

April 2015
FREE

**Summer
Camp Guide**

QUEENS

Family

Where Every Child Matters

Dress up!

Stylish fashions for kids

Spring parties

Try something new this year

The debate over charter schools

Part one of an exclusive series



Find us online at www.NYParenting.com



NEWLY RENOVATED • NEWLY HEATED POOLS



Take Me to the Water Swim Instructional

(Onsite Registration & Discounts for Members)
Recreational Activities • Pool Parties

718-830-9634



Enjoy Queens' LARGEST outdoor heated pools

40'x80' **HEATED** Olympic Pool

25' Round **HEATED** Kiddy Pool

24'x20' Shaded Area

Cabanas • Umbrellas

Lounge Furniture • Tables

OPEN HOUSE

April 18, 19, 25 & 26

May 2, 3, 9, 16 & 17

11am-3pm for preregistration

Pools Open May 23 to September 7

Onsite Registration Daily



Park City Swim Club

98-00 62nd Drive • Rego Park, NY 11374

718-830-9634 • www.parkcityswimclub.com

Family April 2015



FEATURES

- 6 Collaborating, not competing**
New York's complicated and sticky debate over charter schools
BY TAMMY SCILEPPI
- 8 Star with a cause**
Young actress puts spotlight on hungry kids
BY SHNIEKA L. JOHNSON
- 10 Sunny skies**
Safe, happy air travel with kids
BY MALIA JACOBSON
- 12 Trending now**
In this stylish city, even kids get a fashion week
BY TAMMY SCILEPPI
- 15 No laughing matter**
Kid critic reviews emotional docu-drama about bullying
- 16 Camp empowered**
How to help your child achieve self-determination this summer
BY DR. HEIDI SMITH LUEDTKE
- 22 Party in the park**
Creative ideas for planning an outdoor celebration
BY DENISE YEARIAN

COLUMNS

- 14 Behavior & Beyond**
BY DR. MARCIE BEIGEL
- 23 Parents Helping Parents**
BY SHARON C. PETERS
- 26 Just Write Mom**
BY DANIELLE SULLIVAN
- 34 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD

CALENDAR

- 28 April Events**

SPECIAL SECTIONS

- 18 Camp Directory**
- 24 Party Directory**
- 33 The Marketplace**



Starting the discussion on gender

I've been thinking a lot about gender and the very new issues that the idea of gender is raising lately. I don't think I ever considered it before the last few months, but suddenly one is hearing about gender neutrality and I'm finding it fascinating. There are forms available now where a third gender possibility is optional, neutral.



I recall back when I was in school that there was a boy who sat next to me who was a rather odd character. He was without friends and seemed to actually lack an apparent personality. Every day I said hello to him although he would only nod in response. He was beyond shy, and never spoke to any-

one as I recall. He was an enigma. It made me sad and I purposely went out of my way every day to give him a greeting waiting for the day when he would open up. He never did.

Some years later, I was shopping at a major department store and a rather elegantly dressed and beautiful woman asked me if I had gone to such and such a school. I said yes and she told me she was a former classmate of mine. I couldn't imagine who she could be because she looked like no one I had ever known before. She said she wasn't at all surprised that I didn't recognize her because she was very changed from the way she looked in school. It turned out

that this lovely woman used to be that very shy and repressed boy who sat next to me in class and in the choir. She then went on to tell me that it took her many unhappy years to realize, accept and then act on the fact that she was in the wrong body. She also thanked me for having been kind to her. She said I was the only one.

There have been numerous articles written lately and TV programs about experiences like this and many parents are being advised to take seriously the issues of gender identity confusion or questioning and seek professional counseling. In this issue there is a letter posed to our columnist Sharon Peters from a concerned parent whose child is professing to be a different sex. She is unprepared for this reality and wisely is reaching

out. Fortunately, like many of the other topics in today's more transparent world, this issue is being addressed with greater sensitivity and intelligence.

Parenting is the most important thing anyone will ever do. It demands great patience, skill and adaptability and the willingness to reach out for help when help is needed.

Thanks for reading. Have a great month. It's almost spring

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

Community News Group

CEO: Les Goodstein
PRESIDENT & PUBLISHER: Jennifer Goodstein

New York Parenting

PUBLISHER / EXECUTIVE EDITOR:
 Susan Weiss
PUBLISHER / BUSINESS MANAGER:
 Clifford Luster
OPERATIONS ASSOCIATE:
 Tina Felicetti
SALES REPS: Alexis Benson, Erin Brof,
 Jay Pelc, Stephanie Stellacio, Shanika Stewart
ART DIRECTOR: Leah Mitch
WEB DESIGNER: Sylvan Migdal
GRAPHIC DESIGNERS: Arthur Arutyunov,
 Raymond Cho, Mauro Deluca, Yvonne Farley,
 Earl Ferrer, Mariel Perez, Cheryl Seligman

MANAGING EDITOR: Vince DiMiceli
ASSISTANT EDITOR: Courtney Donahue
COPY EDITORS: Lisa J. Curtis,
 Shavana Abruzzo
CALENDAR EDITORS: Joanna Del Buono,
 Danielle Sullivan

Contact Information

ADVERTISING: WEB OR PRINT
 (718) 260-4554
 Family@cnglocal.com or
 SWeiss@cnglocal.com

CIRCULATION
 (718) 260-8336
 TFelicetti@cnglocal.com

EDITORIAL
 (718) 260-4554
 Family@cnglocal.com

CALENDAR
 (718) 260-2523

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

www.NYParenting.com

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

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

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

Join the conversation on Facebook.

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

New York Parenting Media is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright ©2015 Readership: 220,000. 2012 circulation audits by CAC & CVC.

Are your child's immunizations up to date?

Shots or Spots?

FIDELIS CARE®

Call your child's doctor today!

Fidelis Care is working to keep our members and the community healthy.

Measles and Chickenpox are just two of the diseases that you can prevent by having your child immunized.

Children under the age of 2 don't have all the defenses they need to fight off infection. Immunizations (shots) protect them from dangerous childhood diseases like:

- Whooping Cough
- Hepatitis
- Rotavirus
- Mumps
- Diphtheria
- Flu
- Polio
- Measles
- Chickenpox
- Tetanus and more...



Is Your Child Covered? Fidelis Care offers New York State sponsored free or low-cost health insurance coverage for children under 19 through the Child Health Plus program.

1-888-FIDELIS · fideliscare.org

(1-888-343-3547) | TTY: 1-800-421-1220



To learn more about applying for health insurance including Child Health Plus and Medicaid through NY State of Health, the Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 1-855-355-5777.

Collaborating, not competing

New York's
complicated
and sticky
debate over
charter
schools

BY TAMMY SCILEPPI

The ongoing clash between New York City's diverse traditional district schools and charters seems to resemble a World Wrestling Federation Superstars competition at times. And the confusing myths and media distractions swirling around this hot-button debate can make your head spin, especially if you're a parent.

So, what are charter schools?

These publicly funded hybrids are a vital part of the city's sprawling public education system, where there's no shortage of structural and cultural differences. Independently managed, charters are actually free public schools that are open to all New York City children. That includes English Language Learners and special needs kids, as well.

There are 197 charter schools here: Eighty-two in Brooklyn, 52 in the Bronx, 46 in Manhattan, 14 in Queens, and three on Staten Island. And the approximately 83,200 students who attend charters come from all backgrounds and ethnicities.

Charter schools have gotten a bad rap recently for not being inclusive enough, yet it appears they have taken the lead in and have done a good job educating special education students and English Language Learners, while making solid progress in recruiting more of these kids into their schools, according to the New York City Charter School Center, www.nyccharterschools.org.

In fact, according to that site, it seems English Language Learners attending charters become proficient in English more quickly than in public schools citywide, where it appears that many immigrant students

NY'S CHARTER SCHOOLS PART 1 OF A SERIES

may take about five-plus years to reach proficiency.

Opinions are mixed and emotions run high on both sides of the charter school movement issue, while politically driven battles over space, funding, and quality of education seem to add fuel to the fire and hinder much-needed collaboration.

The biggest issues about charter schools generally are:

Co-location

Some parents argue that public schools lose space to fit charter schools into public school buildings. But it turns out the issue may really not be that big of a deal. Did you know that (according to charternyc.org) the Department of Education has been co-locating public schools for nearly 100 years, and that surprisingly, charters are only involved in eight percent of all co-locations citywide?

