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28



20

FEATURES

- 6 Take it to the bank**
Should you bank your baby's cord blood?
BY SANDRA GORDON
- 8 Avoiding the summer slide**
Boredom busters for all age groups
BY CHRISTINA KATZ
- 12 To the editor: Summer is time for fun, not test prep**
BY LEAH HEATH
- 13 Got their 'Back'**
Operation Backpack helps a child in need face school with a smile
BY SHAVANA ABRUZZO
- 14 Summer reading on an e-reader**
Summertime and the reading is easy with e-books
BY SUE LEBRETON
- 20 Kids in business**
Children rake in the skills when they get to work
BY DENISE YEARIAN

- 24 The book club**
Five city kids win big in bookmaking competition
BY SHEREE WICHARD
- 26 75 years of 'Madeline'**
New York is a great place to celebrate this story of Paris
BY TAMMY SCILEPPI
- 28 Baby, I'm tired**
Helping your baby sleep all night
BY MALIA JACOBSON
- 30 A need for flexibility**
Comptroller Scott Stringer wants to give city employees more options in working hours
BY SHNIEKA L. JOHNSON
- 32 Stuck in the middle**
Seven ways moms in the 'sandwich generation' can reduce stress of caregiving
BY ALEXA BIGWARFE
- 42 Music & Mandarin: The perfect combination**
BY LAURA LEE

COLUMNS

- 10 Family Health**
BY DR. PRAMOD NARULA, MD
- 22 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD

CALENDAR

- 34 July Events**

SPECIAL SECTIONS

- 16 Preschool Directory**
- 41 The Marketplace**

Letter from the publisher

Summer fun in the city

School's out and summer in the city can be a very stimulating time for families. So many events will be taking place around our wonderful five boroughs and in the surrounding metro area. This 4th of July will be no exception, and with them moving the fireworks to the East River, more boroughs will be able to view them than when they are on the west side, so enjoy!

Perhaps you're like me and have been caught up in World Cup fever. Our family is crazy for soccer and we've been rather glued to the games. It's so exciting to root for our national team and as I'm writing this they have been doing quite well in their group and are probably moving



on to the next round. We are a "soccer" family and AYSO was a way of life for us for a number of years.

We're so glad to see it becoming more popular as more people get exposed to the game.

Whatever sport your children choose I hope they choose something. Complex and positive development is derived from participation in controlled and safe athletics. If your kids are enrolled in a summer program and/or camp they will undoubtedly be participating in lots of group activities and getting to know new friends and enjoying the many hours of daylight.

Still, it's also important for them to go on reading and stay on track

with their intellectual and academic achievements. Summer reading lists are always a great idea and most schools have sent home a selection and parents should encourage and assist with this summer goal. The learning process must be ongoing and parental assistance is necessary sometimes to see that it does.

July is also a big time for family vacations and I'm certain that many families will be opting for some time out of the city or at one of our many fine beach areas. Make sure your kids use sun block and know water safety precautions. Make it a family habit because our kids mimic either what we do or what we don't.

So with the whole summer ahead and a city loaded with street fairs, parks, block parties, beaches, ball fields, theaters, and more, no one should have a reason to not be active

and engaged.

I wish I had the summer "off" like our kids. I remember all too well the great feeling of freedom that we had in the summer break months and I recall it with wistful longing.

Whatever you do, I wish a great summer for you and your families. How terrific that it's just at the beginning and that many weeks still lie ahead. It goes fast though so make the most of it.

Thanks for reading and have a great time!

Susan Weiss-Voskidis,
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Take it to the BANK

Should you bank your baby's cord blood?

BY SANDRA GORDON

Five days before her first birthday, Peyton Connelly had been crankier and sleepier than usual. When her mom, Shelly, went to retrieve her from her crib after a lengthy nap, "Peyton stood up and fell over," Shelly says.

Alarmed, Shelly and her husband, Travis, 32, took their toddler to the local hospital. There, they were shocked to learn that Peyton had a malignant brain tumor.

"Fortunately, it was surrounded by benign tumor," says the 33-year-old mom of two. Surgery to remove the mass was all that was required and after a two-week hospital stay, little Peyton went home.

No sooner did the Connelys pull into their driveway, however, did Shelly notice Peyton twitching, soon limp as a rag doll. Shelly and Travis rushed Peyton back to the hospital, where tests revealed a major setback: The 1 year old had suffered a massive stroke. She could barely lift her head and had lost use of the right side of her body.

"It was as if it wasn't there," Shelly says. Gone were Peyton's budding verbal skills, too. The Connelys were told that intense physical, speech, and occupational therapy were all that could be done. Yet, progress was slow and frustrating.

Then, one day, "a light bulb went off," says Shelly, as she was reading a magazine article about stem cells

while waiting for Peyton to undergo an MRI at the hospital. Ah ha!

"We had banked Peyton's cord blood. We had options," she says. Indeed, Shelly and Travis had stored Peyton's umbilical cord blood at birth through Cord Blood Registry, the world's largest newborn stem cell company.

A healing natural resource

Cord blood is a type of blood in a baby's umbilical cord that's rich in powerful blood-forming stem cells known as hematopoietic progenitor cells (these cells aren't embryonic stem cells). Hematopoietic progenitor cells — also found in bone marrow — are capable of renewing themselves and forming into more specialized cells.

"These master cells can differentiate and become different kinds of tissue in the body, to restore function," says Dr. Rallie McAllister, the co-author of "The Mommy MD Guide to Pregnancy and Birth."

After a baby is born, the umbilical cord and placenta are usually discarded. By collecting and freezing this blood instead, however, hematopoietic progenitor cells can be stored and used by someone who needs them — either the child from which the stem cells were derived, a family member, or even a stranger, through public cord blood donation. A cord blood transplant replaces diseased blood-forming cells with healthy ones, which can travel to wherever in the body they're needed. Hematopoietic progenitor cells reduce inflammation, stimulate blood flow and the growth of new blood vessels, and encourage and promote healing. Patients with leukemia, lymphoma, or certain inherited metabolic or immune system disorders have diseased blood-forming cells.

Blood banking basics

If you're interested in banking your baby's cord blood, you can store the blood privately so it's available for your baby or another family member to use, or donate it to a public cord blood bank at no charge, where it can be used to treat people with life-threatening illnesses. Either way, put cord blood banking in your birth plan, then inform your obstetrician or midwife and the hospital or birthing facility of your intentions.

Private banking is an investment. There's an average one-time fee of \$2,000 and a yearly storage fee of around \$130. The cost can be a financial burden for a couple just starting out. To offset the expense, "put cord blood banking on your baby registry,"

Dr. McAllister says.

Cord blood banks must store cord blood under pristine conditions. There are 29 AABB (formerly known as the American Association of Blood Banks) accredited private cord blood banks in the U.S. AABB maintains standards for cellular therapy services to which accredited banks must adhere.

Cord Blood Registry's laboratory and storage facility in Tucson, Arizona, for example, is fortified with bullet-resistant glass, has one of the largest backup generators available, and monitors temperature every 1.6 seconds. For a complete list of AABB accredited private cord blood banks, visit www.aabb.org/sa/facilities/celltherapy/Pages/CordBloodAc-

crFac.aspx. Cord blood can be stored indefinitely.

If you decide to bank your baby's cord blood privately, contact the storage facility you select several months before your baby is born. You'll be sent a collection kit that contains two vials. Give the kit to your obstetrician when you're in labor. Once the vials are filled, they'll be shipped or taken by courier to the facility, where the cord blood is documented and placed into storage within 24 hours. If you choose to donate your baby's cord blood, ask your obstetrician or midwife how to go about it at the hospital or birthing center where you'll be delivering.

"If you do nothing else, at least educate yourself about cord blood banking," Dr. McAllister says. For more information, start by visiting the Food and Drug Administration at www.fda.gov/biologics-bloodvaccines/resourcesforyou/consumers/ucm236044.htm.





when your baby is born and the umbilical cord is clamped. Cord blood banking is painless to you and your baby and not dangerous in anyway. It's safe and easy for obstetrician or midwife to do, whether you deliver vaginally or by cesarean section. Still, only 10 percent of cord blood is banked.

"Ninety percent of cord blood goes in the hospital incinerator," Dr. McAllister says. "It's a travesty."

Fortunately, the Connelys had the foresight to bank Peyton's cord blood.

"My father-in-law had remarried and his wife was pregnant at the same time I was," Shelly says. "Since he was banking his baby's blood, he offered to cover the cost of privately banking my baby's cord blood, too." (For more information about cost, see "Banking Basics.")

"But I wasn't thinking about brain tumors or stroke. It was like, sure, why not?" Shelly says. "Then, I had a 'what if' situation."

In the aftermath of Peyton's stroke, the Connelys researched their options and traveled to the Duke Stem Cell and Regenerative Medicine Program in North Carolina, where Peyton's stem cells were shipped. There, Peyton listened to a musician strum his guitar as her own stem cells flowed through an IV into her blood stream. The October 2009 procedure took about 20 minutes. It was that simple. Just weeks after the \$18,000 cord blood transplant, which was covered by health insurance, Peyton began to regain the use of the right side of her body.

Today, five years since Peyton's stroke, the kindergartener loves to sing and dance. She's on track both in the classroom and on the playground.

"Her speech has taken off. She no longer needs speech therapy," Shelly says. Although gripping with her right hand remains a challenge, Peyton continues to improve through occupational and physical therapy. She can open her right hand and use her left hand to close it around her bicycle handle, for example.

"It's phenomenal what cord blood banking can achieve," Shelly says. "We're so excited about what the future holds for Peyton."

Sandra Gordon is an award-winning freelance writer who delivers expert advice and the latest developments in health, nutrition, parenting, and consumer issues. Her most recent book is "Save a Bundle: 50+ Ways to Save Big on Baby Gear."

For some of these patients, an umbilical cord blood or a bone marrow transplant may be their best treatment option, according to the U.S. Department of Health and Human Services.

Over the last two decades, hematopoietic progenitor stem cells derived from cord blood have been

used in more than 30,000 transplants performed worldwide to treat more than 80 diseases and disorders in adults and children. It's a burgeoning area of medicine called regenerative medicine — the science of using the body's own cells to induce healing and help repair damaged tissues and organs.

"Cord blood is one of the most valuable resources we have in medicine today," Dr. McAllister says.

Once-in-a-lifetime opportunity

The decision to bank your baby's cord blood is critical because you've only got one opportunity to do it —

Avoiding the summer slide

Boredom busters for all age groups

BY CHRISTINA KATZ

You have probably heard about the summer slide — the way kids can lose a lot of the skills, knowledge, and motivation they learned during the school year over the lazy, hazy days of summer. And though I am sure you don't need your child to become the next Einstein or Madame Curie, you probably want to make sure your child will retain all that was learned last year in order to be prepared for the academic year to come.

And sure, a little strategic screen time here and there can be educational when we intend it that way, but the key to keeping summer fun and instructive is to mix up informative play and educational screen time. This is also a great way to stave off the inevitable choruses of "I'm bored" or "We're bored."

This summer, set tone that a little learning is an important part of each day, so kids still enjoy the relaxation

of summer while keeping up the habit of learning.

Here is a roundup of 21 ways to keep your kids' minds active all summer long, so your kids will have a happier summer and you won't worry about the transition back to school come fall:

Ask for insight. Check with your child's teacher before school gets out to see what kinds of educational goals she recommends for your child. Don't compare your children's academic performance to siblings or friends. Everyone learns and grows differently. Aim to support your child wherever he stands academically right now to maximize enjoyment of learning.

Sign up for your library summer reading program. Set a minimum reading time each day of 30 to 60 minutes. Or break reading time into two 30-minute chunks — one for a parent-approved book and the other for whatever your child chooses to read. The library offers lots of variety, and summer is a great time to check out age-appropriate comic books and graphic novels, as well as cookbooks and biographies.

Visit museums in your area. Find out in advance when the free days are to visit local museums and learning centers. Opt for guided or non-guided tour, as your family prefers. Be sure to check out the gift shop on your way out for inspired games and toys.

Plant a garden together. Use illustrated gardening books by Sharon Lovejoy to find projects that suit the personalities of your family and kids. If your family loves pizza, plant a pizza garden. If fresh salsa is your thing, plant a salsa garden. Think about what your family likes to eat and plant accordingly. See sidebar for guidebooks bursting with gardening inspiration.

Shop like a teacher. Visit your local teacher supply store and stock up on workbooks and educational games. Other things you will find that might motivate summer loungers include timers for breaking the day

up into learning chunks, craft supplies for every age, and educational games, videos, and music.

Play store. Pull out a portion of the food in your cabinets and pantry out onto the countertops. Let kids use real money, price items, break out the calculators, and do the math. Make playing store an all-day affair or a weekly occurrence, if your kids enjoy it. Make the game as simple or complex as suits your children's ages.

Visit local nature centers, Audubon societies, and nearby gardens. Make a list at the beginning of summer and plan to hit all the regional natural destinations all before the first day of school. Then plan a weekly outing and bring along a picnic. To review what you saw and learned on the way home, play "I Spied" instead of "I Spy."

Research a future vacation. Let each child pick his own destination and figure out what it would cost for the family to spend one week there including airfare, transportation, meals, hotels, and everything else. Have them present their proposed vacations to the whole family by showing the math writ large on posterboard. Who knows, they just might talk you into a trip you hadn't thought of yourself.

Let them plan a meal. The kids can become chefs for the day, including the jobs of finding the recipes, making the grocery list, cutting the coupons, doing the shopping, comparing brands, and cooking up a storm. Then be a good sport and enjoy whatever they serve. Very young children can do the same, only with make-pretend food.

Have a word of the day. Put the word in large letters at the top of a page with the definition just below. Hang the word on the fridge and make a game out of using it in sentences all day long.

Battle bugs or weeds as research projects. What a great way to practice troubleshooting and potentially solve your most nagging nuisances. Challenge older kids to solve your ecological challenges by

More boredom busters

Use this list of movies based on books and gardening books to keep little brains active on summer vacation.

