:15 pm; Free.

A company of 18 exuberant, ethnically diverse high school dancers and choreographers perform their own works.

Origami: Jamaica Bay Wildlife Refuge Visitor Center, 100 Cross Bay Blvd.; (718) 318-4340; www.nycgovprks.org; 1-2:30 pm; Free.

Children learn how to create paper folds.

Activity table: 2-5 pm. Queens Botanical Garden. See Sunday, July 14.

MON, JULY 29

Chinese Cultural Center: Rochdale Park (JHS 72), Guy R. Brewer Boulevard and 137th Avenue; www.nycgovparks.org; 10:30 am-11:30 am; Free.

Dance troupe features traditional folk dances.

TUES, JULY 30

"Jack and the Beanstalk": Beach 96th Street and the Boardwalk; (718) 318-4000; www.nycgovparks.org; 11

am-1 pm; Family.

Pattycake Theatre put on the classic fairy tale.

THURS, AUG. 1

Autism workshop: 4-5 pm. Howard Beach Library. See Thursday, July 11.

"Madagascar 3": 111th Street Parking Lot, Flushing Meadows Corona Park; www.nycgovparks.org; 6 pm - 10 pm; Free.

Join Marty, Alex and the gang for this third installment of the franchise. Don't forget your popcorn and blanket.

LONG-RUNNING

Playground: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 10 am-5 pm, Saturdays and Sundays, 10 am-6 pm.; \$4 per person plus museum admission.

Children explore, discover and have fun in this outdoor playground. Each session lasts 45 minutes; weather permitting.

Swinging with the All Stars:

Louis Armstrong House Museum, 34-56 107th St.; (718) 478-8274; www.louisarmstronghouse.org; Tuesdays - Fridays, 10 am-5 pm, Saturdays and Sundays, Noon-5 pm, Now - Sat, Aug. 31; Free with museum admission.

Photos and baseball memorabilia from Armstrong's personal collection will be on display at the museum.

Story time: Barnes & Noble, 176-60 Union Tpke.; (718) 380-7077; Saturdays, 11 am, Now - Sat, July 20; Free.

Each week children enjoy a selection from a different author.

Saturday sculpture: Socrates Sculpture Park, 3205 Vernon Blvd.; (718) 956-1819; www.socratesculpturepark.org;

org; Saturdays, Noon-3 pm, Now - Sat, Sept. 28; Free.

Participants visit with a different each week and create projects.

Flea markets: Richmond Hill, 117-09 Hillside Ave.; (347) 709-7661; www.richmondhillfleamarket.com; Sundays, 8 am - 3pm, Now - Sun, Aug. 18; Free.

A fun filled afternoon where families can bargain hunt, clothes, memorabilia, and much more.

Adventure course: Alley Pond Park, 76th Avenue and Springfield Boulevard; (718) 229-4000; Sundays, 10 am and 1:30 pm; Free.

Trained staff help you through the course. Pre-registration required.

Playstreets: Louis Armstrong Playground, 37th Avenue and 112th Streets; palnyc.org; Weekdays, 9 am-5 pm, Mon, July 8 - Fri, Aug. 23; Free.

Children play traditional sidewalk games, develop their creativity and learn from a wide range of educational programs. No programs on July 26.

Playstreets: Rochdale North Playground, Between 168th Street and Baisley Boulevard; palnyc.org; Weekdays, 9 am-5 pm, Mon, July 8 - Fri, Aug. 23; Free.

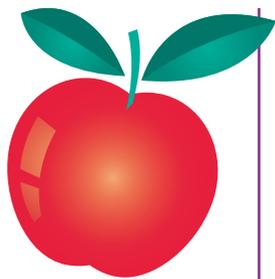
No programs on July 26.

Playstreets: West Bourne Playground, Mott Avenue and Beach 25th Street; palnyc.org; Weekdays, 9 am-5 pm, Mon, July 8 - Fri, Aug. 23; Free.

No programs on July 26.

Playstreets: 78th Street Playground, Northern Boulevard and 34th Avenue; palnyc.org; Weekdays, 9 am-5 pm, Mon, July 8 - Fri, Aug. 23; Free.

No programs on July 26.



DEAR TEACHER

PEGGY GISLER AND
MARGE EBERTS

Math in the summer

When the school doors close for the summer, most students lose about two months of grade-level equivalency in mathematical computation skills during vacation, according to the National Summer Learning Association. To help keep your children's math skills sharp, we are giving you a list of activities this month that will give them ongoing opportunities to practice these skills.