Outperforming public schools

Charter schools are thought to outperform public schools test-wise. The big picture seems to indicate that charter schools are in fact outperforming peer district schools, but it appears that the quality of charters across the board isn't the same: some have high records of achievement, while others aren't as strong.

Money and funding

Charter schools have been described as "laboratories of innovation" by some and "a drain on public schools" by others.

• • •

For the past six years, early childhood education expert and longtime

Brooklyn resident Renee Dinnerstein, has been doing consulting work at a public school on the Lower East Side that shares space with a charter. She said the public school "serves incredibly needy children — children in shelters, foster homes, abusive homes, and they also have a very large special education population."

Dinnerstein feels that "our democracy should be putting money into public education to make it better, not using funds that they need to pay for charter schools," and she points out that "Special ed is very tricky — a child who needs speech therapy, or who is dyslexic, can be considered special ed. Then there are children with behavior disorders, who are very violent, and these children are also special education children."

Dinnerstein, whose grandson has always attended Brooklyn public schools, believes that "the charter school skims off children who are the highest-achieving students, or at least who come from the most involved families. If they take special ed students (which they tend not to) they absolutely don't take the children with behavior issues. Then the public school is left with the most needy children. Because they are losing more and more population to the charter school, they are losing more and more money and have less money for the children in their school, who need special services."

And in her opinion, "Parents are attracted to the charter school because it has all-new material, carpeted classrooms, two teachers in a classroom, and longer days. They don't understand that the instruction is basically test prep all year.

"Basically, the charter movement is a drive to privatize education. I



know that the people who run charters are saying that it's public education. Not so. Absolutely not so," she said. "Think about all of the money that they have for their advertising campaign. Think about closing all of the schools for a political jaunt to Albany. We should be putting all of our energy and funds into creating the best public education possible."

Dinnerstein's blog, "Investigating Choice Time: Inquiry, Exploration, and Play," www.investigatingchoicetime.com, is a place where she writes about inquiry-based choice time, and advocates for developmentally appropriate instruction for children in grades pre-K through third. She is also writing a book on inquiry-based choice time, scheduled to be published by Heinemann in the fall of 2016.

Indeed, finding a peaceful solution isn't easy, but there's hope.

In February, Schools Chancellor Carmen Fariña called for collabora-

Opinions are mixed and emotions run high on both sides of the charter school movement issue, while politically driven battles over space, funding, and quality of education seem to add fuel to the fire and hinder much-needed collaboration.

tion with (and from) charters, during a professional development day for district teachers and principals, held at an Uncommon Charter School in Brooklyn. She said that the future of the city depends on how all kids do, no matter what kind of school they come from. And it appears she's interested in finding ways for schools to share space and resources more effectively, according to a recent capitalnewyork.com article.

With 21 charters in Brooklyn, Uncommon New York City Charter

Schools, www.uncommonschools.org, serve more than 5,900 kindergarten through 12th grade students, including both single-sex and co-ed schools. According to its site, the main goal is to prepare students to enter, succeed in, and graduate from college. Students are randomly selected by public lottery in grades kindergarten and fifth, and waiting lists are kept through grade eight. It currently has schools in Bedford-Stuyvesant, Brownsville, Crown Heights, East Flatbush, Prospect

Heights, and Williamsburg.

Uncommon Schools CEO Brett Peiser said they are incredibly fortunate to have had so many great minds united at their Collaboration Day event, including Schools Chancellor Fariña, and more than 170 educators from 14 district partner schools.

"It is exciting to collaborate with such talented, committed educators working in the same communities as we do each day. We get better as educators when we collaborate closely and learn from one another in order to keep making a meaningful impact in the lives of our students – and that is what we are all doing each and every day."

After weighing the pros and cons of charters vs. traditional district schools, interested parents should research, call, interview staff, and visit charter schools in their area to decide which is the best fit for their child(ren). For more info, you can visit: www.uncommonschools.org/our-schools/all-charter-schools-by-city.

Star

with a cause

Young actress puts spotlight on hungry kids

BY SHNIEKA L. JOHNSON

Actress Quvenzhané Wallis first gained notice for her role in the 2012 film “Beasts Of The Southern Wild.” The role of Hushpuppy led her to becoming the youngest actress to ever receive an Academy Award nomination. At the time, she was just 9 years old. She most recently starred in Sony Picture’s 2014 remake of “Annie,” in which she played the title character. The 11-year-old, Louisiana native is known for playing children from disadvantaged backgrounds, and this has inspired her to help other kids suffering from childhood

Action for Healthy Kids

Action for Healthy Kids is a nonprofit and volunteer network targeting both childhood obesity and undernourishment. The kids would otherwise not get that first meal of the day. By helping schools create or improve existing breakfast programs, the organization works to make schools become healthier places where kids learn to eat right, be active, and develop healthy habits.

It helps nearly 12.9 million kids in 29,000 schools across this country. Through its School Grants for Healthy Kids program and Kellogg’s, it’s working to help provide one million breakfasts during the 2015-2016 school year. To apply for grants, visit www.actionforhealthykids.org/tools-for-schools/apply-for-grants.

Links: www.kelloggs.com/en_US/give.html, www.actionforhealthykids.org/



Academy Award-nominee Quvenzhané Wallis wants to end the blight of childhood hunger in America.

hunger. Millions of school children in the United States are faced with this challenge.

Quvenzhané’s mother, Qulyndreia, is a former school teacher, and she knows firsthand how hunger can impact children on a day-to-day basis. Mother and daughter joined Kellogg’s efforts to give breakfast to kids in need. The two have been promoting the “Breakfasts for Better Days” campaign, which is part of Kellogg’s commitment to provide one billion servings of cereal and snacks to disadvantaged children and families around the world by 2016. Kellogg’s is taking a step towards that goal by providing up to one million breakfasts in 2015. The company is also partnering with the nonprofit organization Action for Healthy Kids — for a fifth year — to provide more children with breakfasts in schools.

I spoke to Quvenzhané about her partnership with Kellogg’s, other upcoming projects, and just what it’s like to juggle adolescence and Hollywood.

Shnieka Johnson: What projects are you currently working on?

Quvenzhané Wallis: Right now,

I am partnering with Kellogg’s in order to spread the word about childhood hunger in America. I learned that one in five children may go to school hungry, including my peers at school, and knew that I wanted to join Kellogg’s in spreading awareness on this issue.

SJ: Can you tell me a little about the “Give A Child A Breakfast” program?

QW: I am partnering with Kellogg’s in order to spread the word on childhood hunger in America. My mom, being a teacher, has always made sure I have breakfast before I leave for school. All kids need and deserve the opportunity to reach their full potential — and starting the day with a great breakfast can help get you going.

SJ: Why did you choose to team up with Kellogg’s for this initiative?

QW: I joined Kellogg’s when I learned that one in five children may go to school hungry, including my peers at school. Even though I’m an actress, I’m still a normal kid that goes to school and has homework. I’m fortunate enough to start my day with a great breakfast, like Kellogg’s Rice Krispies and milk,



Wallis acted opposite Jamie Foxx in "Annie" in 2014.

and I want to help other kids have that same opportunity. I'm excited for the chance to help other kids my age to reach their full potential. You can learn more at www.kelloggs.com/give.

SJ: Any upcoming movies or television appearances that we should look out for?

QW: "Annie" came out on DVD and Blu-Ray on March 17. Later this year, I have two new movies coming out, Kahlil Gibran's "The Prophet" and "Fathers and Daughters."

SJ: What are some of your hobbies when you're not acting?

QW: When I'm not acting, I love spending my time playing sports, especially basketball, volleyball, and cheerleading. I also like reading, playing video games, hanging out with friends, and playing with my two dogs.

SJ: What advice do you have for other kids interested in acting?

QW: Acting is all about having fun and keeping focus on your character. If you are determined and work hard, you can reach success in whatever you are doing. I believe that starting your day with breakfast can help you reach your full potential every day!

I also had a chance to speak with Quvenzhané's mother, Qulyndreia, about her daughter's career.

Shnieka Johnson: How do you manage your daughter's schedule between home life, work, and school?

Qulyndreia Wallis: The number one thing is that my husband and I treat her like a normal kid. We make sure she has structure in her day, does her homework and her chores, has time to have fun and experience life like every other kid. No matter how busy we get, we make it work. At the end of the day, she's just like any daughter. She's just been blessed to have an amazing opportunity, and I want to continue to encourage her to just do her best.

SJ: What do you do to keep your daughter grounded while working in the film industry?