Books with film adaptations to read together

"Madeline" by Ludwig Bemelmans and John Bemelmans-Marciano

"The Cat In The Hat" by Dr. Seuss

"Winnie-The-Pooh" by A. A. Milne

"Eloise" by Kay Thompson and Hilary Knight

"Charlotte's Web" by E. B. White

"The Tale Of Desperaux" by Kate DiCamillo

"Freaky Friday"* by Mary Rodgers

"Charlie And The Chocolate

Factory"* by Roald Dahl

"Diary of a Wimpy Kid" by Jeff Kinney

"Little Women"* by Louisa May Alcott

"Harry Potter" by J. K. Rowling

"The Lion, The Witch And The Wardrobe"* by C. S. Lewis

"The Hobbit"* by J. R. R. Tolkien

* More than one film version available.

Gardening books by Sharon Lovejoy

"Roots, Shoots, Buckets & Boots: Gardening Together With Children"

"Sunflower Houses, Inspiration From The Garden"

"Trowel and Error: Over 700 Tips, Remedies & Shortcuts For The Gardener"



researching and experimenting with natural solutions they track down on the Internet. Keep a log of the results. Give rewards for problems solved.

Measure and mix. Put the kids in charge of desserts for the summer. Make sure they create some healthy choices like fruit pops or sorbet, as well as delicious baked goodies like pies, cakes, and cookies. If they get carried away, let them have a neighborhood bake sale.

Go multi-media with books you read together. Take turns reading out loud or check out audio books from your local library to listen to before dinner or before bed. Once you finish the book as a family, watch the movie together. Compare and contrast the books and the films. See sidebar for suggested books that have been made into movies.

Keep a "How I Spent My Summer Scrapbook." Choose a blank-page, over-sized book with ample pages for writing, collaging, collecting, and embellishing. Set aside time to work on "summer books" for a half hour every day at whatever time

of day works best. Let kids decide whether or not to keep it private or share the results with the family.

Sign up for BrainPop. This educational website has more than 1,000 short animated movies for kids ages 6 to 17, making it the perfect substitute teacher for your kids over the summer. Best of all, they can pursue topics that interest them. Check with your child's school library to see if they have free access to BrainPop.Jr for kindergarten through third grade. Otherwise, a subscription is money well spent on entertaining enrichment.

Tackle a big creative project. Choose one that takes planning, creativity, and involving others like putting on a puppet show, writing a play, or making a movie. Let your child approach the project in his own way, and only offer to help if you are needed. Invest a little money in your child's creativity and their imaginations will be buoyed by your patronage.

Visit friends and family around the world. Start with a list of friends and family you know all over the

globe. Then once a week, take an hour to really explore that destination via Google Earth and by researching online information. Expand your geographic horizons further by video-calling your friends or family and informally interviewing them about the area where they live. Post a map on the wall and stick a tack in each location you visit virtually.

Think beyond the lemonade stand. Terrific lessons about business, sales, and marketing will be learned when you create your child's version of the lemonade stand. Why not sell old toys, baked goods, or artwork as a lesson in entrepreneurship? You never know. You might spark a future interest in business.

Commit to a cause. If your child loves animals, see if you can spend some time volunteering at a local animal shelter. If she's a regular fashionista, why not throw a summer "trashion" show to raise money for a local charity? Even a trip to your local food bank or letting your kids come with you while you give blood is a life lesson that keeps on giving.

Share your childhood favorites. Did you love to make friendship bracelets or collect comic books? Did your husband learn to play guitar or practice scouting skills in the backyard? Summer is the perfect time to share your favorite hobbies and summer pastimes with your kids. Why not strike up a conversation about it at dinner tonight to get the memories rolling?

Admire intelligence. Find healthy and smart virtual role models for your tween or teen to study over the summer. For example, if your young lady loves entropy and dissecting frogs, she might enjoy trying some home experiments created by Bill Nye, the "Science Guy." Learn more at <http://www.billnye.com/for-kids-teachers/home-demos/>. Make a list of virtual summer tutors for each child and indulge in customized summer learning.

Christina Katz loves jungle gym slides, water park slides, Slip 'N Slides, and Chutes And Ladders, but not the summer slide. Her latest book is "Permission Granted, 45 Reasons To Micro-publish."



FAMILY HEALTH

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

Watch those glands

Addressing concerns with the adenoids

For almost a year now, my son has complained that he always has a stuffy nose and a sore throat. More recently, he has developed trouble swallowing and has had frequent ear infections as well. A friend suggested that my son may have adenoiditis, as her son did earlier this year. Her son required surgery. Can you tell me more about this condition, and what the next step is? Is surgery always necessary?

Issues with the adenoids, or adenoid glands, are most common in children around your son's age, so your friend's suspicion is understandable. The adenoid glands are a collection of tissue that is located in the space behind the nose. From birth through the age of 3, the adenoids typically remain very small, and then start to grow rapidly until they reach their maximum size around the age of 6. After that, the adenoids usually start to shrink, and generally disappear altogether by a child's teenage years. However, if the adenoid glands become enlarged, either due to infection (adenoiditis) or excessive growth (adenoid hypertrophy), this can indeed lead to the symptoms you are describing — congestion, ear infections due to fluid not draining from the ear canal, sore throat, and trouble swallowing. Other symptoms may include trouble breathing, bad breath, dry mouth, and snoring. Persistent adenoiditis can also result in more serious complications such as bronchitis, pneumonia, and lung asthma.

A surgical procedure to remove the adenoid glands (adenoidectomy) can sometimes be necessary to treat adenoiditis. However, there are many steps that should come first. A doctor usually confirms a diagnosis of adenoiditis by viewing the adenoids directly, either with a specialized mirror inserted into the mouth or by carefully threading a device called an endoscope through the nose.

Antibiotics and steroidal nasal sprays are the most common treat-



ment for adenoiditis. However, should they prove ineffective, or if the symptoms of adenoiditis recur, adenoidectomy may ultimately be required. Adenoidectomy is a safe, non-invasive procedure that takes 45 minutes, and is performed under general anesthesia by an otolaryngologist — a surgeon who specializes in the study and treatment of diseases of the ear, nose, and throat.

If you are concerned that your son may have adenoiditis, consult your pediatrician. He can evaluate your child, recommend the proper treatment, and, if necessary, refer you to a specialist. Adenoiditis can be a serious condition, but the array of options available to effectively address it means that your child can be breathing easily before you know it.

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Summer is time for fun, not test prep

BY LEAH HEATH

“Education is not the filling of a bucket, but the lighting of a fire.”
— William Butler Yeats

By the time you read this, summer will be in full swing. But at the time of this writing, we’re counting down just nine more days of school until summer vacation — that wide-open expanse of free days when we can do anything we please and nothing pressing is on the agenda. So imagine my surprise when I opened the June

edition of Queens Family to read in the article “Unlikely Summer” by Frances Kweller that “studying can’t stop in June when there’s a big test on the horizon.” Such a summer program demands four hours per day, four days a week for eight weeks — a total of 128 hours — because “your kids have the rest of their lives to do those things” like relax at the beach, play water sports, etc. But don’t we all feel like they grow up way too fast? And when is the last time that you had 69 days in a row off as a grown up? This is the only time in their lives that they will experience that kind of freedom and that time can never be replaced. How can we possibly squander a summer of their short childhood for a test that the author admits gains only a very small percentage of students access to these specialized schools “of their dreams?” I found it incredibly disappointing that this “family” magazine would feature an article that encourages parents to sideline quality time with their children so they can study for an exam all summer.

My oldest is in middle school and has worked his butt off all year doing way more homework than I think is appropriate for an 11-year-old. I miss him when he’s chained to a desk for hours on end in the evenings and on the weekends. I wouldn’t dream of taking this unstructured free time away from him. He deserves to take a break and get to all those things that he has limited time for during the school year, like expanding his Lego kingdom, making stop-motion movies, and devouring books of his own choosing just for fun. We can check

out new museums, run through the sprinklers, take bike rides, build sand castles together, and go on road trips. Like an ice cream cone on a scorching summer day, his childhood is not going to last forever. The author insists, however, that “over indulging won’t make you happy — but your child’s admission to Stuyvesant, Bronx Science, or the college of his dreams most certainly will.” As though spending quality time together is an indulgence, and our happiness and fulfillment could only be guaranteed by a fancy school’s admission.

I agree with the philosophy set out by Elisabeth Guthrie and Kathy Matthews in their book, “The Trouble with Perfect” — “It’s more important to cultivate a child’s drive than to push them to build a resume. To focus on character development rather than achievement.” Besides, my kids have managed to impress their teachers year after year without us having to outsource their education to tutors and test prep companies. Whatever happened to simply reading to your kids every night and getting them out of the house every once in a while to explore the real world? (And if you doubt the extraordinary impact of reading to your kids from day one, check out “The Read-Aloud Handbook” by Jim Trelease. He explains why “the best S.A.T. prep course is to read to your children when they’re little” at this link: <http://trelease-on-reading.com/rah-intro.html>.)

This point of view puts even more pressure on kids and families that are already under tremendous pressure, especially when it says, “This is not a mistake you or your child can afford to make.” I understand that some families agree with this way of thinking, but to phrase it in such a way makes it seem downright careless and irresponsible not to send your kid to a test prep program. It perpetuates this extremely competitive culture that has classmates pressing each other about their grades and test results at every turn when they should be just running around the schoolyard playing tag. As for me and my house, we will be wringing out every last drop of our summer together. I just hope other parents don’t feel pressured to take Kweller’s advice and ruin their kids’ summers.

Unlikely summer

Studying can’t stop in June when there’s a big test on the horizon

BY FRANCES KWELLER

Winter has turned to spring and with the warm weather comes thoughts of summer. For many New York City parents, this is the time to start thinking about planning summer activities for the kids. Your children have worked hard for the past 10 months, and visions of hot summer days, ice cream cones, and water sports dance in their heads. It’s tempting to let them sit back, relax, and watch the days fly by. After all, isn’t this the time in their lives to let them lounge at the beach with their friends and get a tan?

The answer: your kids have the rest of their lives to do those things. But they only have this one moment to prepare for the New York City Specialized High School Admissions Test program. This is the time to make preparations that will have significant and profound effects on their lives.

In an increasingly competitive world, getting into a specialized high school can make a pivotal difference in your child’s future. As former New York City Comptroller John C. Liu wrote for The Huffington Post, “The Specialized High Schools are the equivalent of New York City’s Ivy League. Admission to these schools is a ticket to success. They bring an almost certain guarantee of high school graduation, in a city where the graduation rate is 65 percent, and an almost certain guarantee of college acceptance. More than a quarter of the graduates of Stuyvesant and Bronx Science go on to university in the Yale, and Brown, or other top-tier colleges.”

Getting a high score on the test is the only way to gain possible entrance into a New York City specialized high school and enrolling your child in a competitive test prep course gives your child the strongest advantage.

There are many local test prep companies that offer comprehensive summer camp tutoring programs that have had tremendous success in helping students get into



top New York City high schools.

Classes often take place four days a week, with both morning and afternoons sessions offered. In addition, students can elect to attend weekend sessions instead. Some even offer trips for both high school and college tours on Fridays.

You may be thinking that your child can simply study for the test on their own, in their spare time, and ace it nonetheless. This is not a mistake you or your child can afford to make. Even the most disciplined students need a structured setting in order to properly prepare for this challenging exam. Especially during the summer, procrastination is far too easy of a trap to fall into, and these classes are necessary to keep your child focused. In addition, top-notch tutors will help

your child truly grasp the material to an extent that no prep book can match.

And if you’re still not sure that you want your child to sacrifice his endless pool-lounging, just think about it. There is, in fact, still plenty of time to lounge by the pool or at the beach this summer. And that relaxation will feel so much better after a hard day of working and learning, knowing that you are taking key steps towards a successful future for your child. Over-enthusiasm won’t make you happy — but your child’s admission to Stuyvesant, Bronx Science, or the college of his dreams most certainly will.

Frances Kweller is an education and testing standards expert, and founder of Kweller Prep.

Got their 'Back'

Operation Backpack helps a child in need face school with a smile

BY SHAVANA ABRUZZO

Summer is finally here, but the start of a new school year is around the corner.

The pint-sized pupils in your life may already be bugging you about buying pens, pencils, notebooks, binders, bookbags and all the other supplies that make their fresh start fun, so turn the nag into a flag of opportunity for good works and introduce them to Operation Backpack.

The annual campaign of Volunteers of America-Greater New York collects brand-new knapsacks filled with grade-specific supplies for the thousands of city children living in homeless and domestic violence shelters, and then delivers them to their doorsteps before the first day of school.

You and your family can help by dropping off new backpacks and supplies at

a Duane Reade store near you from July 14 through Aug. 8. You can also donate at the register from July 13 to 24 to help the retailer continue its assistance to vulnerable youth.

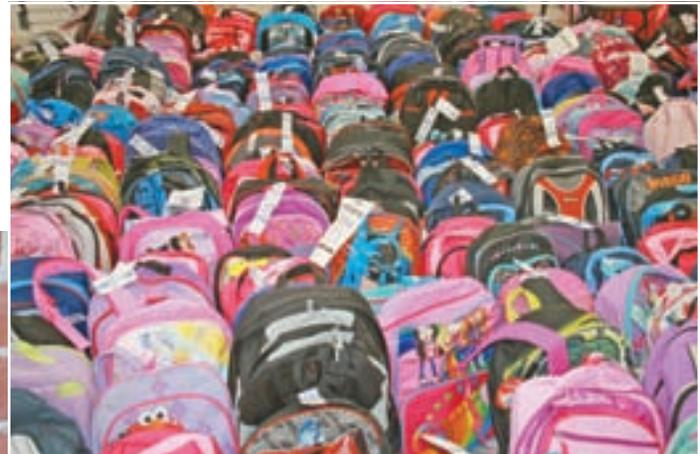
Operation Backpack instills community service in children while defraying costs for families in need, claims the program's founder.

"A new backpack and school supplies can make the difference between a child being excited to go to school and not wanting to go at all," says Rachel Weinstein. "With the average cost of a filled backpack hovering around \$81, we can relieve the financial burden that many parents face."