Math drill activities

If your children in elementary school and even middle school cannot answer basic fact problems in less than three seconds, some drill is in order. These facts, especially addition and multiplication, must be automatic for children in order for them to handle more advanced math easily. So this is your starting point for a summer of building math skills.

Drilling activities can be done using flash cards, worksheets, computers and apps. You'll find a wealth of free materials as well as suggestions using a search engine to find "math drills." Visit several websites with your children and bookmark the most appealing ones. Search on our website (dearteacher.com) for "math drills" and you'll find several columns pointing out different ways to teach children basic math facts.

If your children are truly struggling to learn the basic facts, you may wish to enroll them in a learning center, especially one that stresses the teaching of math.

Beyond drill

Drill, even on the computer and other electronic devices, can be boring after a while. When this happens, both children with weak basic math skills and those who just need to keep their

skills sharp should have fun playing math games that reinforce the learning of basic facts. Search online for "math games" and bookmark the ones your children like best. You'll also find suggestions on our website under "Learning Activities."

Math activities should not be confined to drill. Games like Monopoly, Dominoes and Twenty-one are great for older children, while much younger children can enjoy Uno, Go Fish and Bingo for number recognition. In fact, any game involving numbers and scorekeeping has children using their math skills.

Mental math is fun

Doing mental math is an excellent way for children to show off their skills with numbers and to build new skills. "Secrets of Mental Math" is a great book for older children wanting to learn amazing math tricks — such as finding out the day for any date, from their birthday to the Declaration of Independence.

Easy mental math multiplication

All children know how to multiply by 10. Teach them that it's also easy to multiply by 5. All they have to do is multiply by 10 and then divide by 2. Then, to multiply a number by 25, they need to multiply by 100, which is adding 2 zeros to the end of the number being multiplied. Then to get the answer, they can either divide by 4 once or by 2 twice. Visit our website to find more easy mental math tricks in "Skill Builders."

More challenging mental math

Here's how to multiply a two-digit number by 11. Example, 11×24 : Add the digits of 24 together and you get 6. Place the 6 between the 2 and 4 to get the answer 264. If the digits of the number to be multiplied by 11 add up to more than 9, there is another step you must take. Example, 11×75 : Add the digits of 75 together and you get 12. Put the 2 between the numbers

after adding the 1 to the first digit ($7 + 1$). The answer is 825.

Silly and challenging math puzzles

Math puzzles can be fun. The following puzzles may be a bit silly, but they will challenge your children. The answers are at the end of the column.

1. How can you make half of 12 equal to 7?
2. In the schoolyard, there are 16 bicycles and tricycles. The total number of wheels is 39. How many tricycles are there?
3. How many 9s are there between 1 and 100?
4. Use mathematical terms to answer these questions: What did Noah build? What do you say when a parrot is dead?
5. The number 8,549,176,320 is like no other. Why is that?

Perimeter and area

The perimeter (distance around an object) can be very simple to find, or can require quite advanced math concepts. Have your young children find the distance around a variety of things in your home: a door mat, a towel, the backyard, or a table top. Your question always is: How far is it around the object? Then, depending on their ages, children can measure using blocks, paper clips, steps, a finger, or a measuring tool.

Area is the surface inside a shape. Young children can find the area of a newspaper or table top by finding out how many sponges or playing cards are needed to completely cover the object. Older children should find the area of irregular figures by dividing them into squares and triangles and finding the area of each one and then adding the areas together.

Answers to puzzles: (1) Write 12 as a Roman numeral, and draw a horizontal line through the middle. (2) 7 tricycles. (3) 20 (two 9s in 99). (4) arc, polygon. (5) It's the only number having all of its digits in alphabetical order.

Parents should send questions and comments to dearteacher@dearteacher.com or ask them on the columnists' website at www.dearteacher.com.

© Compass Syndicate Corporation, 2012
Distributed by King Features Syndicate



NEW YORK **SPECIAL CHILD**
LONG ISLAND **SPECIAL CHILD**

Trusted since 2008

**Informing & Enriching
"Special Needs"
Families throughout
NYC & Long Island**

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

Visit us online at

www.NYParenting.com

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



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



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



- newborn-5yrs
- age specific classrooms
- part-time & full-time options

learning through stimulated
play, music, dance, & discovery

Call for more information & registration
(718) 838-9243

213-54 35th Avenue, Bayside
www.littleapplepreschool.com

FREE
Registration
plus
\$500 OFF
with this ad