QW: I think that focusing on giving back to the community is very important. That is why I support Quvenzhané's partnership with Kellogg's in helping give breakfasts to children in need. As a school teacher, I know how important it is for students to have breakfast before school. I'm proud of my daughter for helping raise awareness for this worldwide issue — Kellogg's has committed to a great goal.

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.

DISCOVER HOW GOOD YOU AND/OR YOUR CHILD CAN FEEL WITHOUT MEDICATION!



Authorized Clinic
www.braincoretherapy.com

Dr. Ken Eagle DC BCN
Dr. Russell Lamboy DC BCN

718-721-4100

38-04 31st Avenue
Astoria, NY 11103

www.braincoreny.com
Info@braincoreny.com

- Our approach is highly effective, safe, non-invasive and proven drug free system.
- It also enhances performance, improves memory and increases IQ scores!
- It teaches self-regulation, offers permanent results and much much more...



- ADD/ADHD/PDD
- TBI
- OCD; PTSD
- Headaches
- Tics/Tourettes
- Learning Disabilities/Dyslexia
- Anxiety
- Depression
- Stress
- Insomnia
- Incontinence
- Impulsivity

Pappas Pediatric Dentistry

Warm child friendly environment



TV/DVD in waiting room and operatories

Turn Your Child's Dental Visit Into A Fun Experience

Come Pet the Friendly Dinosaur

- Convenient afternoon and Saturday Appointments
- Nitrous oxide (laughing gas) analgesia
- 30+ years experience
- Accepting many insurances as full or partial payment
- Digital radiography
- Zoom Bleaching (for our older patients)

Despina Pappas D.D.S. Elayne Pappas D.D.S.
215-41 23rd Road Bayside, NY 11360
718 224-0443



Sunny skies

Safe, happy
air travel
with kids

BY MALIA JACOBSON

Whoever said, “Getting there is half the fun,” never flew cross-country with a needy newborn, a boisterous toddler, or a moody tween. Not to mention a purse full of wrinkled airline tickets and coloring books, snacks for every member of the family, and a caravan of luggage.

At best, airplane travel with children can be educational and exciting. At worst, it’s an all-out nightmare. Here’s how to plan for a memorable (in a good way) trip that starts before you land.

Baby-toddler years 0-4: Plane plan

Air travel with tots in tow takes planning, patience, and more planning. Celebrity travel expert and mom Amy Graff recommends using

a packing list (you can find one online at BabyCenter.com).

“You might not find the right kind of diapers or that exact baby

food your little one loves at your destination. This is the time when you don’t want to forget anything.” Prep for a smooth takeoff and landing by planning to feed baby — by breast or bottle — during the plane’s ascent and descent; the sucking motion helps equalize pressure inside their tiny ears to minimize painful popping (and the resulting screams). Remember to pack a few more diapers than you think you’ll need on flight, and a change of clothes — or several. And don’t forget to pack extra clothes in your carry-on for a toddler or preschooler.

On a long flight from California to North Carolina, Raleigh native Christen Pope remembered to pack plenty of clothes for 7-month-old Sydney, but forgot a change for her newly potty-trained 3-year-old Jaden. Guess who needed fresh pants shortly after take-off? She can bet she’ll never forget again.

School years 5-12: Fun fare

Elementary-age children usually love plane travel, but can be notori-

ously slow to get through airports. Yelling “Let’s go!” at the top of your lungs may turn some heads, but it won’t make your poky pre-teen move any faster. Instead make the most of kids’ pre-vacation excitement by treating the airport like a fun destination. Start by turning the dreaded security screen into a race; have kids try to get their shoes off and unload their luggage onto the conveyer belt as fast as they possibly can, says Graff.

“It’s a game of speed and it can be a lot of fun.”

School-age kids respond well to delegation, so assign each child a responsibility pre-take-off and in-flight, like carrying the family’s flight snacks or marshalling carry-ons as they come through the security conveyor. Grade-schoolers are also old enough to take responsibility for their personal belongings, both in the airport and in-flight; before boarding and deplaning, gently remind your child to gather her things — but don’t do it for her (you undoubtedly have your own hands full).

Teen years 13-18: Time travel

A long flight layover with bickering teen siblings is a recipe for vacation disaster; quell squabbles by allowing each sibling to take charge of a family decision (one sib can pick a lunch locale at the airport, while another gets to select dinner fare at the destination). Bring a deck of cards, teen-friendly snacks, and an extra set of batteries and AC adapters to keep electronics charged up while you wait.

On the trip, avoid the “teen tune-out” during travel by creating a connection to your destination before you leave. Did your family’s ancestors hail from the region? Do you have any childhood stories about the area? Any major historical happenings? Young teens may get a kick out of an on-flight scavenger hunt with landmarks to watch for during take-off and landing. Appointing a teen “trip historian” with responsibility for journaling and documenting the trip with photos ensures that you’ll have plenty of memorabilia — and gives you a chance to view the trip through your teen’s eyes.

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

NEW YORK CITY Children's Theater presents

1871:
The Fisk Jubilee Singers
introduce spirituals
to the masses

A Band of Angels

By Myla Churchill

Featuring "This Little Light of Mine"

Directed by Colman Domingo

Based on the book "A Band of Angels" by Deborah Hopkinson
Ages 8 to Adult

April 25th - May 10th, 2015
Theater 3 311 W. 43rd St., 3rd Fl.
nycchildrenstheater.org

Academy of the City Charter School

Come and see our progressive, community-based school.

Utilizing a project-based learning model, we provide education which reaches far beyond borders of the textbooks.

Serving Kindergarten to Fifth Grade in 2015-2016!
Apply online at www.academyofthecity.org

31-20 60th Street, Woodside, NY 11377 (718) 487-0857

Online Activity Guide

Check it out on
www.NYParenting.com

The School of American Ballet

AT LINCOLN CENTER

THE OFFICIAL SCHOOL OF NEW YORK CITY BALLET

FREE! AUDITION IN QUEENS for 6 to 10 year olds

SUNDAY, APRIL 19, 2015
10:30 a.m. (6-7 year olds)
11:30 a.m. (8-10 year olds)

Frank Sinatra School of the Arts
35-12 35th Avenue, Astoria

Optional online pre-registration available at sab.org/auditions. Pre-registered applicants receive priority check-in at the audition.

other audition locations (visit sab.org/auditions for details)

- April 16 P.S. 124 (Chinatown)
- April 18 Brooklyn Friends School
- April 19 Bronx Dance Theatre
- April 24 Harlem School of the Arts

no experience necessary
tuition assistance is available

Winter Term classes begin in September for 8 to 10 year olds and in October for 6 and 7 year olds. • Children must be 6 years old by 9/1/15 to audition and enroll for the 2015-2016 Winter Term. • Girls should wear a leotard or swimsuit and boys should wear shorts and a t-shirt (no long pants).

This program is supported, in part, by public funds from the New York City Department of Cultural Affairs in partnership with the City Council and Council Members Daniel Garodnick, Ben Kallos, Stephen Levin, and Helen Rosenthal, and by an award from the National Endowment for the Arts.

NYCULTURE CITY OF NEW YORK
ART WORKS CITY GOV

Founders: George Balanchine and Lincoln Kirstein
Chairman of Faculty and Artistic Director: Peter Martins
70 Lincoln Center Plaza, New York, NY 10023 | www.sab.org



All photos by Anna Kesztenko

(Left and center) Cozy looks for girls and boys at the Anais & I show. (Above) New Jersey-based designer LaToia Fitzgerald of all-boy brand Dillonger with her son Dillon.

Trending now

In this stylish city, even kids get a fashion week

BY TAMMY SCILEPPI

New York City's tweens and teens, and even their little sisters and brothers, seem to have a built-in sense of street-smart style.

That fashion savvy reverberated down the runway in February, as spirited young models rocked a slew of cool designer threads during petitePARADE's popular bi-annual city event, Kids Fashion Week.

Spring beckons, but those warm, bright, and stylish head-turning looks have been the talk of the town since they were featured at the fall-winter 2015 Showcase, held at historic Bathhouse Studios in Manhattan's East Village. Several unique toddler-to-teen collections got plenty of oohs and aahs from invited guests and families eager to get a sneak peek at what the younger set will be wearing in the coming months.

Rising designer Alia Charvel opened the Showcase with the debut of her Little Miss Galia collection in the American market. The Mexican brand interprets fashion trends with colorful cultural elements and past traditions through lovely fabrics and patterns (littlemissgalia.com).