A humble backpack can amount to a badge of honor for underprivileged children: It can help restore normalcy to their otherwise chaotic lives, make them look and feel more like their classmates, and help them start the school year prepared and confident in the knowledge that their education is important and that someone believes in them.

It can be also be a fun and fulfilling summer activity for your whole family — the rewards of which are in a class of their own.

Visit www.OperationBackpackNYC.org/fill for a grade-specific supply list. Companies and community groups interested in donating can contact Rachel Weinstein at rweinstein@voa-gny.org.



Summer reading on an e-reader

Summertime
and the
reading is easy
with e-books

BY SUE LEBRETON

As temperatures rise and the days lengthen, are you dreaming about lazy, summer days, lounging on the beach or relaxing in a hammock reading a great summer book? How about your children, do they read throughout the summer or take a vacation from books?

Summer reading helps children maintain the academic progress they achieved in the school year. It is also a great time to encourage

kids to read for fun. Research shows that they are more likely to read a book that they choose. So have them pick an interesting book and then suggest making it an e-book to change their summer reading into a new and exciting experience.

Just as they embrace all the new technology, children are quickly adopting this form of book reading. According to the Scholastic Kids and Family Reading Report, the percentage of children who have read an e-book has almost doubled in the past three years, rising to 46 percent, and

they say they are keen to read more. Almost half of the children aged 6 to 17 told the researchers that they would read more books for fun if they had greater access to e-books. More books for fun? That is music to a parent's ears.

The Scholastic data also showed that 25 percent of boys who had read an e-book were now reading more books for fun. That is fantastic news for a group who tends to read less as they age. E-books could be a boon to your efforts to keep your boy reading regularly for pleasure.

What if your child is a reluctant reader? This is a group that can benefit from e-books because they are often intimidated by larger books and the appearance of a text-heavy page. E-books are read on slim devices that display a single page and offer the option to increase the type size. My 11-year-old son loves that the e-reader tracks his progress. Like the children in the study, he is motivated to see the percentage read increase on the screen instead of being discouraged by seeing the volume of a print book that remains to be read despite expending considerable time reading.

Two e-book attributes children say they like are portability and privacy. The ability to carry multiple books offers the opportunity to move to the next book when they complete one, or switch books if the current one loses their interest. What a great tool to have when traveling. Children commented in the study that they were also fond of the fact that with e-books they can hide what they are reading from friends. Admit it, sometimes we all read things we might not want our friends to see.

Are your eyes glazing over at the thought of introducing yet another

More about e-readers

The experience that most closely mimics reading a print book is using one of the e-readers with black and white e-ink pages. The market is dominated by Sony, Kobo and Kindle devices. They range from the base models (about \$69) that require you to download books from a seller's site while hooked to your home computer, to newer wi-fi and touch-screen models that allow you to buy books on the go (up to \$199). Be careful, this is a convenient but potentially budget-stretching option for an avid book buyer.

These are dedicated book devices, so no surfing the web or checking e-mails. E-books are slightly cheaper to purchase than print books, so depending upon your reading and purchasing pace the e-reader can pay for itself fairly quickly. Remember, no late fees at the library. The lack of distraction from e-mail and the lure of web surfing can also be helpful for

readers who are easily seduced to other media.

Buying an e-reader

Before you head to the store, go to your library's website so that you know what format they support, otherwise, you might end up with a device where purchasing books is your only option. Talk to friends who have e-readers and do some online research for comparisons. Define what is important to you as a reader. Do you need a dictionary? Do you need wi-fi? Once you are clear about what you need, go to a store and handle the various devices to see which you prefer. Remember to ask where you can buy books that are compatible with this specific reader.

Other devices

You can read an e-book on your laptop, computer, iPad or tablet, iPod, cellphone and Play

Station Portable or the Nintendo DS. The PlayStation and Nintendo options are more cumbersome to turn into readers, but it can be done, and instructions are available online.

To use an existing device to read an e-book, download an app so that you can read your books, magazines, and newspapers anywhere. Just be sure that the app is compatible with the source where you purchased the original material. For example, if you buy books from Kobo for your Kobo reader, you need the Kobo app to be able to read that same material on your other devices. There are some conversion software options available if you purchase from multiple sources, but if you go that route, you will need to be more comfortable playing with the technology.

Some e-reader producers have entered into the tablet market so that users can surf the internet and check e-mails in addition to reading e-books. These devices range from \$200 up to \$600 for their multiple offerings.





pricey device into your home and budget? E-reading does not have to break the bank. There is an e-reader option to suit most budgets, and you can borrow books from the library without ever leaving your home. Some libraries even loan the devices. The best part about borrowing e-books from your library? No late fees. Once your borrowing period expires, the file is no longer

accessible on your device. The first time you borrow an e-book you have to download the required software but the process is relatively simple.

You can begin e-reading today without an outlay of cash if you use technology that you may already own, such as a cellphone, iPod, iPad, tablet, laptop, or computer. Download an e-book app and you can begin to buy or borrow books. Take

note that for summer reading on the beach or deck, many of these backlit devices do not perform well in direct sunlight due to the glare, but an e-reader is fine.

Despite its many merits, e-reading is not likely to replace print books for all uses. Nothing surpasses the joy of snuggling and reading to your child at bedtime, no matter what their age. Children in the study

echoed that sentiment and said they still preferred a paper book at bedtime. That is probably a wise choice, since exposure to lit devices can delay the onset of sleep, not at all what we parents are looking for at bedtime.

Sue LeBreton is a health and wellness journalist and an avid reader. Thanks to her e-reader, she carries a library with her wherever she goes.

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PreSchool

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Teachers communicate with the

Continued on page 18

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PreSchool

DIRECTORY

Continued from page 16

parents on a daily basis through the student's home-school journal. The 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. (is this only flushing?)

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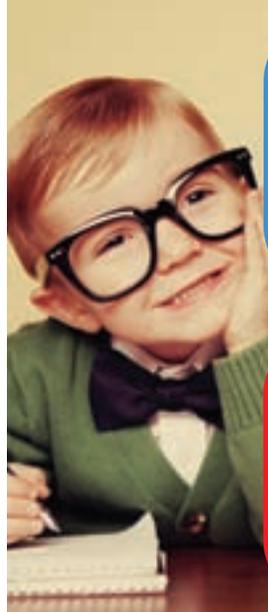
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Kids in business

Children rake
in the skills
when they
get to work

BY DENISE YEARIAN

Children go into business for a variety of reasons. Some need extra cash to pay for recreational activities. Others have a desire to save for the future. Still others have a little extra time and want to make good use of it. Whatever the motivation, starting a summer business is a good way for children to learn entrepreneurial skills. Here are some things to consider:

Choose an idea

To get your child started in a business, help him make a list of what he likes to do and businesses that relate to those interests.

“When Ben decided he wanted to start a business, we sat down and talked about what he could do,” says his mother, Stephanie. “He has always loved animals, so it seemed a good fit for him to take care of other people’s pets.”

Once your child has made a list of what he enjoys doing and the kinds of services or products he can provide, have him analyze the market. Are there people who live in your area with specific needs? Talk with your child about those needs and how he may be able to provide a service

or product for them. In Ben’s case, there were plenty of people in need of summer pet care. Also, look at small businesses in the community. Do any offer a similar service your child could provide at a lower cost?

Sole proprietor or joint venture

Many small businesses successfully run with one person. The key question to ask is, how much time does your child have to devote to the business? If he is on a swim team or involved in another sports program, his time may be limited. For this reason, your child may want to consider working with another family member or friend.

For the Andersons, this was the best way to go. Their oldest child, Brandon, had karate lessons several times a week and a few summer tournaments on the calendar.

“While Brandon was at lessons, the girls and I mixed and baked cookies, so they would be ready to sell the next day,” reports their mother Kim.

The upside to having a joint venture is less work for each individual and more potential for the business to grow. The down side is they have to split the profits, and one party may feel he or she is doing more work than the other.

“There were times the girls complained that their brother didn’t help with the mixing and baking,” Kim says. “But I reminded them their brother was the one in charge of advertising. And he was always there when it came time to sell.”

Advertising ideas

Before advertising, choose a name that fits. Some business names are cute and clever. Others have names that clearly state who is running the business and what it offers — Ben’s

Best Home Pet Care. With a little creativity, your child can come up with a name that’s cute, clever, and states its purpose.

The best place to begin advertising is with family, friends, and neighbors.

“One thing that made Ben’s business so successful was we lived in the same community for 10 years,” says Stephanie. “People knew our whole family and felt comfortable letting Ben take care of their pet.”

One of the cheapest and most effective ways to advertise is to print up flyers and pass them around the neighborhood or community. Flyers should be printed on bright paper and include the business name, child’s name, phone number, address, services or products offered, and price (if desired). Posters that are tacked on bulletin boards are another good option, especially if they have tear-and-take tabs on the bottom of the poster that lists the service provided and a contact number. Other advertising options include business cards, newspaper ads, phone calls, and emails.

Count the cost

Before your child delves into business, have him list all of the supplies needed and the cost of each item. If he has money in his savings account, he can use that to get the business up and running. If not, perhaps you can loan it to him with the agreement he pay it back. That’s what the Andersons did.

“When my kids started Yum Yums, they were pretty broke,” Kim states. “I told them I would pay for the initial supplies, and they could reimburse me as the business took off.” Another option? Have your child do extra chores around the house to raise money for start up.

Business ideas for kids

Short on business ideas? Here’s a few:

- Babysitting
- Birthday party helper or entertainer
- Tutoring
- Data entry
- Dog walking
- Pet care
- Refreshment stand

- Baking
- Produce stand
- Garden weeding
- Lawn mowing
- Car washing
- Personalized people and pet gifts
- T-shirt making
- Making care packages
- Jewelry making or other craft



Determine the price

The flip side to counting the cost is determining the price. If your child is making a product, such as Yum Yum Cookies, go to a place where similar products are being sold. In the Andersons' case, a local bakery. What are similar products selling for? How much can your child reasonably charge after paying for supplies and still realize a profit?

If your child is providing a service, find out what his competitors are charging for the same services. Do they charge by the job or the hour? What are kids his age earning for doing similar work? One key question your child should ask himself is, "Can I offer this product or service for a little lower than market rate and still make a profit?" If the answer is "yes," he's in business!

Policies and practices

Before embarking on the busi-

ness, have your child determine exactly what services or products he will offer. This should then be communicated to future customers. If, for example, your child starts a lawn mowing business, will he provide his own gas? Sweep the driveway? Rake, if necessary? Depending on the business, he may want to have a written description of what he provides. When the service has been completed, your child should give the customer a receipt and make a duplicate copy for himself.

Even though your child is young, he can earn the respect of customers by maintaining good work ethics. Impress on him the need to be on time, respectful, and hard working. This is also a good way to help the business grow. Remind him that current customers may pass along his name to potential new customers.

At the onset of your child's business, establish safety rules. Insist

that he inform you of his whereabouts at all times. Avoid letting him sell door-to-door. Stress the importance of not talking with strangers while he is alone. Remind your child that if he ever feels uncomfortable, leave the situation and find a trusted adult immediately. If you have an extra cellphone or one he can borrow, let him take it while he is gone.

Record his success

Being a successful entrepreneur means managing money wisely. Encourage your child to record his income, expenses, and profit by making a chart in a notebook or using a ledger. This will show him how much money he has put into the business and how much he has gleaned from it. Allow your child to spend some of his earnings, but encourage him to save some and put some back into the business. If he has borrowed money from you, he needs to pay

you back. This is also a good time to teach your child about benevolent giving. Is there an organization he can give to?

Once kids experience the accomplishment of working, earning, and spending, they may decide to keep going. That's what Ben did.

"He had so much fun taking care of other people's animals, he kept the business going for several years," concludes Stephanie.

For the Andersons, Yum Yums was a summer experience that was shelved when school started.

"By the time fall rolled around, my kids were ready to shift gears," Kim finishes. "That's okay, though. It was a great experience, and I'm glad they did it. My kids worked together for a common goal and learned a little about what it takes to run a business."

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



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Nutrition Facts		
Serving Size: 1 (45g)		
Serving Per Container: 1		
Amount Per Serving		
Calories: 185	Cal from Fat: 85	
		% Daily Value*
Total Fat	9.5mg	15%
Saturated Fat	2mg	9%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	72mg	3%
Total Carb	19g	6%
Sugars	5g	45%
Dietary Fiber		
Protein	0g	
Vitamin A	4%	Vitamin C 4%
Calcium	10%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Food label accuracy

You felt so proud of yourself. You consumed only half of one of those stubby cartons of premium ice cream — until you noticed with horror that a serving size is only half a cup and not the entire carton. Oops.

Let's face it, the nutrition facts panel that has been a part of our food packages for two decades is confusing and frustrating. But if the Food and Drug Administration gets its way, labels will soon be revamped.

Americans have mixed feelings when it comes to how helpful food labels are to them. According to a Harris Poll of 2,266 adults surveyed in February:

- They are divided on whether seeing “healthy” on a food package is a helpful nutrition indicator, with 53 percent feeling it's helpful and 47 percent indicating it's not.

Fact: This claim is strictly regulated, with specific limits on its fat, saturated fat, cholesterol and sodium content, plus a requirement for certain good nutrients.

- Three out of four (76 percent) feel that the statement “Made with...” — as in “Made with real fruit” — is a helpful signpost.

Fact: These labels can be applied to anything that contains even very small amounts of the boasted content.

New labels, new emphases

Calorie counts would be in large type and portion sizes will be adjusted to reflect how much Americans really eat. For example, a 20-ounce bottle of soda would be counted as one serving, rather than the two-and-a-half servings currently seen on most bottles. Your ice cream? The more realistic one cup serving would replace the current half-cup serving size.

“Things like the size of a muffin have changed so dramatically. It is important that the information on the nutrition fact labels reflect the realities in the world today,” says administration commissioner Dr. Margaret Hamburg.

The “Calories from Fat” line would be removed.

Percent daily calories would shift to the left of the label. And some package sizes would be required to show both “per serving” and “per package” calorie and nutrient amounts.