And designer Jane D' Haene debuted her collection with a fun kickoff that took place at a local school park. Kids modeled her clothes while playing hop scotch and volleyball.

During the grand finale, Manhattan-based designer HJ Chung of Imoga (a petitePARADE alumni brand) walked the runway with her teen daughter, who wore a fabulous wintry jacket that her mom designed. Crafting pint-size silhouettes that maximize style and freedom, Imoga is all about timeless and whimsical, fun-to-wear clothing, and Chung's designs keep little souls delighted all year long. You can find her creations

at dozens of stores all over the city (www.imogacollection.com).

All-boy brand Dillonger's New Jersey-based designer LaToia Fitzgerald and her son Dillon accompanied Chung at the finale walk. Young city dudes really dig the edgy style that makes her clothes stand out in a crowd.

This time around, Manhattan-based designer and mom Bonnie Young emphasized fun geometric shapes and showed off her signature dramatic style on the runway.

Here and there sparkly party and holiday pieces emerged, and a luscious blue velvet jacket was a hit with onlookers.

Short, retro black leather jackets looked hip on the runway; girls wore them with flare skirts, tights and leg warmers, reminiscent of the '80s. And there was lots of big hair.

An exotic flower motif adorned a stunning party dress by Anais &



(Above) Manhattan-based designer HJ Chung of Imoga walked the runway with her daughters, who wore fabulous fur jackets during the grand finale. (Left) This Little Miss Galia design has a throwback vibe.

I — a simple, geometric pumpkin sheath had that unmistakable '60s look. Oh, and your daughter will probably want to check out the newest version of a '70s shirt dress for fall. You can take a cue from petitePARADE designers and show her how she can create a great outfit by wearing a soft sweater (even a cotton one) under an edgy, zipper-accented textured vest. She can complete this look with a pretty skirt or dark leggings.

News flash! This fall, colorful large-print flowers will be popping up amidst those basic blacks and darker hues. And traditional prints and plaids — which were all the rage on the runway — got an unexpected twist. Look for fabulously mismatched prints as well, and muted tones juxtaposed against shiny fabrics. If you're thinking, anything goes! You're right.

Rumor has it that Gotham's trendy young ladies and gents will have a lot of great looks to choose from in the fall. And budget-conscious moms and dads shouldn't worry, because there are so many options out there for every wallet, and in the coming months you and your kids and teens will be finding runway styles at many local retailers.

More than ever before kids designers are saying: cute but not cutesy, sophisticated yet whimsical, basic but not mediocre, comfy but always stylish. Look around you. Long gone are the days of cookie cutter childrenswear — even for babies. Savvy designers are breaking all the rules while holding on to that innocence factor.

My own impressions: Bonnie Young's classy and dressy white colored black dress with white cuffs looked a lot like a piece that my cousin wore to a birthday party back in the '70s (I found an old pic). And one short red jacket with a wide collar looked like a really cool, very updated version of a gray '90s jacket that's still hanging in my friend's closet. Overall, the runway vibe seemed to range from sophisticated chic to slightly lil' rebel for the young set, while the wow factor was amped up for tweens and teens.

If you want to get an idea of what your kids', tweens' and teens' closets might look like this coming fall and winter, check out these awesome collections at: www.petiteparade.com/8th-edition/

Without a doubt, the newest kids' looks are kind of edgy and electric in a fun and funky way. For show highlights, you and your kids can go to: <https://instagram.com/petiteparade>.

And for a behind-the-scenes peek at the recent event, visit: www.youtube.com/watch?v=YhBHov7sNKo.

With more than 100 designers and 10,000 guests, petitePARADE continues to attract media, parents, and the children's industry, but philanthropy has always played a vital role. Each season, it partners with outstanding organizations, such as Only Make Believe, Free Arts NYC, New York Foundling, K.I.D.S./Fashion Delivers, and The Juice Foundation to raise money and awareness and provide the families in attendance with fun, interactive workshops which expose children to the importance of giving back.



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

Kids and attention

To children, all attention parents pay is good

Kids love attention. To your little one any attention is good attention. If you're looking at her, then she's happy! If you are talking to her, then she's thrilled! Especially since you're her parent, every moment that you focus on her is one that she treasures.

You and I have a different definition of attention. For adults good attention is good, and bad attention is bad. You want your boss to congratulate you on a job well done — good attention. Yet you'll actively avoid your boss if you know he'll yell at you for a problem — bad attention. There's a big difference to you between the two situations.

Your small being doesn't see it the same way. She wants you to praise her for doing really well on her spelling test — attention. She's also okay when you're upset that she made a mess with her paints — more attention. The critical piece for you to remember is that your child doesn't see the difference and will gladly accept any attention that is focused attention on her. Why is this important for you to know? Because when your small being is looking for attention, I'll bet the farm that she'll find a way to get it. For instance when your small being dresses independently and doesn't get enough attention afterwards ("Look what I did!") she may start to refuse to dress on her own again. If you're small being is feeling ignored at bedtime and is lacking a solid routine, then she'll start fighting to go to bed so you're bound to give her all your energy.

So many times I find that problem behaviors in small beings are simply ways to obtain your engagement and have nothing to do with what she's supposedly fighting about. When your small being is begging you for five more Goldfish, keep in mind that she may simply want to speak with you. Find ways to connect your small being in a way that will feel good to all of you.

It's also helpful to provide attention on your own schedule, this way she'll demand less of it in negative ways. Yes, life is busy and you're try-



ing to get 10 things done at once, I understand. You do have more say in the matter than you probably know. Would you rather put other tasks on hold to calmly sit down for a snack with your daughter or have her stage a milk-pouring party in the kitchen while you're on an important phone call? Decide and stick to it.

Please note that your small being isn't making a conscious decision to wreck havoc; your child is not plotting step by step how to get your attention. It's a subconscious operation to get her basic needs met

and there's no logic and reasoning happening in these behaviors. Your small being is doing the best she can to get what she believes she needs. Children need parents' attention and will always (always!) find a way to get it. Teach them to do it in a better way!

Dr. Marcie Beigel is a behavioral therapist based in Brooklyn. She has worked with thousands of families for more than 15 years and has condensed her observations into her practice and programs. For more on her, visit www.BehaviorAndBeyond.net.

No laughing matter

Kid critic reviews emotional docu-drama about bullying

KIDS FIRST! FILM CRITIC

Jessica Burns has a secret that she's afraid to share with anyone — except her best friend Brian Slater. For the past year the 16-year-old has been victimized by another girl — her former friend Avery Keller, one of South Brookdale High School's most popular and beautiful students. What can you do when the world sees the image of a person, but not the reality? With Brian's help and a hidden digital camera, the evidence of Avery's relentless harassment is captured and finally exposed, bringing both girls and their families face-to-face with the truth.

This is a film that is shot to look like a real-life documentary about bullying, concentrating on everybody who is affected by it. "A Girl Like Her" truly shows that something that may seem so small can actually affect and mess up so many people. This movie isn't a ro-

mance or comedy or an action-packed adventure, but rather quite the contrary. It shows a drama-filled journey. It will not make you laugh. However, it may make you cry. It is about bullying, which should not be referred to as a joke.

In the film a girl named Jessica goes to one of the best public high schools in the nation. After refusing to let her "friend" cheat on her test, she starts getting bullied. She makes her real best friend tell no one of this. But the friend decides that they should do something about it. He gives her a hidden camera to wear and this documents all the bullying. Soon Jessica tries to commit suicide, and the movie shows the struggle of not only the victim and her family, but everybody — the bystander, the bully, the administration, everybody.

This movie is truly emotional. It is made to look like it is documenting



a real story. I didn't even know it was fake until the end! That's how good of a job it is! The acting is truly wonderful. This is the only time I have ever truly hated a character (the bully) and then felt pity for her. The director does a wonderful

job showing the emotions of characters and proving that bullying isn't just a normal part of life to deal with. It is a serious matter that has killed hundreds of children.

My least favorite scene is when the school administration denies the need to institute anti-bullying policies and tries to brush it away as nothing. It shows you how quickly a school will try to brush off bullying as nothing to look out for its own benefit.

This film should be seen by everyone above the age of 9. I give it 4.5 out of 5 stars because it is a wonderful movie about something we all know



is taking place around the world. The only thing I would have liked to have seen in this film is a message at the end or beginning saying that bullying is wrong and is no laughing matter.

Gerry O. — age 12

See his video review at: http://youtu.be/s_xCEC79MT4

12TH ANNUAL APRIL 22-24, 2015

Wyndham New Yorker Hotel

Young Child

EXPO & CONFERENCE

GREAT SPEAKERS. GREAT LEARNING.
HELPING YOUNG CHILDREN LEARN & GROW

KEYNOTE SPEAKERS

-  **SISTER TESA FITZGERALD**
(Excellence in Early Childhood Award Recipient), Executive Director, Hour Children
-  **DAN ZANES**
President/Founder Festival Five Records
-  **DR. TEMPLE GRANDIN**
Professor Dept. of Animal Science Colorado State University
-  **DR. DIANE CRAFT**
Professor Physical Education Department State University of NY at Cortland
-  **MAGGIE DOYNE**
Founder and CEO BlinkNow Foundation
-  **NICHOLAS KRISTOF**
Author, A Path Appears Columnist, New York Times
-  **2 DAY PRE-CONFERENCE WORKSHOP SPEAKER**
DR. VINCENT J. CARBONE
NYS Licensed Behavior Analyst CEO, Carbone Clinic

OVERVIEW
 Over 100 Speakers
 More than 80 Conference Sessions
 Full Day Pre-Conference Workshop
 40 Exhibitors & Over 1,200 Attendees expected

TOPICS

ADHD	Emotional Intelligence
Autism Essentials	Educational Policy
Behavior Management	Music and Learning
Bullying	Play
Developmental Discipline	Social Skills Development
Early Literacy	Speech Language Issues
	... and many more

The Young Child Expo & Conference will provide early childhood professionals and parents the latest information about early childhood development, services, resources, and products to help all children reach their full potential. In one unique event, this conference integrates learning about a wide variety of important topics affecting typically developing children as well as those with special needs, including autism.

To register go to:
www.YoungChildExpo.com
 or call 212-787-9700, ext. 333

Presented by 

REGISTER BEFORE MARCH 25, 2015
EARLY BIRD DISCOUNTS

Early Bird & Group Discounts

Sholow Daycare

Serving your community since 1999

Children ages 1-5 welcome

- Universal Pre-K (Free Full Day)
- Infant, Toddler and Nursery Program
- Individual Attention
- Yellow Bus Transportation
- Glatt Kosher
- Outdoor Facilities
- Music and Movement Specialist
- Year-Round Care and much more

Sholow Day Care is a world of wonder, a place where learning is created through hands of individualized instruction

116-66 Parklane South, Kew Gardens
 84-15 Beverly Rd., Kew Gardens
 75-15 Main Street, Flushing
"Early Learn Program"
 82-02 Lefferts Blvd. | 84-37 118th Street

Operational Hours:
7:30am-5pm Mon- Thurs
7:30am-4pm Friday
Extended hours available upon request

OUR NEWLY EXPANDED LOCATION
 84-15 Beverly Road, Kew Gardens, NY 11415 • 718-850-2934

Camp empowered



How to help your child achieve self-determination this summer

BY DR. HEIDI SMITH LUEDTKE

Parents spend a lot of time trying to motivate kids. We use chore charts, checklists, reminders, and rewards to get them to feed the dog, clean their rooms, and complete schoolwork. But these techniques don't change behavior long-term. Real motivation must come from within. And time at camp may be all it takes to

spark a little self-determination in your kid.

I know it sounds too good to be true. Your school-age slacker — the one who expects you to find his homework and pack his lunch — might start doing some things for himself. And your often-bored tween might come home with more pep in her step.

Psychologists use self-determination theory to explain why some

experiences make us feel engaged and excited while others drain and deplete us.

The premise is simple: when an activity meets our needs for autonomy, competence, and relatedness, we are energized and empowered. Kids' basic needs are no different from adults'.

Kids want to do things for themselves. They crave a sense of accomplishment and routinely seek feed-

Kids want to do things for themselves. They crave a sense of accomplishment and routinely seek feedback. And kids thrive on connections with loved ones and peers.

back. (“Look what I made, Mom!”) And kids thrive on connections with loved ones and peers. Feelings of belongingness boost their self-worth. Summer camp offers loads of opportunities to meet all these needs. And that should make kids (and the parents who love them) very happy campers indeed.

Autonomy

The need for autonomy is satisfied when kids control their own lives.

At camp, your son will have endless opportunities to care for himself. Staff won't select his clothes, organize the contents of his locker, or remind him to put on deodorant. No one will delay dessert until he eats his veggies. Independence is what camp is all about. Don't worry. The world won't stop if your son wears the same shirt three days in a row. His peers will speak up if he gets super stinky.

During the school year, many kids jump from one regularly scheduled activity to the next with no unstructured time in between.

Camp puts kids in charge of their own activities. Maybe your daughter will take a hike. Maybe she'll paint pottery. Maybe she'll write you an email. It is up to her to decide how she'll spend her free time. One thing is certain: she won't sit around whining about having nothing to do. And if she does, you won't be there to hear it.

Competence

The need for competence is satisfied when kids learn new things and get positive feedback about their efforts. Your kid might

choose a camp focused on art, science, sports, or music. Or, he may opt for a good, old-fashioned sleep-away experience, complete with row boats and weenie roasts. Some camp activities may be outside your kid's comfort zone. Stretching is good.

Your child may be unsure she can cross the slippery log over the creek. She may tremble with excitement about her role in the theater production. Peers and counselors will coax her along and give constructive advice. By the end of camp, she'll be the star of her own adventure stories.

If your kid is an experienced camper, encourage him to share what he knows with newbies. Being an ambassador or mentor affirms kids' competence in a big way. Teaching a peer how to trim a sail or chip a golf ball out of the tall grass will take your son's skills to a higher level. His confidence will soar in response.

Relatedness

Your biggest concerns about summer camp may center on the social scene. Your child may not know anyone on arrival. That's okay. Camps create connections in many ways. Your kid will be instantly bonded with bunkmates because they share a home base. Family-style dining and friendly competitions encourage interaction, too. The pursuit of shared goals — like building a robot or putting a frog in the counselor's sleeping bag — cements kids' camaraderie.

Extroverted kids may make lots of friends at camp. Less-social souls may not. What matters most is that kids have opportunities to talk, play, and live with a diverse group of peers. They won't all become fast friends.

Learning to navigate the choppy waters of friendship formation is a big part of the camp experience. Your kid's social skill set will expand — even if she doesn't find a new BFF.

No matter what your kid takes to camp, he'll come home with a suitcase full of memories and a renewed sense of self-determination. You'll see it as soon as he wakes from his long post-camp nap.

Heidi Smith Luedtke is a personality psychologist and mom of two adventurous kids. She is the author of "Detachment Parenting." Learn more at HeidiLuedtke.com.

Queens College Summer Camp

Camp Dates
June 29–August 12



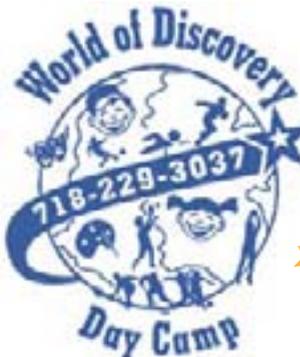
Don't miss out on an exciting Summer for your child!

Education/ Sports/ Theatre (ages 5–14)
CIT Program (ages 15–16)

Call for Open House Tours
March through June
718-997-2777 • www.qccamp.com
Email: qc.summercamp@qc.cuny.edu
Registration code: QF15



QUEENS COLLEGE The City University of New York



Specialized Sports Program

- Gymnastics • Karate • Swimming • Music
- Private Outdoor Pool • Small Groups • Trips
- Dance • Arts & Crafts • Free Transportation

Established in 1978 • Ages 4-15

Reasonable Tuition

Certified Teachers • 2-8 Week Program

Bayside • 718-229-3037

Visit us at: www.worldofdiscovery.org

Established
40 Years



Register Now Summer Camp

You May Sign-Up for 1-5 Days Per Week
Full Day/Half Day/Single Classes
July 6th - August 14th, Mon - Fri • Ages 2.5-15

Summer Camp
Full Day/Half Day



Full Day Camp • 9:00am-5:00pm
Early drop off (8am) and Late pick up (6pm) Included

Half Day Camp/Theatre Camp
9:00am-1:30pm or 12:30pm-5:00pm

AIR-CONDITIONED
ACTIVITIES:

Art & Crafts, Gymnastics, Drama On Camera,
Vocal, Dance
New (All Boy's Group)

THEATRE CAMP:
Children will put on a favorite Broadway Musical

Summer Dance Classes
Single Classes - 5:30pm-9:30pm



Summer Dance & Drama and Vocal Classes
Ballet, Tap, Jazz, Creative Movement, Acrobatics, Drama
& Vocal and Triple Threat

188-22 Union Turnpike, Fresh Meadows, NY
718.479.8522
www.americandanceanddramastudio.com

BIRTHDAY PARTIES:

- 1 Party at a time • Huge Party Room (over 3,000 sq. ft.) • Disco laser lights
- Bubble / Fog machine • Face painting • Arts/Crafts • Basketball • Tattoos • Moon Bounce
- Cotton candy • Magicians • Gymnastics • Disco • Dress-Up • Moon Bounce
- Music Video Parties, Princess Parties - Hostesses become your favorite fairytale princess.