Added sugars would be highlighted on a new line. Currently, naturally occurring sugars and added sugars are lumped together. Foods with unexpected added sugars include pasta sauce, ketchup, and pizza. One cup of pasta sauce has five teaspoons of sugar while a frozen pizza may contain as much as six teaspoons. Each

tablespoon of ketchup contains one teaspoon of sugar.

A revised nutrition facts label may not stop you from overeating ice cream, but at least the portion size will be easier to read and will be more realistic.

Christine Palumbo is a Naperville-registered dietitian nutritionist who is a new Fellow of the American Academy of Nutrition and Dietetics and is enthused about the proposed changes, although she wishes caffeine would also be included. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

Mini mushroom burgers

PREPARATION TIME: 5 minutes

MARINATE TIME: 30 minutes

COOKING TIME: 8 minutes

SERVES: 4

INGREDIENTS:

2 Portabella mushrooms, stems removed

1/4 cup light balsamic vinaigrette

Salt and freshly ground black pepper

8 small high-fiber whole-grain dinner rolls

8 slices red onion

8 slices tomato

DIRECTIONS: Place Portabellas and vinaigrette in a large zip top bag. Zip and lightly rub the vinaigrette into the mushrooms. Let marinate for at least 30 minutes. Remove mushrooms from bag, drain and

season both sides with salt and pepper. Heat a grill or grill pan over medium heat and spray with non-stick cooking spray. Place the mushrooms on the grill gill side down and cook for 4 minutes. Turn and continue to grill until mushroom is almost cooked through, about 4 more minutes. Remove from pan and drain mushrooms on paper towel, gill side down. Cut each mushroom into quarters and place on buns. Top with onion and tomato and serve.

NUTRITION FACTS: 144 calories, 29 g carbohydrates, 4 g dietary fiber, 5 g sugars, 5 g protein, 2.5 g fat (0 sat or trans fat), 0 cholesterol, 300 mg sodium, 40% DV selenium, 8% DV iron, 8% DV potassium

Recipe courtesy of the Mushroom Council and mushroominfo.com.



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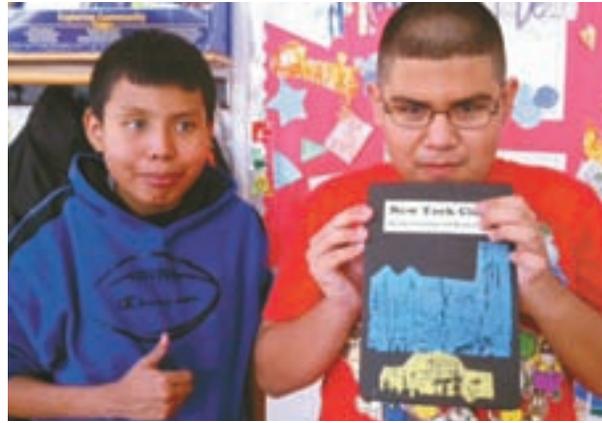
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(Left to right) Gianluca Pellegrini and Ping Wen Lin were citywide elementary winners for "Journey to the Stars." Brian Tzic and Alex Trinidad were citywide middle school winners for "New York City." Aleksandra Stanisavljevic clinched the title of citywide high school winner with her illustrations in "In Praise of Plants: Part V."

The book club

Five city kids win big in bookmaking competition

BY SHEREE WICHARD

Brooklyn and Manhattan students took home the top awards at the Ezra Jack Keats Foundation's annual Bookmaking Competition for grades third through 12.

Citywide and borough-winning books, honorable mentions, and all school-wide winning books were on exhibit at the Brooklyn Public Library Central Library (at Grand Army Plaza) in May. The citywide and borough winners and honorable mention recipients were given medals at an awards ceremony at the library. In addition, the citywide winners received \$500 and the borough winners \$100 from the Foundation.

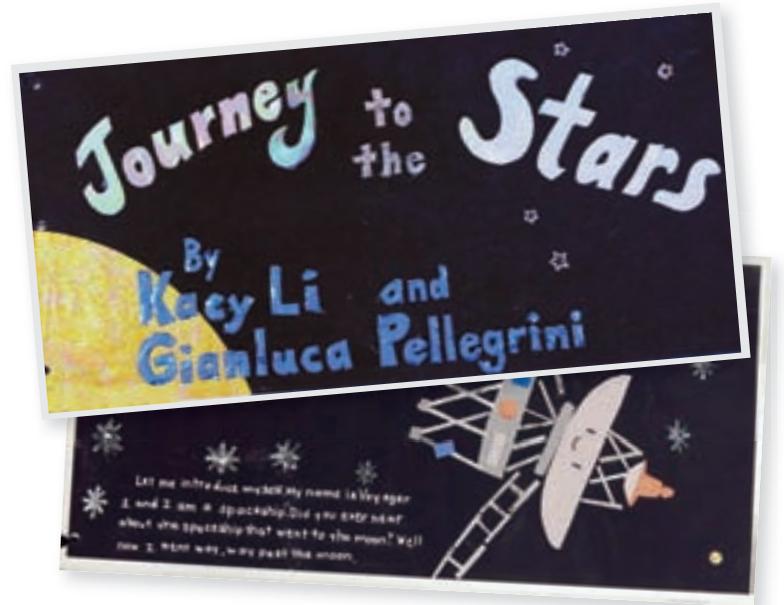
The competition is divided into three categories: elementary (grades three through five), middle (grades sixth through eighth) and high school (grades nine to 12). This includes elementary, middle and high school winners from District 75.

Citywide elementary winner:

"Journey to the Stars," by Gianluca Pellegrini, illustrated by Ping Wen Lin (fifth grade at PS-IS 229, the Dyker School in Brooklyn).

The students were inspired by a story they saw about Voyager I.

"One day, Ping Wen and I were reading the New York Times and saw a story about Voyager I. That's how we came up with the idea for 'Journey to the Stars,'" explains Gianluca. "It was really fun trying to find words



that were descriptive and interesting and would work with Ping Wen's illustrations. My teacher helped me fix any writing mistakes, which is okay because everyone makes mistakes!"

Ping Wen explained that in their creative process, the illustrations came first.

"The illustrations for our book came before the story. I decided to draw Voyager I with a smile — I thought he'd be a happy spaceship because he was leaving the solar system. I used paint, special papers that my teacher got for me and pencils to do the drawings in the book. Voyager I had so many parts to his body that I'd have to say he was the most challenging part to make. It was fun working with a friend."

Citywide middle school winner:

"New York City," written and illustrated by Alex Trinidad and Brian Tzic (Grade eight at PS 77K in District 75, Brooklyn).

The co-winner of this transportation story had a creative take on New York Harbor.

"One of my favorite pages to draw was the Staten Island Ferry with sharks in the water!" says Alex. "I also liked using printmaking. First, we picked a color of ink. Second, we rolled the ink onto the foam plate. Then, we printed the foam plate onto the book page. I am really proud of the book we made together."

Brian spoke about the fun they had learning about new mediums



Inside "New York City"

in art class.

"New York City is the first book I ever made!" he says. "Our art teacher, Ms. Amie, showed us many different kinds of books. I liked the accordion book best because it showed all the pages at once. To make the accordion, we had to fold the pages and glue them together. We drew on Styrofoam plates instead of paper because you can print your drawings in many different colors. It was fun working on the book with Alex. I am really good at drawing trains and buses and he is good at drawing boats and cars."

Citywide high school winner:

"In Praise of Plants: Part V," illustrated by Aleksandra Stanisavljevic (Grade 12 at Stuyvesant High School, Manhattan).

The winner was inspired to interpret a poem she found.

"In Praise of Plants: Part V" is an excerpt from a poem by the noted Serbian poet Branko Miljkovic — I discovered an English translation of it on a field trip that my poetry class took to a Poetry Center," says Aleksandra. "I was moved by the images and colorful descriptions. I

decided to interpret the poem artistically, which resulted in many elaborate pop-ups that I created, painstakingly, with an X-acto knife and mixed media. But the effort was worth it!"

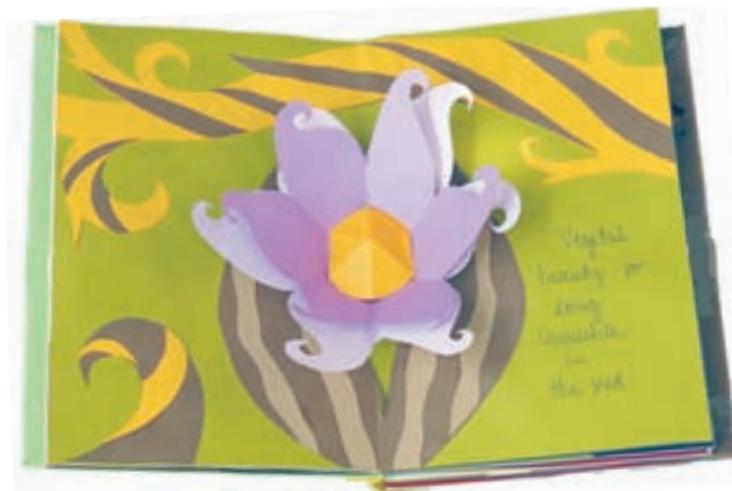
Schools Chancellor Carmen Farina praised the program.

"Getting kids excited about reading and writing is critical for their long-term academic success. And I want to congratulate all of the talented student book-makers who have shown that they understand and appreciate the link between narrative and image," she said. "We know that teachers are the keys to our students' success, and I thank all of the teachers and librarians who have supported these young authors and illustrators. And I also want to thank the Ezra Jack Keats Foundation for creating and supporting this program for almost 30 years."

The annual Bookmaking Competition begins each fall. Public school students are invited to come up with an intriguing theme, create engaging text, and integrate illustrations using a range of media. Expressive writing and artwork are strongly encouraged.

The process is integrated into classroom instruction with a strong emphasis on the study of picture books. Student books are created under the supervision of a teacher or librarian.

For a complete list of citywide and borough winners, visit 2014 Bookmaking Competition Winners at www.ezra-jack-keats.org/2014-bookmaking-winners-list.



Inside "In Praise of Plants: Part V"

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Ludwig Bemelmans's painting of Madeline at the Paris Flower Market.

75 years of 'Madeline'

New York is a great place to celebrate this story of Paris

BY TAMMY SCILEPPI

It all started in 1939, with a humorous, rhyming picture book about a petite Parisian school-girl. She's a mischievous red-head with spunk and attitude, who becomes the envy of her classmates when her appendix is removed (true story).

Madeline is the feistiest of 12 little girls in two straight lines, wearing identical coats and flat sailor chapeaux. A brave role model for her young female readers, she seems totally fearless when telling a tiger

in the zoo, "pooh, pooh!" — proving that being smart and strong is cool, even if you're a mademoiselle.

Since her whimsical debut 75 years ago, Madeline still remains one of the world's most popular and beloved fictional characters. And, through her whirlwind escapades in Paris, London, and the French countryside — brought to life by her creator Ludwig Bemelmans's enchanting watercolor illustrations and light-hearted storytelling — she has charmed her way from the original book through all five sequels, which have become

true classics.

You can probably find at least one "Madeline" storybook on every kid's bookshelf.

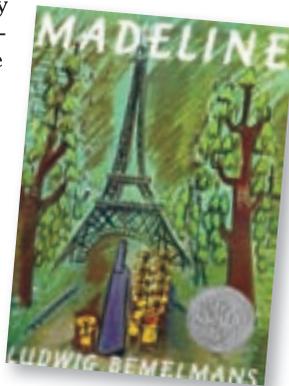
Who was Bemelmans?

A hundred years ago, a footloose, frustrated, misfit teen from Austria arrived in New York City. Needing a creative outlet, he began to draw on walls — of his apartment, in restaurants — everywhere. Starting his first career as a busboy at the Ritz Hotel, he taught himself how to sketch on the backs of menus and kitchen tile walls.

“His ambition was to be a cartoonist, until the brilliant children’s book editor at Viking discovered him, and said, ‘You must write children’s books!’” says exhibit curator, Jane Curley.

The first lines of “Madeline” were written on the back of a menu at Pete’s Tavern in Manhattan.

Bemelmans claimed to have no imagination; all his books are mostly based on his experiences and people he knew. Madeline herself was actually a mix of personalities: his daughter, Barbara; his wife, Madeleine; and his mother. The school-girl was also her creator’s alter ego, along with her favorite companion, Pepito, who expressed Bemelmans’s wild and naughty side as a child.



Like Madeline, Bemelmans was a free spirit; he liked living large.

“His circle of friends ranged from mobsters to millionaires. He loved commissions like this one, where he got to stay on board a luxurious yacht, just as he stayed rent-free at the Carlyle, while he painted the murals at the bar there,” said Curley.

And he loved to travel.

“For ‘Madeline and the Bad Hat,’ he visited Spain; for ‘Madeline and the Gypsies,’ he followed Gypsy caravans and circuses around for an entire summer in 1958. Of course, it was fun for him!” explains Curley.

And his message — which runs through all the Madeline books — is one of “courage, optimism, and delight in life, even in the face of challenges,” says Curley.

The “Madeline” series includes “Madeline,” 1939; “Madeline’s Rescue,” 1953; “Madeline and the Bad Hat,” 1956; “Madeline and the Gypsies,” 1959; “Madeline in London,” 1961. Bemelmans’s grandson has continued the series with books written and illustrated in his grandfather’s style: “Madeline and the Cats of Rome,” “Madeline at the White House,” and “Madeline and the Old House in Paris.”

Bemelmans bar

At the upper-crust Carlyle Hotel on the Upper East Side, in the 1940s, Bemelmans was commissioned to paint murals in

exchange for room and board. In fact, if you visit the hotel’s swanky Bemelmans Bar, you can enjoy a cocktail surrounded by his whimsical illustrations of city landmarks.

For youngsters who want to feel like they’re part of “Madeline” and love music and dressing up fancy, Bemelmans Bar serves high tea and kid-friendly food from Saturdays from October through a week before Christmas. Singer and pianist Tina deVaron even takes singing requests and makes it a truly unique family experience.