Camp

DIRECTORY

American Dance & Drama Studio

188-22 Union Turnpike Fresh Meadows, NY 11366, 718-479-8522 or www.americandanceanddramastudio.com

At American Dance and Drama, our students become part of an ever-growing family. Our insights, standards and philosophies gained through years of knowledge and "know how" are what we are able to provide to students. Our staff of loyal and loving teachers follows our philosophy: to allow everyone to grow at American Dance and Drama. We constantly adapt new techniques, styles and trends leading the way – all the way from winning competitions, landing that role on Broadway or getting that fresh young face and name up in lights. It all starts with your first steps through the doors of American Dance and Drama. Our school is structured with uniquely multifaceted programs that have something for everyone. The young budding talent to the most advanced student, it all happens under one roof called American Dance and Drama. At American Dance and Drama we offer a plethora of training and services including; Training for Broadway, theater, T.V., Ballet, films and Dance companies, commercials, industrial – for a cultural background & much, much more! For recreation, we provide a safe and fun environment to grow up in with a warm caring and positive staff.

Blue Dolphin Summer Camp

69-26 Cooper Ave, Glendale
718-847-6470 or www.bluedolphinsummercamp.com

Blue Dolphin Summer Camp has something for everyone! Campers may enroll for 2-8 weeks, and they do not have to be consecutive weeks. Program hours are from 7:00am-6:00pm. Bus service is available. A camper's day consists of sporting events, arts & crafts, games, swimming, amusement parks and exciting trips. Camper's ages 3-15 enjoy fun excitement filled programs in house and off campus. Blue Dolphin Summer Camp provides a great place for campers to enjoy a safe and diverse summer of fun! Our camp is licensed by the Department of Health. Our counselors consist of teachers and other professionals in the Educational field trained in CPR PRO & First Aid. If you have been searching for an interesting, stimulating, safe, caring, and productive summer program, complete with lots of summer fun, Blue Dolphin Summer Camp is the answer. Camp is open to both public and private school students.

Crayon Box Preschool

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

We give children a foundation of education they can take with them throughout their student years. Crayon Box sets up a program that is both welcoming and fun, while stressing the fundamentals of pre-

school learners. The preschool has been educating the youngest members of our community since 1998 and is run by a dedicated and professional staff. They always work with their families to give them the support and flexibility that is needed in today's fast paced and changing world. The daily routine is set up to make the children feel secure because when children feel safe, they are free to accept new ideas and concepts.

iD Tech Summer Programs Held at Queens College, NYIT-Central Islip, NYU, and more.

1-888-709-8324 or www.idtech.com
Code, game, create! At camp, students ages 6-18 code apps, design video games, mod with Minecraft, engineer robots, build websites, create wearable electronics, and more. Hands-on courses are taught in small groups of just 8 students per instructor, guaranteed. Plus, kids and teens meet new friends, learn real-world skills, and gain a competitive edge for school and future STEM careers. In addition to iD Tech Camps, our flagship program for students ages 7-17, we also offer the following summer programs in New York: AtAlexa Café (held in Brooklyn), girls ages 10-15 collaborate around café tables and learn to code apps, design websites, develop wearable electronics, and more. At iD Tech Mini (held in Brooklyn and Manhattan), kids ages 6-9 explore graphic design, coding, robotics, and Minecraft modding in half-day or full-day camp sessions. We also offer 2-week, intensive, pre-college teen programming and game design academies.

Summer at Kew-Forest

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

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

Kimmy Ma ARTStudio

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

ARTStudio is dedicated for art instructions in paintings and drawings. Spring session, now-June, 7 days a week, for various age and ability level learners. Explore artistic development in art theory/history and techniques for after school & weekends. Summer mornings with private & semiprivate fine art les-

Continued on page 20



A fun and flexible summer program for children entering grades Pre-K to 8!

Summer at Kew-Forest!

July 1 - August 16

Monday - Friday, 9:00 am - 4:30 pm



Come to our Open House!

Sunday, April 12th

12:00 - 2:00 pm

After April 12th, please call the summer office to schedule a tour.

LIGHT REFRESHMENTS and FREE PARKING!



Get a headstart on September when you register for Morning Academics or Combo Camp!

Featuring:

Academic and Recreational Options
Full-Day and Half-Day Programs;
Before and After-Camp Care (7:30 am- 6 pm)

Registration by the day, week, or for the full 7-WEEK session!

Available Classes:

Musical Theatre, Hands-on Science,
Sports, Martial Arts, Cooking,
Arts and Crafts, Computer Lab,
Swimming, Field Trips and More!

The Kew-Forest School, 119-17 Union Turnpike, Forest Hills, NY 11375

Phone: (718) 268-4667 ext. 108

Email: summer@kewforest.org

Website: www.kewforest.org



FEATURING
ACADEMIC
ENRICHMENT!

in Bayside at QCC

Fantastic LOW PRICES!

- Traditional Day Camp for kids ages 5-11
- Early Start Imagination Camp for pre-K kids ages 3-5
- Teen Travel for emerging teens ages 12-14
- 8:30am-5:30pm with extended hours available
- Beautiful outdoor facilities & ample air-conditioned indoor space
- Sports, Visual & Performing Arts, Outdoor Adventure, Red Cross Swim Instruction & **CHINESE ACADEMY** available
- Hot Lunch & Transportation available
- Low Ratios with Mature Staff
- Flexible enrollment for 2-8 weeks

Come meet us at our next INFO SESSION!

April 18 • 10am • QCC Library, Room 25

To RSVP call or visit us online today

oasischildren.com • (718)596-4900

15 Oasis 2000-2015

Celebrating 15 years of excellence in day camp!

In honor of our 15 year anniversary we're giving away **2 WEEKS of FREE CAMP** & other awesome prizes!*

Go to www.oasischildren.com/sweepstakes to enter! **GOOD LUCK!**

*For a complete list of sweepstakes rules please visit www.oasischildren.com/sweepstakes or call 800-317-1392.

BLUE DOLPHIN SUMMER DAY CAMP



OPEN HOUSES

Saturday April 25th, 11:00am – 1:00pm
 Tuesday April 28th, 4:00pm – 6:00pm

FUN FIELD TRIPS

Camp Hours:
 Mon–Fri 7am–6pm

TRANSFORMERS Ages 3-5
 TRAILBLAZERS..... Ages 6-11
 PIONEERS Ages 12-15

FREE
 Before &
 After Care

**Building a Better Future,
 One Child at a Time**

Redeemer Lutheran - Glendale 69-26 Cooper Ave.
(718) 847-6470 We accept A.C.D. & 1199 & T.W.U. Members
WWW.BLUE DOLPHIN SUMMERCAMP.COM

Camp

DIRECTORY

Continued from page 18

sons, peer aged small group welcome. Early registration by appointment only. Summer ART Clubs with Mrs. Ma 7/7-8/13 T/W/TH, ideal for serious independent and responsible learners, explores fundamental concepts in fine art. 12:50-3:30PM for age 9-MS/HS, weekly medium based & ability level instructions, plus Summer 7/12-8/16, (6) Sundays architecture & illustration with qualified instructor 10am-12pm for age 6-8.5 & 1-3:30pm for age 9+. Please visit www.kimmyma-artstudio.com for detailed curriculum and tuition. Curriculum is thoughtfully planned by Mrs. Ma, Master of ART in the School of Education NYU since 1996.

The Learning Tree

74-15 Juniper Blvd Middle Village
 11379, 718-899-2020 or www.thelearningtree.org

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

Queens College Summer Camp

65-30 Kissena Boulevard Queens, New York 11367, 718-997-2777 or Email: qc.summertime@qc.cuny.edu or www.qccamp.com

Make Queens College Summer Camp the camp of choice for your child between the ages of 5-16.

Inspire, excite, enrich. With 27 years under our belt, we offer a first-class program to the children of Queens, Nassau, Brooklyn, and Manhattan located entirely on the campus of Queens College. The Camp runs Monday through Friday from June 29-August 21, 2015. The children's day starts at 9 am and ends at 4 pm (additional hours available). A grab-n-go breakfast and lunch are included. Each camper receives One Free Program T-Shirt and water bottle. Door-to Door Bus Service is available for an additional charge. Please see our website under camp forms (QCCamp.com).

We offer better than a 4:1 staff to camper ratio. All activities are run by licensed and certified teachers. All counselors are college age or older. Available sports include but are not limited to Basketball, Softball, Tennis, Soccer, Dance, Volleyball, and Swimming (in an indoor 25-yard 6 lane pool). Campers will enjoy indoor and outdoor tennis courts on campus as well as large playing fields.

Oasis in Bayside at Queensborough Community College Summer Program

718-596-4900 or www.oasischildren.com

In Oasis programs, children have the opportunity to explore, learn from adult role models, develop self-confidence, use their imagination, and find adventure in a safe environment! Oasis Day Camp is for boys and girls ages 4-11. Programs include sports and recreation, visual and performing arts, swimming, field trips, an outdoor education component that includes environmental studies, orienteering and much more! For emerging teens ages 12-14 Oasis offers the Teen Travel program which gives emerging teens the opportunity to take unique trips every day. At Oasis, children enroll for a minimum of two consecutive weeks, a maximum of eight weeks, or any combination you choose. Families have the advantage to enroll their children around their summer plans! Oasis in Bayside is open this summer from June 29th. to August 14th.

World of Discovery Day Camp

718 228 3037 or www.worldofdiscovery.org

World of Discovery Day Camp is designed to stimulate your child's imagination and provide an environment where kids can just be kids. Since 1977 children ages 4-15 have enjoyed baseball, volleyball, basketball, gymnastics, dance and drama, carnivals, scavenger hunts, swimming, Olympic week, trips and much more. Counselors must meet stringent standards and qualifications and all Directors and Assistant Directors are New York State Certified administrators and trained in CPR, First Aid and Responding to Emergency. The swim program stresses safety and fun. All swim instructors are certified lifeguards, carefully picked and receptive to camper's individual needs. Door-to-door transportation is provided.

Young People's Day Camp of Queens

1-800-856-1043 or www.queenscamp.com or www.ypdc.com

Since 1972, our family-run camp has provided safe, fun-filled summers for thousands of youngsters. YPDC is accredited by the American Camp Association, the New York Camp Directors Association, and is supervised by licensed teachers and administrators. The camp's philosophy is to "grow" children intellectually, physically, and spiritually in a FUN environment. YPDC provides a dynamic, diversified, and professionally supervised program enabling children to see, try and experience many activities. Activities include swimming, sports, arts & crafts, music & dance, natural science, academics, educational & recreational field trips as well as many other special events. YPDC is located in South Bayside. Door to door transportation is available at no additional charge. Young People's offers programs for children ages 4-15. 2-8 week sessions are available. Ask about our special discounts.



Kimmy Ma ARTStudio

“Launch Creative Minds”

Summer Sun is out in our ART Studio

Summer mornings with Mrs. Ma, starting 7/6

Private & Semi Private M-TH for age 6+-adult
By appointment only, early registration required.

6-week, Summer afternoons with Mrs. Ma, starting 7/7

For age 9-HS, T/W/TH, 12:50-3:30pm, fine arts instructions & medium based curriculum with ability level instructions

Summer (6) Sundays 7/12-8/16

Architecture & Illustration
With qualified art instructor

Age 6-9: 10am-12pm & Age 9+: 1-3pm

Enroll Spring Session NOW:

in painting & drawing, 7 days a week during school year

Fall Session program schedule is also available to view at

www.Kimmyma-artstudio.com

190-19 UNION TURNPIKE FRESH MEADOW 646-209-9352



iD Tech Camps®



IGNITE YOUR CHILD'S PASSION

Code apps, design video games, mod with Minecraft, engineer robots, build websites, produce movies, and more

HELD AT 100+
CAMPUSES
NATIONWIDE

Queens College

Berkeley Carroll School

Marymount Manhattan

Adelphi • Columbia

NYIT • NYU

Vassar College

Princeton • Yale and more



iD Tech Camps
Co-Ed, Ages 7-17



Alexa Café
All-Girls, Ages 10-15



iD Game Design &
Development Academy
Co-Ed, Pre-College, Ages 13-18



iD Programming Academy
Co-Ed, Pre-College, Ages 13-18



iD Tech Mini
Co-Ed, 6-9, Half-Day Options



Tech Rocket
Year-Round Online Learning
Ages 10-18

www.iDTech.com/NY • 1-888-709-8324

Family Discounts Hours & Programs To Fit All Schedules

THE CRAYON BOX PRESCHOOL

LEARNING & FUN ALL ROLLED INTO ONE!

SUMMER

8 Week Program

On-site water and outdoor play

FOR CHILDREN AGES 2.9 - 5 YEARS
NYS Certified Teachers
Great Teacher/Student Ratio

Enrollment begins for Summer and September 2015

Call us at **718-888-9341**
44-10 192nd St. Flushing
www.crayonboxpreschool.com

the Learning Tree

REGISTRATION OPEN FOR SUMMER CAMP

SPORTS • FIELD TRIPS • MUSIC • DANCE
ARTS & CRAFTS • SWIMMING ON PREMISES

Junior Group – Ages 2 to 4
Middle Group – Ages 5 to 6
Senior Group – Ages 7 to 13

PRIVATE GROUNDS
TRANSPORTATION
AVAILABLE



Now Registering for
FREE UNIVERSAL PRE-K

(children born in 2011)

Nursery & Pre-K Programs
for September 2015

Extended Hours 7:00am - 6:30pm

74-15 Juniper Blvd. North Middle Village
718-899-2020 • www.thelearningtree.org



Party in the PARK

Creative ideas
for planning
an outdoor
celebration

BY DENISE YEARIAN

Plant seeds for a memorable birthday bash or just celebrate spring! Here are several great outdoor party ideas to get you started.

Bloomin' invitations

Create flowers from cardstock and include party details, along with a suggestion for the children to wear outdoor play clothes. Place in an envelope, along with flower seed packets.

Turftop tommy

Items needed: old pantyhose; ruler; scissors; rubber bands; potting soil; grass seed; small, flat plastic bowl with lid; permanent marker; straight pins.

Cut off approximately 5-1/2 inches from one-foot section of a pair of pantyhose. Pour a little potting soil into the toe. Gather hose around the

soil and wrap a rubber band around it to make a nose. To make the head, fill the stocking with about 1 inch of soil (nose should be positioned to the side of the head). Sprinkle grass seed on top of the soil and, without shifting it, add more soil on top of the grass seed until the head is proportionate to the nose. Gather the nylon opening and tie it off with another rubber band. Carefully turn the head over (tied off end will be at the back) and place in a shallow plastic bowl. Cut two small oval eyes from the lid, and use a permanent marker to draw in pupils. Attach the eyes to the head just above the nose with straight pin. When guests leave, tell them to add a little fresh water to the bowl daily. Within days, "hair" will begin to grow.

Prize planter

Items needed: small terra cotta planters painted with bright colors; faux gemstones; glue guns (low setting); permanent marker; aluminum foil; small stones; potting soil; flowers.

Glue gemstones around the upper, outer rim of the planter. Around the lower section of the planter, write "My Garden of Delights!" Place aluminum foil around the outside of the planter to protect it from getting dirt. Place the stone over the planter's interior hole to keep soil from leaking through during watering. Fill planter one-third full of potting soil. Place flowers in

the center of the planter then cover the roots with potting soil, gently pressing around the plant to secure in place. Remove foil.

Crazy critters

Items needed: cardboard egg cartons; tempera paint; tacky glue; wiggly eyes; miniature pompoms; hole punch; pipe cleaners; pencil.

Cut and trim egg cups from the carton bottom. Paint outsides of the cups with tempera paint. Glue two wiggly eyes and a pompom nose on one side. Let dry. Trim pipe cleaners to 4 inches. With a sharp pencil, punch three holes on opposite sides of each carton cup. Push pipe cleaners from the outside of one hole through the inside of the opposite hole, bending pipe cleaner ends to create legs. Poke two holes on top of the cup near the eyes and insert pipe cleaners to make antennae.