Madeline’s Tea at the Carlyle [35 E. 76th St. at Madison Avenue on the Upper East Side, (212) 744-1600, www.rosewoodhotels.com/en/the-carlyle-new-york/dining/bemelmans-bar].

Anniversary celebration

To celebrate the 75th anniversary, the New-York Historical Society on Manhattan’s Upper West Side is honoring the little darling of Paris and her creator with a special exhibit and family event from July 4 to Oct. 13 — featuring more than 90 original artworks by Bemelmans, as well as the weekly Madeline’s Tea Party on Wednesdays.

To commemorate the anniversary, a lavish slipcased edition of the original book can be viewed or purchased at the New-York Historical Society. It includes a full-color panoramic pop-up spread of Paris, with all the famous landmarks, including Madeline’s house.

Madeline in New York: The Art of Ludwig Bemelmans at the New-York Historical Society [170 Central Park West between W. 76th and W. 77th streets on the Upper West Side, (212) 873-3400, www.nyhistory.org/exhibitions/madeline-new-york]

Madeline’s Tea Party at the New-York Historical Society [170 Central Park West between W. 76th and W. 77th streets on the Upper West Side, (212) 873-3400, www.nyhistory.org/programs/madeline-s-tea-party July 4 – Oct. 13, July 16, July 23, Aug. 13, Aug. 20, Sept. 10, and Oct. 8, 3-5 pm. \$40 per child, \$35 members; \$50 per adult, \$40 members.

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Baby, I'm tired

Helping your
baby sleep
all night

BY MALIA JACOBSON

There's no denying that parenting is exhausting work. But having a baby doesn't have to mean resigning yourself to months (and years) of sleepless nights. Armed with a bit of expert knowledge, you can help your little one sleep better — so you can catch a few zzzzs, too.

Find your baby's sleep number

According to sleep expert Dr.

Jacob Teitelbaum, late bedtimes cause many childhood sleep problems, because overtiredness makes it harder for children to get to sleep and stay asleep. But figuring out when to put your baby to bed can be tough.

To find your baby's perfect bedtime, first determine how many hours of sleep he needs in a 24-hour period to determine how many hours he can comfortably stay awake per day. Set your child's bedtime so that he is not awake longer than that, and you'll prevent overtiredness that can

wreck nighttime sleep.

For example, a 10-month-old who needs 14 hours of daily sleep can stay awake for 10 hours per day. If he gets up at 6 am and naps for three hours each day, he needs a standing 7 pm date with his bed. (Hint: Newborns need between 14 and 16 hours of shut-eye per day; tots 1 to 3 years old need 12 to 14 hours, and kids 3 to 6 need 10 to 12 hours.)

Nix the nightlight

You may love the way your baby's smile lights up a room, but when it

Learning to fall asleep in bed will help your child learn to sleep longer stretches, and eventually, sleep through the night. But many babies won't tolerate being put down awake.

comes to sleep, the best light is no light at all. Nighttime light disrupts melatonin production, and even a small nightlight or the light from the baby monitor can be enough to prevent deep, restful sleep. Dim the house lights after dinner and install effective blackout blinds to get the bedroom truly dark. A black twin-sized flat sheet can be folded in half and tacked around a window in a pinch.

Embrace boring

Sleep doctors agree that an effective bedtime routine is one that's absolutely set in stone: the same things, in the same order, every night.

"Our bodies love routine, and this is especially so with children and bedtime," says Teitelbaum. Performing the same events in the same sequence before bed cues a child's subconscious for sleep. Sure, a routine this solid is bound to get boring for you. But the routine is for their sake, not yours (and a happily snoozing child is well-worth the effort).

Practice the pacifier

Pediatrics reports that nearly 70 percent of parents give pacifiers to their newborns. And it's likely that a good portion of these parents find themselves getting up at night to replug their baby's lost binky. The sooner a child learns to manage his or her own pacifier, the better everyone sleeps. Incorporate "paci practice" into tummy time and playtime, and your baby will be self-plugging in no time.

Start sunny side up

For an easier bedtime, start your baby's day off the bright way. Strong morning light helps set your child's internal clock so

he'll fall asleep more easily come nightfall. Open curtains to let the light shine in, and serve breakfast in a sunny spot. When weather permits, take a quick stroll around the block.

Atta baby

Many experts advise putting babies to bed drowsy but awake, to support independent sleep skills. It's true, learning to fall asleep in bed will help your child learn to sleep longer stretches, and eventually, sleep through the night. But many babies won't tolerate being put down awake.

Help your baby learn to love his crib by using rhythmic patting to soothe him after placing him in bed, without picking him back up. Because infants should be placed to sleep face-up, you might not be able to pat your child's back, so pat the crib mattress or the shoulder instead.

Avoid nap traps

Naps are important to babies and young children — they promote healthy nighttime rest, and new research from Emory University shows that they help babies learn and retain new information. But napping all day is guaranteed to make your baby nocturnal; research links more daytime sleep with less sleep at night.

To promote healthy naps while preserving nighttime sleep, don't allow naps longer than three hours. For most babies and young children, naps of an hour or two are long enough to be restorative without robbing nighttime sleep.

Get baby moving

Moving all day can help your baby sleep all night. A body in motion is one that's primed for sleep, because exercise helps children fall asleep faster and sleep more soundly. So put away your stroller and carrier and let your little one move. Aim for at least 60 minutes per day of vigorous activity. Toddlers and young children need plenty of chances to walk and run; babies need lots of time on their tummies and backs to wiggle, stretch, and work their muscles.

Malia Jacobson is a nationally published sleep expert, health journalist, and mom of three. Her most recent book is "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."

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A need for flexibility

Comptroller
Scott Stringer
wants to give
city employees
more options in
working hours

BY SHNIEKA L. JOHNSON

City Comptroller Scott Stringer is proposing legislation to set the stage for flexible workplace hours for city employees — a topic very personal to him as a parent of two small children.

The legislation, “Right to Request,” aims to decrease the level of fear that employees may have in requesting flexible working arrangements by creating a platform for employees to approach their employers. Stringer announced findings from a report issued by his office joined by his wife Elyse Buxbaum and their two children.

A similar bill has been proposed at the federal level (called the Flexibility for Working Families Act), and model legislation is currently under consideration at the state level. These laws do not mandate that employers provide flexible scheduling, but they promote dialogue that can help eliminate the stigma associated with non-tradi-

tional work arrangements.

Stringer’s report, entitled “Families and Flexibility: Reshaping the Workplace for the 21st Century,” provides examples of best practices for companies to offer flexible scheduling to their employees and the variety of cost savings and other benefits that this scheduling can have for businesses. Advocates of the proposed legislation say that there is a need for “right to request” legislation because a change in hours can help a family, especially working families, single parents, and those caring for elderly relatives. The report is a strong attempt to bring everyone (legislators, business owners and employees) to the table to discuss this topic and find ways to implement flexible scheduling.

Following Stringer’s presentation, I discussed this topic with him further:

Shnieka Johnson: Your family was present at your most recent press conference on the “Right to

Request” legislation. Are they what made you feel so strongly about this topic of workplace flexibility?

Scott Stringer: Yes, it’s a struggle my wife and I confront every day as the parents of two children under 3 with full time jobs. It is my duty to look out for the long-term interest of our city’s economy. Few issues have a more profound effect on the day-to-day lives of working people like us in our city and beyond than achieving what is popularly known as “work-life balance.”

SJ: There is a passionate group of supporters behind the legislation, but what obstacles do you foresee in implementing it?

SS: One of the greatest obstacles to flexible workplaces is the continued stigma associated with taking time from work to care for family members. That stigma won’t go away overnight — not after generations have become accustomed to the traditional 9-to-5 workday within the walls of a particular workstation.

However, the best way to chip away at that old philosophy and make employees expect and employers embrace flexible scheduling is to provide a safe space to start a conversation about how it can be a benefit to both workers and the bottom line.

We will look carefully at successful legislation overseas and in states across the country for best practices in how to effectively implement “right-to-request,” and I am confident that our city agencies, many of whom are well-versed in enforcement of employment laws, are up to the challenge.

I have a strong coalition in support of the legislation. At my press conference, I was joined by caregiver groups like AARP and the Alzheimer’s Association, women’s advocates like NARAL Prochoice NY and Catalyst, and groups that advocate for low-wage workers like the Center for Popular Democracy and the Retail Action Project.

SJ: Are there strategies in place to maintain momentum on this topic and continue the conversation?

SS: I plan to host a forum on this topic to engage with the business community and workers in all sectors. Many in the private



City Comptroller Scott Stringer spoke of his workplace flexibility legislation at City Hall.

"Few issues have a more profound effect on the day-to-day lives of working people like us in our city and beyond than achieving what is popularly known as 'work-life balance.'"

sector have already realized that flexible workplace scheduling is profitable for all participants, but government can do more. I have strong legislative partners at the city, state, and federal level and there will be hearings on the bills.

SJ: Technology and telecommuting was mentioned a number of times during your remarks. Is that where you see the trends of workplace flexibility going?

SS: We've seen how technology can revolutionize our daily lives — from smartphones to GPS. But all too often, our institutions — business and government — are slow to pick up on what consumers already understand, namely, that technology can revolutionize the workplace and make the world more efficient.

Telecommuting certainly isn't going to work for all businesses. After all, you can't knead pizza dough on the internet or fit someone for a pair of shoes remotely. But for many businesses, technology will be one piece of a broader conversation about how flexibility works for their company and industry.

Aetna, one of America's largest health insurers, increased its share of workers who telecommute — from nine percent in 2005 to 47 percent in 2012, saving the company \$78 million in real estate costs alone.

SJ: How will this help working families with small children specifically?

SS: Flexible workplace arrangements allow parents and their employers to accommodate their schedules — that so often involve juggling many activities: day care, school drop-offs, doctor's appointments, soccer practice, and

many, many others. Sometimes adjusting your schedule by even one hour can make all the difference and have a positive impact on your work product

SJ: The benefits to the employees are clear, how does this legislation positively affect the businesses that are on board?

SS: For New York City to remain an economic engine, we must compete with other cities for top talent and investment. To do that, we must realize that everyone benefits from a policy that sees family and work as complementary, rather than competing parts of life. Happy, productive employees are good for business.

SJ: In the long-term, how will New York City benefit financially from "Right to Request?"

SS: This is an issue of economic competitiveness for the future of the city's economy. By embracing flexible scheduling, it will help to keep employees who are also parents or caregivers in New York City and attract young people who see the city not only as a place where they can make their mark professionally, but also as a place where they can put down roots and raise a family.

SJ: What would you like to communicate to New York City parents about this proposed legislation?

SS: I am highlighting the value of this important policy change, and hoping to start a discussion about it in New York City. I want parents to know that I understand the challenges of balancing their family responsibilities and career. The pressure of caring for children and elderly parents is very real. I feel it every day. In the New York City Comptroller's Office, we have our finger on the pulse of the New York City economy. That means responding to the needs of the business community, but also taking concrete steps to address the real challenges facing working people in all five boroughs. Promoting flexible work arrangements is but one piece of that effort, and I look forward to continuing this conversation in the months and years to come.

For more information, visit: <http://comptroller.nyc.gov/flextimenyc/>

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

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Stuck *in the* middle

Seven ways moms in the 'sandwich generation' can reduce stress of caregiving

BY ALEXA BIGWARFE

Mothers in the “sandwich generation” (between the ages of 35 and 54 who are simultaneously caring for children and aging parents), feel more stress than any other age group, according to the American Psychological Association. This stress impacts all aspects of their lives — relationships with their spouse and children, emotional well-being, and their health.

Caring for children is stressful on its own, but caring for a parent at the same time can cause caregivers to become overly stressed and even depressed.

The stress of dual caregiving is caused by numerous factors: increased financial burden, feeling as though they are torn between caring for their children and their parent, and managing all the extra duties that come along with caring for a parent. Mothers who are “sandwiched” between parents and

children often take on the bulk of the caregiving responsibilities. A 2008 study of social workers reported that the majority of mothers in the sandwich generation are not prepared for all of the responsibilities that accompany caring for children and an elderly family member simultaneously. Additionally, many of those mothers were also unaware of the resources that are available to help them with their daily caregiving roles.

You are not alone if you've found yourself exhausted from being “sandwiched.” Here are some ways to help you reduce the stress associated with the demands of being a caregiver:

Breathe. Take time to relax and take a step back. If you have to, schedule daily and weekly down time. Determine what priorities really need to be handled, and let some of the other stuff go.

Get physical. A regular exercise routine can really help reduce stress.

Say “yes” to help, and don't forget to ask for it! If you have siblings, be sure to include them and have them help. You can also reach out to church members, friends, and social workers.

Develop a care plan. Include your parent or elderly family member, and ensure you understand her care goals and priorities. Also, involve the children in the planning process and allow their input, particularly if they will be sacrificing time, activities, and space due to your caregiving responsibilities.

Identify outside resources to help. Contact your local Area Agency on Aging for information on local caregiving services. Outside resources can really help alleviate stress. Available services usually include home health, laundry services, food preparation and delivery, driving services, and more.

If resources allow, consider retaining an elder care attorney. These attorneys are very familiar with the laws, rights, benefits, and all things related to protecting the elderly. They can be a tremendous support and wealth of information and also very useful in helping to prepare for end of life care and considerations.

Guard your relationships with your spouse and children. This is important. Family relationships can really suffer when children and spouses feel they are being ignored. Moms can also become overwhelmed with guilt from being torn away from their family in order to care for their parents. Be sure to make special time for your family and schedule periodic date nights with your spouse.

The sandwich generation phenomenon is not likely to end any time soon, especially since many children are living with their parents longer, women are waiting until later in life to have children, and life expectancies are longer. It is important for moms in this role to know how to get help and how to cope before becoming overwhelmed.

Alexa Bigwarfe is the mother of three small children. She has taken a special interest in child, maternal, and newborn health and writes regularly on these topics.



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Calendar

JULY



Photo by Steve Solomonson

Sandcastle dreams

What's summer without some sun and sand? Try your hand at one of the sandcastle contests happening every Thursday at Hither Hills State Park now through Aug. 28.

Prizes will be awarded in each category. Not feeling too creative?

You can watch the sculptors as they create their masterpieces!

Every Thursday through Aug. 28 at 9:30 am. Admission is free.

Hither Hills State Park Beach House
[164 Old Montauk Hwy., (631) 668-2554, <http://nysparks.com/events/event.aspx?e=122-10666.0>].

Submit a listing

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

Send your listing request to 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, JUNE 30

IN QUEENS

Dancing Under the Stars: Wallenberg Square in Forest Park, Metropolitan Avenue and Park Lane South; (718) 235-4100; www.nycgovparks.org/events/2014/06/02/dancing-under-the-stars; 6 pm; Free.

Free ballroom dancing lessons for the family.

TUES, JULY 1

IN QUEENS

ProjectArt Classes for Ages 8 to 12: Forest Hills Public Library, 108-19 71st Ave.; (718) 268-7934; www.queenslibrary.org/event/projectart-classes-for-ages-8-12; 2:30 pm; Free.

Children will work with a teaching artist to learn the basic elements of design in various media, including painting, collage and drawing. Pre-registration is required, and reserves a space for all five sessions of the workshop.

The Fairy Tale Series: Pomonok Public Library, 158-21 Jewel Ave. at Parsons Boulevard; (718) 591-4343; www.queenslibrary.org/event/book-to-movie-the-fairy-tale-series; 2:30 pm; Free.

Children will watch classic fairy tale films, then discuss the stories behind them.

WED, JULY 2

IN QUEENS

ProjectArt Classes for Ages 8 to 10: Corona Public Library, 38-23 104th St. between 38th and 39th streets; (718) 426-2844; www.queenslibrary.org/event/projectart-classes-for-ages-8-10; 10:30 am; Free.

Children will learn the basic elements of design in various media, including painting, collage and drawing in this five-week series. Pre-registration is required.

"Little Red's Hood": Crocheron



Variety of fun at Queensbridge

This annual festival is back and bringing more fun with it than ever before for families on July 20.

SummerStage, presented by Disney's Family Day, is dedicated to

introducing children to Louis Armstrong's music and the world of jazz with live performances, dancers, workshops, face painting, and more.

July 20 from 4 to 10 pm. Admis-

sion is free.

Queensbridge Park (Vernon Boulevard and 41st Avenue in Long Island City, www.summerstage.donyc.com/event/2014/07/20/queens-family-day).

Park, Buz O'Rourke Playground, 214th Lane and 35th Avenue; (718) 352-4793 X 301; www.nycgovparks.org/events/2014/07/02/puppets-in-the-park; 10:30 am; Free.

Bring a blanket and pack a picnic to enjoy this adaptation of the classic tale.

THURS, JULY 3

IN QUEENS

July Fourth Cookie and Cupcake Workshop: Lefferts Public Library, 103-34 Lefferts Blvd. at 103rd Avenue; (718) 843-5950; www.queenslibrary.org/event/july-fourth-cookie-and-cupcake-workshop; 3-5 pm; Free.

The entire family can participate in this fun and patriotic workshop.

FRI, JULY 4

IN QUEENS

"Zabo's Circus Show": Carousel in Forest Park, Forest Park Drive and Woodhaven Boulevard; (718) 788-2676; www.nycgovparks.org/events/2014/07/04/zabos-circus-show; 2 and 4 pm; Free.

This one-clown show provides non-stop excitement for audiences of all ages.

FURTHER AFIELD

Audubon Center: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue, Brooklyn; (718) 287-3400; www.prospectpark.org/audubon; Noon-5 pm; Free.

Get into the celebratory action and discover why the Bald Eagle became America's symbol of independence; use games and activities to learn why birds are so special; join with a naturalist and take a tour of the grounds discovering all the flora and fauna in the park; and find out how Snappy the turtle got its name.

SAT, JULY 5

IN QUEENS

Sew Cool Hand Sewing Workshop: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.ny-science.org; 1:30-5 pm; \$5.

Children ages 6 and up will learn how to make their own sunglass case at this sewing workshop.

"Champu the Magician": Carousel in Forest Park, Forest Park Drive and Woodhaven Boulevard; (718) 788-2676; www.nycgovparks.org/events/2014/07/05/champu-the-magician; 2 & 4 pm; Free.

This comedic magic show will delight audiences of all ages.

SUN, JULY 6

IN QUEENS

Plover Day!: Rockaway Beach Boardwalk, Beach 59th Street and the Boardwalk; (718) 352-1769; www.nycgovparks.org/events/2014/07/06/plover-day; 11 am; Free.

Enjoy games, crafts and educational activities designed to raise awareness about the city's endangered species, the Piping Plover.

Sew Cool Hand Sewing Workshop: 1:30-5 pm. New York Hall of Science. See Saturday, July 5.

Sunday Concerts at Central: Central Library, 89-11 Merrick Blvd.; (718) 990-0700; www.queenslibrary.org/event/sunday-concerts-central-presents-the-traditions; 3 pm; Free.

Long Island's own, The Traditions, *Continued on page 36*

Calendar

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

Continued from page 35

perform classic songs of the '50s and '60s.

FURTHER AFIELD

Family Performance Festival and Musical Adventures:

Central Park, Peter Jay Sharp Children's Glade, enter at Duke Ellington Boulevard and Central Park West, Manhattan; (212) 776-1066; www.nycgovparks.org/events/2014/07/06/family-performance-festival-musical-adventures-in-central-park; Noon; Free.

Discover more about the park and the music it makes from George Steele as you sing along with him, then head out on an adventure in the park.

Global Family Day: Central Park, Rumsey Playfield, off of Terrace Drive, enter at E. 68th Street, Manhattan; www.nycgovparks.org/events/2014/07/06/summerstage-presents-global-family-day-okee-dokee-brothers-hybrid-movement-company-shaun-parker-company-acrobuffos-national-dance-institute; 3-7 pm; Free.

SummerStage Kids presented by Disney presents a day dedicated to engaging young audiences and their families through performances, interactive workshops of circus arts, face painting and more!

MON, JULY 7

IN QUEENS

Dancing Under the Stars: 6 pm. Wallenberg Square in Forest Park. See Monday, June 30.

TUES, JULY 8

IN QUEENS

Robot Craft: Far Rockaway Public Library, 1637 Central Ave. at Mott Avenue; (718) 327-2549; www.queenslibrary.org/event/robot-craft; 2:30 pm; Free.

Children ages 5 and up will use their imaginations to make their own robots.

ProjectArt Classes for Ages 8 to 12: 2:30 pm. Forest Hills Public Library. See Tuesday, July 1.

The Fairy Tale Series: 2:30 pm. Pomonok Public Library. See Tuesday, July 1.

WED, JULY 9

IN QUEENS

Summer Film Fest: Central Library, 89-11 Merrick Blvd.; (718) 990-0700; www.queenslibrary.org/event/summer-film-fest; 10 am; Free.



Archival photo from Queens Theatre

World's Fair history

Gather the family and take a trip back in time to celebrate the 50th and 75th anniversaries of the 1939 and 1964 World's Fairs from July 18 through July 27.

This festival features a presentation of 10 original 10-minute plays inspired by the rich history of the World's Fairs, Queens, and

even New York City as a whole.

July 18-27; Fridays at 8 pm, Saturdays at 2 and 8 pm, and Sundays at 3 pm. Tickets are \$18 each.

Queens Theatre [14 United Nations Avenue South, in Flushing Meadows Corona Park, (718) 760-0064, www.queentheatre.org].

Families with children ages 4-12 are invited to view family-friendly movies at this weekly film fest.

ProjectArt Classes for Ages 8 to 10: 10:30 am. Corona Public Library. See Wednesday, July 2.

Hip Pickles: Highland Park, Jamaica Avenue & Elton Street; (718) 235-4100; www.nycgovparks.org/events/2014/07/09/hip-pickles; 6 pm; Free.

Bring the family to hear the sounds of this interactive drum band.

"The Wizard of Oz": Flushing Meadows Corona Park, 111th Street Parking Lot; (718) 760-6560; www.nycgovparks.org/events/2014/07/09/flushing-meadow-corona-park-movie-night-presents-the-wizard-of-oz; 7 pm; Free.

Bring a blanket and some snacks to enjoy this classic film.

THURS, JULY 10

IN QUEENS

A Morning of Music with Darlene Graham: Crocheron Park, Buz O' Rourke Playground, 214th Lane and 35th Avenue; (718) 352-4793; www.nycgovparks.org/events/2014/07/10/a-morning-of-music-with-darlene-graham; 10:30 am; Free.

music-with-darlene-graham; 10:30 am; Free.

Enjoy an interactive musical performance of children's songs by Darlene Graham.

Spark Fest!: Ridgewood Public Library, 20-12 Madison St. at Forest Avenue; (718) 821-4770; www.queenslibrary.org/event/tesla-and-his-inventions-spark-fest; 1 pm; Free.

Families and children will learn about Nikola Tesla's inventions and celebrate his birthday.

Gardening Club: Woodhaven Public Library, 85-41 Forest Pkwy.; (718) 849-1010; www.queenslibrary.org/event/gardening-club-0; 3 pm; Free.

Families can help plant vegetable and flower gardens at this weekly meeting.

FRI, JULY 11

IN QUEENS

Annual Art Show and Sale: East Elmhurst Public Library, 95-06 Astoria Blvd. at 95th Street; (718) 424-2619; www.queenslibrary.org/event/annual-art-show-and-sale; Noon-5 pm; Free.

The work of local artist Geraldine Benfante will be featured.

SAT, JULY 12

IN QUEENS

Storytime Safari: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 1:30 pm; \$15, \$12 (members).

Participants ages 5-7 will enjoy a snack, meet an animal, and take a trail walk (weather permitting).

Science Fair 101: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 1:30 pm; \$24, \$18 (members).

Children ages 7-8 will get hands-on experience creating an innovative Science Fair Project. This week's theme is Bubble Mania.

Fishy Fun Storytime Safari: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 1:30 pm; \$18.

Ages 5-7. Pre-register. Fish-related story with craft-activity. Snack, meet an animal, and possible trail walk. Only open to eight participants.

"The Magic of Omar Olusion": Carousel in Forest Park, Forest Park Drive and Woodhaven Boulevard; (718) 788-2676; www.nycgovparks.org/events/2014/07/12/the-magic-of-omar-olusion; 2 & 4 pm; Free.

During this magic show Omar combines a funny and fresh approach to magic, which will delight audiences of all ages.

Elementos de Flamenco: Central Library, 89-11 Merrick Blvd.; (718) 990-0700; www.queenslibrary.org/event/lincoln-center-local-elementos-de-flamenco; 3 pm; Free.

Participants will learn the elements of Flamenco at this Lincoln Center Local workshop.

FURTHER AFIELD

Bird watching: Prospect Park Audubon Center, Enter park at Lincoln Road and Ocean Avenue, Brooklyn; (718) 287-3400; www.prospectpark.org/audubon; 10 am; Free.

Children 8 years and older, with a parent, observe and identify more than 200 species of birds that fly through the park or make it their home. Binoculars and bird guides will be provided.

Block Party: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Children enjoy erecting new buildings with an assortment of blocks.

Garden tour: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; www.bbg.org; 2-3 pm and 3:30-4:30 pm; \$12 (\$15 non-

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

members).

Family-friendly peek inside the gardens, learn about garden plots and make a tasty treat. Pre-registration required and online. Cancelled in case of inclement weather.

SUN, JULY 13

IN QUEENS

APEC Adventure Hour: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 10:30 am; \$16, \$10 (members).

Toddlers ages 18–36 months will socialize and learn about nature in a relaxed environment.

“The Sound of Silk and Bamboo”: Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; www.queenslibrary.org/event/the-sound-of-silk-and-bamboo; 1:30 pm; Free.

Audiences will be in awe at this concert featuring ancient instruments like the mouth harp, 21-string zither, and bamboo flute.

Sew Cool Hand Sewing Workshop: 1:30–5 pm. New York Hall of Science. See Saturday, July 5.

FURTHER AFIELD

Block Party: 11:30 am. Brooklyn Children’s Museum. See Saturday, July 12.

“Bugaboo Review Puppet Show”: Central Park, Peter Jay Sharp Children’s Glade, enter at Duke Ellington Boulevard and Central Park West, Manhattan; (212) 776 1066; www.nycgovparks.org/events/2014/07/13/family-performance-festival-bugaboo-review-puppet-show; Noon; Free.

Families will learn more about the importance of bugs through bug puppets and interactive songs during this fun and educational show.

TUES, JULY 15

IN QUEENS

“Secret Agent 23 Skidoo”: Rufus King Park, Jamaica Ave., between 150 & 153 streets; (212) 360-8290; www.nycgovparks.org/events/2014/07/15/summerstage-kids-secret-agent-23-skidoo; 10:30 am; Free.

This one-of-a-kind family performance combines hip-hop and childhood as presented by Agent 23 Skidoo and his family band.

ProjectArt Classes for Ages 8 to 12: 2:30 pm. Forest Hills Public Library. See Tuesday, July 1.

The Fairy Tale Series: 2:30 pm. Pomonok Public Library. See Tuesday, July 1.



Chinese drumbeats

The classic story of a young girl is brought to life on the stage performance of “Mulan the Musical” now through Sept. 13.

The famous Red Poppy Ladies percussion group performs traditional choreography, colorful projections, traditional kung fu, and traditional drumming in this musical version of a 1,600-year-old tale of love,

honor, and courage.

“Mulan the Musical,” now through Sept. 13, Monday through Friday (expect Tuesdays) at 8 pm, Saturdays at 2 and 8 pm, Sundays at 2 and 7 pm. Tickets range from \$25 to \$68.

The Ellen Stewart Theatre at La Mama (66 E. Fourth St. between Second and Third avenues in the East Village, MulanTheMusical.com).

Teddy Bear Tea Party: Ozone Park Public Library, 92-24 Rockaway Blvd., off of 92nd Street; (718) 845-3127; www.queenslibrary.org/event/teddy-bear-tea-party; 5 pm; Free.

Children of all ages will make their own teddy bear and then have a tea party. Preregistration is required.

“Cloudy with a Chance of Meatballs 2”: Joseph P. Addabbo Memorial Park, N. Conduit Ave., between 80th and 83rd streets; www.nycgovparks.org/events/2014/07/15/summer-movie-series-cloudy-with-a-chance-of-meatballs; 8 pm; Free.

Bring a blanket to enjoy this outdoor screening of the popular sequel.

WED, JULY 16

IN QUEENS

Summer Film Fest: 10 am. Central Library. See Wednesday, July 9.

ProjectArt Classes for Ages 8 to 10: 10:30 am. Corona Public Library. See Wednesday, July 2.

“Beauty and The Beast”: Forest Park, George Seuffert Bandshell, off of Forest Park Drive; (718)

235-4100; www.nycgovparks.org/events/2014/07/16/beauty-and-the-beast; 6 pm; Free.

Families will love this live-action adaptation of the classic children’s film.

FURTHER AFIELD

Walking with Dinosaurs: Barclays Center, 620 Atlantic Ave. at Pacific Street, Brooklyn; (917) 618-6100; www.barclayscenter.com; 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm; \$30-\$94.

The spectacular featuring 20 animatronic beasts comes to the borough for a premier engagement.

THURS, JULY 17

IN QUEENS

Mommy, Music & Me: Crocheron Park, Buz O’ Rourke Playground, 214th Lane and 35th Avenue; (718) 352-4793; www.nycgovparks.org/events/2014/07/17/mommy-music-me-inc-music-together; 10:30 am; Free.

Families with children ages 7 and under will love this interactive music workshop.

Gardening Club: 3 pm. Woodhaven Public Library. See Thursday, July 10.

A Rod Stewart Tribute Concert: George Seuffert Bandshell, Woodhaven Blvd., at Forest Park Drive; (718) 235-4100; www.nycgovparks.org/events/2014/07/17/blondes-have-more-fun-featuring-rick-larrimore; 7:30 pm; Free.

Enjoy this musical tribute that’s suitable for families.

FURTHER AFIELD

Walking with Dinosaurs: 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm. Barclays Center. See Wednesday, July 16.

FRI, JULY 18

IN QUEENS

Birds of Queens: Douglaston/Little Neck Public Library, 249-01 Northern Blvd. at 249th Street; (718) 225-8414; www.queenslibrary.org/event/birds-of-queens; 4 pm; Free.

You don’t have to be a bird watcher to enjoy this workshop that takes participants on a tour of the many species of birds found in the borough.

FURTHER AFIELD

Walking with Dinosaurs: 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm. Barclays Center. See Wednesday, July 16.

SAT, JULY 19

IN QUEENS

Young Discoverers Workshop: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 10:30 am; \$24, \$18 (members).

Participants ages 8–12 will explore the pond using binoculars, magnifying glasses and microscopes.

Dr. Zsa’s Powdered Zydeco Band: Cambria Heights Public Library, 218-13 Linden Blvd. between 218th and 219th streets; (718) 528-3535; www.queenslibrary.org/event/lincoln-center-local-presents-dr-zsa-s-powdered-zydeco-band; 1 pm; Free.

Learn zydeco and cajun dance moves during a quick lesson before listening to the sounds of Dr. Zsa at this concert.

Wildcard Weekend: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; 1:30 & 3:30 pm; \$10.

Participants ages 9 and up will learn how to solder luminescent night lights.

Continued on page 38

Calendar

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

Continued from page 37

Bonkerz the Clown: Carousel in Forest Park, Forest Park Drive and Woodhaven Boulevard; (718) 788-2676; www.nycgovparks.org/events/2014/07/19/bonkerz-the-clown; 2 and 4 pm; Free.

Bonkerz is Brooklyn-based and taking his interactive magic show to Queens.

FURTHER AFIELD

Walking with Dinosaurs: 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm. Barclays Center. See Wednesday, July 16.

Max ZT & the Hammered: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Noon; Free with museum admission.

The Jimi Hendrix of the Hammered Dulcimer this is an innovative concert that combines Irish folk music with tunes inspired from Senegal to India.

Laura Marx Fitzgerald: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 1 pm; Free with museum admission.

The author of "Under the Egg" reads from her books and shares stories with children 8 years and older.

SUN, JULY 20

IN QUEENS

Vet Tech 101: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 10 am; \$23, \$17 (members).

Children ages 10-13 learn the specialized skills required to keep the APEC animals healthy in this workshop.

Wildcard Weekend: 1:30 and 3:30 pm. New York Hall of Science. See Saturday, July 19.

Queens Family Day: Queenbridge Park, Vernon Blvd., at Queensbridge Park Greenway; www.nycgovparks.org/events/2014/07/20/summerstage-presents-queens-family-day-jazz-at-lincoln-center-orchestra-rashida-bumbray-michael-mossman-copland-jazz-in-association-with-kupferberg-center-for-the-arts-at-queens-college; 4-7 pm; Free.

Families will enjoy a day of jazz music, interactive workshops, face painting, and more!

FURTHER AFIELD

Walking with Dinosaurs: 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm. Barclays Center. See Wednesday, July 16.

Max ZT & the Hammered: Noon. Brooklyn Children's Museum. See Saturday, July 19.

MON, JULY 21

IN QUEENS

Edge School of Arts: Guy R. Brewer Boulevard and 137 Avenue; www.nycgovparks.org/events/2014/07/21/summerstage-kids-presents-edge-school-of-arts; 10:30 am; Free.

Enjoy one-of-a-kind performances from Edge School of Arts.

The Pomonok Experience: Pomonok Public Library, 158-21 Jewel Ave. at Parsons Boulevard; (718) 591-4343; www.queenslibrary.org/event/the-pomonok-experience; 2:30 pm; Free.

Vocalist and actress Shuga Henry will inspire young performers to sharpen their talents in this version of "American Idol."

TUES, JULY 22

IN QUEENS

ProjectArt Classes for Ages 8 to 12: 2:30 pm. Forest Hills Public Library. See Tuesday, July 1.

The Fairy Tale Series: 2:30 pm. Pomonok Public Library. See Tuesday, July 1.

The Pomonok Experience: 2:30 pm. Pomonok Public Library. See Monday, July 21.

"Small Wonder Puppet Theater": Far Rockaway Public Library, 1637 Central Ave. at Mott Avenue; (718) 327-2549; www.queenslibrary.org/event/small-wonder-puppet-theater; 3 pm; Free.

The show will feature stories and musical entertainment that audiences of all ages can enjoy and appreciate.

"Despicable Me 2": Beach 17 Street performance stage off of Seagirt Boulevard; (718) 318-4000; www.nycgovparks.org/events/2014/07/22/despicable-me-2; 8 pm; Free.

Bring your minions to see this popular family film as part of the Rockaways Film Festival.

WED, JULY 23

IN QUEENS

Summer Film Fest: 10 am. Central Library. See Wednesday, July 9.

ProjectArt Classes for Ages 8 to 10: 10:30 am. Corona Public Library. See Wednesday, July 2.

Water Festival: Rockaway Beach Boardwalk, B. 108th Street Hockey

Rink off of Shorefront Parkway; (718) 318-4000; www.nycgovparks.org/events/2014/07/23/water-festival; 11 am-1 pm; Free.

Children of all ages will enjoy water inflatables, bounce houses, cotton candy, popcorn, and more at this festival.

The Pomonok Experience: 2:30 pm. Pomonok Public Library. See Monday, July 21.

Batman Day: Pomonok Public Library, 158-21 Jewel Ave. at Parsons Boulevard; (718) 591-4343; www.queenslibrary.org/event/batman-day; 4-6 pm; Free.

Celebrate the 75th anniversary of the caped crusader with crafts and stories.

"Sister Rain And Brother Sun": Highland Park, Elton Street and Jamaica Avenue; (718) 235-4100; www.nycgovparks.org/events/2014/07/23/sister-rain-and-brother-sun; 6 pm; Free.

A show that tells the story of sibling rivalry between Sister Rain and Brother Sun, and how Mother Earth has to intervene to save the day.

"Despicable Me 2": Elmhurst Park, Grand Avenue and 74th Street; www.nycgovparks.org/events/2014/07/23/summer-movie-series-despicable-me-2; 8 pm; Free.

Gather your minions to see this popular family film at an outdoor screening.

THURS, JULY 24

IN QUEENS

"Back to the Future": Briarwood Public Library, 85-12 Main St. at Village Road; (718) 658-1680; www.queenslibrary.org/event/summer-reading-family-movie-back-to-the-future; 2 pm; Free.

Catch this screening of the classic film.

The Pomonok Experience: 2:30 pm. Pomonok Public Library. See Monday, July 21.

Gardening Club: 3 pm. Woodhaven Public Library. See Thursday, July 10.

Pasofino: George Seuffert Bandshell, Woodhaven Blvd., at Forest Park Drive; (718) 235-4100; www.nycgovparks.org/events/2014/07/24/pasofino; 7:30 pm; Free.

Audiences will go on a journey through all Latin music genres at this performance.

FRI, JULY 25

IN QUEENS

The Pomonok Experience: 2:30

pm. Pomonok Public Library. See Monday, July 21.

Karaoke Sing-Off: Queensboro Hill Public Library, 60-05 Main St. at 63rd Avenue; (718) 359-8332; www.queenslibrary.org/event/karaoke-sing-off; 3 pm; Free.

Teens take the stage to showcase their singing chops and then take home a video of their performance.

Hot Summer Jazz for Louis Armstrong's Birthday: East Elmhurst Public Library, 95-06 Astoria Blvd. at 95th Street; (718) 424-2619; www.queenslibrary.org/event/hot-summer-jazz-for-louis-armstrongs-birthday; 7 pm; Free.

The Jazz Unlimited Big Band Orchestra celebrates Satchmo's birthday early with this concert.

FURTHER AFIELD

Artpalooza: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Paint, draw, glue or weave your way to explore your arts and crafts side. For children 5 years old and younger.

Friday Family Jam: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 3 pm; Free.

Celebrate summer with a festive summer night, children build, and play with Imagination Playground blue blocks. For all ages.

SAT, JULY 26

IN QUEENS

Young Chefs: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 10:30 am; \$24, \$18 (members).

Chefs ages 7-12 will prepare a healthy grilled chicken salad and a homemade lemon balsamic vinaigrette dressing.

Sew Cool Hand Sewing Workshop: 1:30-5 pm. New York Hall of Science. See Saturday, July 5.

The Amazing Captain Faust: Carousel in Forest Park, Forest Park Drive and Woodhaven Boulevard; (718) 788-2676; www.nycgovparks.org/events/2014/07/26/the-amazing-captain-faust; 2 & 4 pm; Free.

Straight from Coney Island comes The Amazing Captain Faust! Children of all ages will be in awe at his magic tricks and illusions.

FURTHER AFIELD

Celebrate Hawaii: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718)

Calendar

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

735-4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Children learn all about the culture and history of Hawaii then make a flower necklace to take home.

SUN, JULY 27

IN QUEENS

Animal Care Trainee: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 10 am; \$21, \$15 (members).

Children ages 8-12 will have hands-on experience in feeding, brushing, cleaning and learning all about the needs of APEC's animals.

20th Annual Sandcastle Contest: Rockaway Beach, Beach 117th Street; (718) 318-4000; www.nycgovparks.org/events/2014/07/27/sandcastle-contest; Noon; Free.

Build sandcastles at this contest featuring activities and prizes for several age categories. Bring your own tools, or stop by to see the amazing sand sculptures.

Sew Cool Hand Sewing Workshop: 1:30-5 pm. New York Hall of Science. See Saturday, July 5.

Alicia Svigals and Friends: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; 6:15 pm; Free.

Pack a picnic and bring the family to enjoy the sounds of Alicia Svigals and Friends, "The Klezematics."

FURTHER AFIELD

"Tina Ballerina and Friends": Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 1:30 am; Free with museum admission.

Join author Nandi Miley-Collymore and listen to the rhyming journey of Tina Ballerina. Then create a popsicle stick puppet of a favorite character from the book. For all ages.

Celebrate Hawaii: 11:30 am. Brooklyn Children's Museum. See Saturday, July 26.

EarthCapades: Central Park, Peter Jay Sharp Children's Glade, enter at Duke Ellington Boulevard and Central Park West, Manhattan; (212) 776-1066; www.nycgovparks.org/events/2014/07/27/family-performance-festival-earthcapades; Noon; Free.

Gather the family to watch the tricks and flips of this circus troupe as they teach about ecological diversity.



Photo by Larry Thompson

Japan's ancient art

Audiences will have the rare chance to witness the old art form of kabuki as Japan's Heisei Nakamura-za kabuki company performs a revival of a 19th-century ghost story called "The Ghost Tale of the Wet Nurse Tree" on July 5.

The presentation will include a demonstration of various walking styles used by characters in

kabuki plays, as well how to use a dance fan stage prop, in order to familiarize audiences with the art.

July 5 at 11 am. Admission is free.

David Rubenstein Atrium at Lincoln Center [Broadway between W. 62nd and W. 63rd streets on the Upper West Side, (212) 875-5000, atrium.lincolncenter.org].

MON, JULY 28

IN QUEENS

Beatz Science: Rochdale, Guy R. Brewer Boulevard and 137th Avenue; www.nycgovparks.org/events/2014/07/28/summerstage-kids-presents-beatz-science; 10:30 am; Free.

Native New Yorker Camille Gainer, also known as Beatz Science, performs as part of the SummerStage Kids Performance Series.

Summer Reading Scavenger Hunt: Windsor Park Public Library, 79-50 Bell Blvd. at 73rd Avenue; (718) 468-8300; www.queenslibrary.org/event/summer-reading-scavenger-hunt; 2 pm; Free.

There will be prizes for the winning team and for all participants ages 8-14.

Celebrate Peruvian Independence Day: Corona Public Library, 38-23 104th St. between 38th and 39th streets; (718) 426-2844; www.queenslibrary.org/event/celebrate-peruvian-independence-day-with-delicacies-and-music-from-peru; 5-7 pm; Free.

This two-part workshop will feature traditional Peruvian music and food.

TUES, JULY 29

IN QUEENS

ProjectArt Classes for Ages 8 to 12: 2:30 pm. Forest Hills Public Library. See Tuesday, July 1.

The Fairy Tale Series: 2:30 pm. Pomonok Public Library. See Tuesday, July 1.

"Free Willy": Beach 17th Street performance stage off of Seagirt Boulevard; (718) 318-4000; www.nycgovparks.org/events/2014/07/29/free-willy; 8 pm; Free.

Bring a blanket and pack some snacks for an outdoor screening of this classic film.

WED, JULY 30

IN QUEENS

Summer Film Fest: 10 am. Central Library. See Wednesday, July 9.

ProjectArt Classes for Ages 8 to 10: 10:30 am. Corona Public Library. See Wednesday, July 2.

THURS, JULY 31

FURTHER AFIELD

Free Thursdays: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718)

Continued on page 40

Calendar

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

Continued from page 39

735-4400; www.brooklynkids.org; 3 pm; Free.

Come and join in for an afternoon of fun exploring of the museum. For all ages.

LONG-RUNNING IN QUEENS

Science Playground: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm.; \$4, plus museum admission.

Children are encouraged to explore science through slides, seesaws, climbing webs, a water play area, sand boxes, and more, weather permitting.

Rocket Park Mini Golf: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am-5 pm, Saturdays and Sundays, 10 am-6 pm.; \$6 (adults,) \$5 (children and seniors,) plus museum admission.

Golfers of all ages can learn about key science concepts such as propulsion, gravity, escape velocity, launch window, gravitational assist, and more!

ProjectArt Classes for Ages 4 to 7: Broadway Public Library, 40-20 Broadway at Steinway Street; (718) 721-2462; www.queenslibrary.org/event/projectart-classes-for-ages-4-7; Mondays and Wednesdays, 3 pm, Now - Wed, July 30; Free.

Children will learn the basic elements of design in various media, including painting, collage and drawing in this 10-session workshop.

Book Buddies Summer Reading Club: Ridgewood Public Library, 20-12 Madison St. at Forest Avenue; (718) 821-4770; www.queenslibrary.org/event/book-buddies-summer-reading-club; Tuesdays and Thursdays, 2 pm, Tues, July 1 - Thurs, Aug. 21; Free.

Children up to age 12 read books with a buddy.

The Children's Rock Garden Project: Whitestone Public Library, 151-10 14th Road; (718) 767-8010; www.queenslibrary.org/event/the-childrens-rock-garden-project; Weekdays, 3 pm, Tues, July 1 - Tues, Aug. 26; Free.

Children ages 5-12 can bring in rocks from their own garden and paint them.

Summer Movie Wednesdays: Far Rockaway Public Library, 1637 Central Ave. at Mott Avenue; (718) 327-2549; www.queenslibrary.org/

event/summer-movie-wednesdays; Wednesdays, Noon, Wed, July 2 - Wed, Aug. 27; Free.

Children can watch screenings of their favorite movies each week.

Fizz, Boom, Read!: Douglaston/Little Neck Public Library, 249-01 Northern Blvd. at 249th Street; (718) 225-8414; www.queenslibrary.org/event/fizz-boom-read; Wednesdays, 3 pm, Wed, July 2 - Wed, Aug. 20; Free.

Children in first through fifth grades will listen to stories and explore scientific ideas in this weekly program.

Manga Drawing Time: South Ozone Park Library, 128-16 Rockaway Blvd. at 128th Street; (718) 529-1660; www.queenslibrary.org/event/manga-drawing-time; Thursdays, 4 pm, Now - Thurs, Sept. 25; Free.

Twins and teens ages 10-17 can hone their skills and socialize with their peers at this weekly workshop.

Creative Writing for Children: Auburndale Public Library, 24-55 Francis Lewis Blvd. at 24th Road; (718) 352-2027; www.queenslibrary.org/event/creative-writing-for-children-0; Thursdays, 5:15 pm, Now - Thurs, Aug. 28; Free.

Children ages 8-12 will be given a topic and then guided through the creative writing process at this weekly workshop.

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

Peruse local produce and specialty products at this seasonal market.

Youth Adaptive Swim: Roy Wilkins Family Center, Baisley Blvd & 177th St.; Fridays, 4 pm.; Free with recreation center membership.

Children and teens with disabilities can practice swimming skills in this adaptive swim program.

Sculpture Workshops: Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; www.socratessculpturepark.org; Saturdays, Noon-3 pm, Now - Sat, Sept. 27; Free.

Children can create their own works of art at these one of a kind workshops, where they will explore a different theme each week.

HSBC Children's Garden Summer Session: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; education@queensbotanical.org; Daily, 9 am-4 pm; Mon, July 7 - Thurs, Aug. 21; fees vary.

HSBC Children's Garden Summer Session offers hands-on discovery for ages 5 to 12. Sessions and fees avail-

able online. Registration required.

Monday Movie Madness: East Flushing Public Library, 196-36 Northern Boulevard; (718) 357-6643; www.queenslibrary.org/event/monday-movie-madness; Mondays, 2 pm, Mon, July 7 - Mon, Aug. 25; Free.

Children can enjoy a different family-friendly movie at the library every week.

Movie Mondays: Rego Park Library, 91-41 63 Drive; (718) 459-5140; www.queenslibrary.org/event/movie-mondays-0; Mondays, 2 pm, Mon, July 7 - Mon, Aug. 18; Free.

Children in kindergarten through fifth grade are invited to watch popular family-friendly films each week.

Summer Writing Club: Glen Oaks Library, 256-04 Union Tpke.; (718) 831-8636; www.queenslibrary.org/event/summer-writing-club; Mondays and Tuesdays, 3-5 pm, Mon, July 7 - Tues, Aug. 19; Free.

Teens will be on hand to help younger readers write and decorate their own book reviews in this workshop.

Family Game Day: Bay Terrace Public Library, 18-35 Bell Blvd. at 23rd Avenue; (718) 423-7004; www.queenslibrary.org/event/family-game-day; Tuesdays, 3:30 pm, Tues, July 8 - Tues, Aug. 19; Free.

Engage in some healthy competition at this weekly game time for families with children ages 4 and up.

Science Fun Day: Ozone Park Public Library, 92-24 Rockaway Blvd., off of 92nd Street; (718) 845-3127; www.queenslibrary.org/event/science-fun-day; Tuesdays, 4:30 pm, Tues, July 8 - Tues, Aug. 19; Free.

Children age 9 and up will learn basic science concepts through fun activities at this weekly workshop.

Summer Science for Tweens: Cambria Heights Public Library, 218-13 Linden Blvd. between 218th and 219th streets; (718) 528-3535; www.queenslibrary.org/event/summer-science-for-tweens; Thursdays, 3 pm, Thurs, July 10 - Thurs, Aug. 28; Free.

Children in fourth through sixth grades will conduct science experiments at this weekly workshop.

Summer Crafts: Bay Terrace Public Library, 18-35 Bell Blvd. at 23rd Avenue; (718) 423-7004; www.queenslibrary.org/event/summer-crafts; Thursdays, 4 pm, Thurs, July 10 - Thurs, Aug. 21; Free.

Children ages 4-12 will make crafts relating to the Summer Reading theme.

FURTHER AFIELD

Dinosaur Safari: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The

Bronx; (718) 220-5103; www.bronx-zoo.com; Weekdays, 10 am-5 pm, Saturdays and Sundays, 10 am-5:30 pm.; \$20.95 (\$16.95 children; Free for children under 3; \$18.95 seniors).

Mysteries Revealed features more than 30 dinosaur species and how scientists reconstruct the fossil pieces. The ride runs through the zoo and has fully animatronic dinosaurs as they move and snarl. The 40 foot T-Rex is joined by deinonychus, prodohadros, stegosaurus and edmontonia.

Touch tank: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Wednesdays, Saturdays and Sundays, 11:30 am-12:30 pm and 2:30-3:30 pm, Now - Sun, Aug. 31; Free with museum admission.

Children of all ages touch a starfish, a horseshoe crab, or a sea snail.

"As You Like It": Central Park, W. 103rd St. and Central Park West, Manhattan; newyorkclassical.org/whats-playing; Thursdays - Sundays, 7 pm, Now - Fri, Aug. 22; Free.

Audiences will enjoy this performance of Shakespeare's classic tale, as performed by the New York Classical Theatre, which is celebrating its 15th anniversary.

The Art of Math: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Saturdays and Sundays, 12:30 pm, Now - Sun, Aug. 31; Free with museum admission.

Children learn all about shapes, triangles, squares.

Living History Tours: Vanderbilt Museum Carriage House, 180 Little Neck Rd., Long Island; (631) 854-5579; www.vanderbiltmuseum.org; Saturdays and Sundays, 1, 2, 3, & 4 pm, Now - Sun, Aug. 31; \$5 plus museum admission.

Visitors will take a trip back in time to see what life was like for the famous family who once called the mansion home in the 1930s.

Giglio: Our Lady of Mount Carmel, N. Eighth and Havemeyer streets, Brooklyn; Weekdays, 6 pm to 11 pm, Saturdays, 6 pm to 12 am, Sundays, Noon to 11 pm, Wed, July 9 - Sun, July 20.

It's that time again — the 127th feast at Our Lady of Mount Carmel kicks off and features a parade, brass band, games, vendors selling Italian specialties, rides, amusements and old-world charm.

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Music & Mandarin

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BY LAURA LEE

Have you ever heard a child rattling off a list of vocabulary words? Probably not. On the other hand, have you ever heard a child singing a song? Most definitely — a resounding, “Yes!”

From the very beginning, we teach children their ABCs through a song.



Facts about music

- All children are musical when they are born — they can keep a steady beat and sing in tune. Their future musical ability depends on how and if you nurture it.

- Music develops a child holistically on all levels: social, cognitive, emotional, physical, musical, and with language development.

- Between the ages of newborn to 7, children experience rapid brain development. This is a prime time to expose them to many different types of music and movement vocabulary.

- The parent or primary caregiver is the most important teacher for one's child. Babies' brains develop based on three components: genetics, experience, and environment. When babies

are given a safe experience within a loving environment, they learn better.

Facts about Mandarin Chinese

- Mandarin is one of the six United Nations languages and is spoken by more than one billion people in the world, more than any other language.

- Mandarin is the standard language of China, the world's second-largest economy.

- Between the ages of newborn to 7, children experience rapid brain development. This is a prime time to expose them to a new language.

- Children who learn a language before adolescence are more likely to develop native-like pronunciation.

We speak rhymes and sing lullabies in our everyday rhythm. So why do language programs approach the task of learning a new language with the use of dry, repeated vocabulary lists?

Through research-based studies, an extensive music background, and professional, firsthand, early childhood development music teaching coupled with personal experience raising a bilingual child, I understand how music truly helps a child learn language.

My 3-year-old daughter is bilingual in English and Mandarin Chinese, completely at ease in either setting of native speakers. She switches effortlessly between the two languages, oftentimes translating for those who don't understand the other language.

It is amazing to see how her brain dives immediately from one language to the other, obvious that the synapses in her brain have direct links to each language, rather than having to travel through one language to access the other. The brain undergoes amazing, rapid development between the ages of newborn and age 7, a prime time to expose one's child to a new language.

I decided the moment that our daughter was born that I would speak only Mandarin with her and that my husband (who does not speak Chinese) would speak only English with her. I understood how important it would be for her to be bilingual in our global society.

It definitely took strict dedication on my part to speak only Mandarin with our daughter since I speak only English with my husband. Even though he does not speak Chinese, he had to be 100 percent supportive of what we had chosen since he would not understand what we were conversing about on a daily basis. Not only is he fully supportive, but also since our daughter's familiarity with Mandarin has soared, he has been inspired to start learning Mandarin as well.

We followed the One Parent-One Language method (one parent speaks one language and the other parent speaks another), and it certainly

works as I can testify from firsthand experience! It has been a wonderful experience to develop a strong relationship with our daughter in Mandarin. With the birth of our second child, it has been magical to see our daughter and son begin to develop strong sibling ties in Mandarin as well.

We sing songs daily — it's a natural part of everything we do. Built into our everyday rhythms, music is like another language. It doesn't take effort — it's fun. We sing songs when washing our hands, taking a stroll with a steady beat, saying “Hello” to all our stuffed animals, and cleaning up. My daughter can accurately match pitch and makes up tunes all the time, adding her own words or silly sounds. Is this exceptionally unique? Not at all. All children are musical. They respond receptively to music and movement. Why? It's simple: music activates many parts of the brain. When language information is condensed into a compact unit, such as a song, the brain is able to receive more, and as a result, process more. I say, “Sing songs — learn Chinese!”

An educator, author, and mother, Laura Lee is an expert in early childhood development. She has a double degree in music and molecular cell biology from UC Berkeley. As an educator, she has been teaching music to children since 2003 and runs a piano studio. She is the author of the award-winning children's book “Little Laura and the Birthday Surprise,” a bilingual English and Mandarin musical storybook series. Lee can be reached at littlelauramusic@gmail.com.

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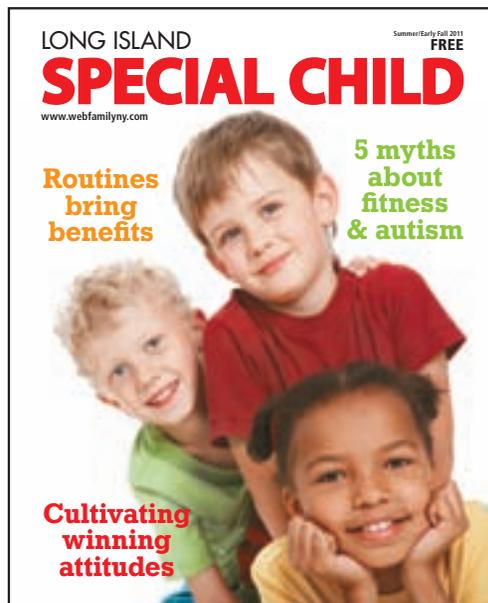
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