Other activity ideas: Have children create a mosaic design using various kinds of seeds, or create garden markers for plants by painting individual vegetable designs on flat stones.

Flourishing games

Divide children into teams and play one or more of these relay games: "Water Down." Use a small, plastic watering can to transfer water from one bucket to another. "Budding Bouquet." Transport flowers one at a time from a bucket to a vase. "Can You Dig it?" Use child-sized shovels to move dirt from a pile to fill a bucket. Another fun idea is to give kids a magnifying glass and paper bag and have a nature treasure hunt.

Dirt diggin' treat

Items needed: Instant chocolate pudding; milk; whipped cream (in a tub); crushed Oreo cookies; gummy worms; serving cups, spoons.

You can prepare this fun treat or let the guests help. Prepare instant pudding according to box instructions. Let mixture sit for 5 minutes until it thickens. Add whipped cream and cookies. Transfer into serving cups. Add more crushed cookies on top of the pudding mixture. Garnish with gummy worms. Give children spoons and let them dig in!

Other food ideas include a veggie tray; cucumber and cream cheese sandwiches; veggie or fruit pizza; chocolate-dipped strawberries and fruit punch.

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



PARENTS HELPING PARENTS

SHARON C. PETERS, MA

Questioning gender

Dear Sharon,

Our 5-year-old son wants to dress like a girl. He says he's not really a boy and that he is a girl. What should we do?

Dear Parents,

Every 5 year old is unique. When parents ask me questions such as this I usually talk for quite a while before agreeing on useful perspectives.

Here are some general ideas that might be helpful as you think this through.

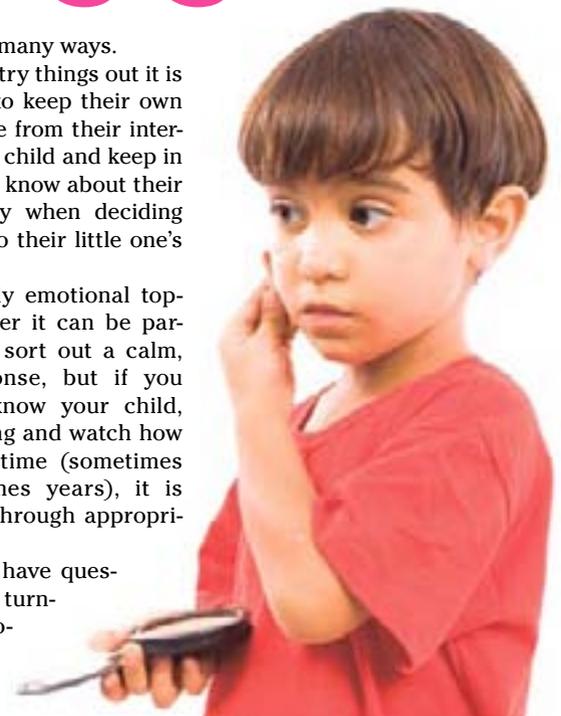
Five year olds experiment with all kinds of ideas that grow and change with time, including sorting through the differences between

girls and boys, in many ways.

When children try things out it is best for parents to keep their own emotions separate from their interactions with their child and keep in mind all that they know about their child's personality when deciding how to respond to their little one's ideas.

With potentially emotional topics such as gender it can be particularly hard to sort out a calm, thoughtful response, but if you remember you know your child, trust your thinking and watch how things go. Over time (sometimes months, sometimes years), it is possible to sort through appropriate reactions.

In time, if you have questions or concerns, turning to a trusted professional for support is always an option.



Sharon C. Peters is a mother and director of Parents Helping Parents, 669 President St., Brooklyn (718) 638-9444, www.PHPonline.org.

If you have a question about a challenge in your life (no issue is too big or too small) e-mail it to Dear Sharon at Family@cnglocal.com.



SPEECH PATHOLOGY & SWALLOWING DISORDER SERVICES OF LONG ISLAND

Specializing in the Treatment and Correction of:

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

Specialized Therapy Approaches Including

- PROMPT Therapy • Individual Feeding Therapy
- Augmentative Communication Evaluations & Therapy

PARTICIPATING WITH MOST MAJOR HEALTH INSURANCE COMPANIES

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



Comprehensive, flexible, and individualized home based and community ABA therapy.

Office based diagnostic evaluations & developmental assessments.

Serving families in their homes in all NYC boroughs and Westchester with 3 Convenient office locations in Brooklyn, Bronx and Manhattan

An in-network partner with most major insurances. Private pay or school based SETTS services also available.

Now accepting new referrals.



Applied Behavioral Interventions
abisvc.com
(646) 666-3088
intake@abisvc.com



**Featuring
New Spa Room
for Girls Spa
Parties**



Kids Classes:

Ballet • Jazz • Capoeira
Greek Dance • Music Together

Specialty Parties:

Spa Party • Zumba Party • Game Room
Yoga Party • Capoeira Party
Petting Zoo • Magic Show

Birthday Parties Include:

Invitations • Theme Decoration
Bounce House • Face painting
Bubble machine
Dancing & Activities
Pizza & Juice



27-14 23rd Ave., Astoria, NY 11105
347-455-3661 • info@gym-azing.com • www.gym-azing.com

Party

DIRECTORY

Bounce 'N Play

20-21 Steinway St. Astoria, NY 11105, 718-777-PLAY(7529) or www.BounceNPLAYNY.com

Voted Best Kids' Playroom of the Year in 2015 by NY Magazine, Bounce 'N Play strives to make every child WOWED! We are not just an inflatable fun center. We have rock climbing, a two level jungle gym, bounce houses, a 22 foot high slide, a smaller slide for your less adventurous child and even a designated toddler area with a carousel. All our parties are private and are kicked up a notch with our laser and club lights that are turned on when our hosts get in the groove and play games and dance with the kids! Everything from parachute games to the latest dances, our parties are aimed to please kids from 1-13. Our play space is built for adults and kids, so parents, get ready to play too or play with our interactive arcades! We have many packages to choose from. Want a longer party than 2 hours, we offer 3 hour VIP parties that include a catered hot buffet for your guests. We can transform your party and add any theme, character, piñata, cotton candy, glitter tattoos, face painting, Karaoke and more! We also offer Open Play times. Please check our website for our schedule and party samples or call for any information.

Denise Makes Cakes

917-689-4857 or www.denisemakescakes.com

Whether it's a wedding, birthday, anniversary, thank you, or just for fun, we have the perfect cake for you. Creating delicious memories one cake at a time! Celebrate in style with a beautifully designed cake from DeniseMakesCakes. We offer formal and whimsical designs, all baked with the finest ingredients to ensure that your cake tastes as good as it

looks. We are conveniently located in Queens and serve the NYC metropolitan area. In addition to cakes, we also make custom cupcakes, cookies, cake pops, chocolate party favors, and more!

Gym-azing

27-14 23rd Avenue Astoria 11105 347-455-3661 or www.gym-azing.com or Email: info@gym-azing.com

Gym-azing specializes in birthday parties for all ages!

All packages include invitations, theme decorations, bounce house, face painting, twisty animal balloons, bubble machine, dancing and activities, pizza and juice for kids! We offer specialty parties! Zumba, Yoga, Pajama, Capoeira, Magic Show parties! Only Gym-azing offers A Glamour Girls Spa Party in Astoria!

Check out our 5 Star reviews on Yelp! Check us out on Facebook!

LEGOLAND® Discovery Center Westchester

39 Fitzgerald Street Yonkers, NY 10710, 866-243-0770 or www.legolanddiscoverycenter.com/westchester/

LEGOLAND Discovery Center Westchester is a 32,300 square-foot indoor attraction featuring millions of LEGO bricks, geared towards children ages 3-10 and their families. We are an indoor attraction featuring a range of educational and interactive experiences, including: hands-on play areas, a 4D cinema, master classes led by Model Builders, two LEGO amusement rides, special birthday party rooms and MINILAND — the center's signature re-creation of landmark locations and buildings throughout Westchester County and New York City, made entirely out of LEGO bricks.

TO PLACE AN AD IN OUR LINE OF FAMILY PUBLICATIONS, PLEASE CALL 718.260.4554




- VOTED BEST KIDS PLAYROOM OF THE YEAR BY NY MAGAZINE
- PRIVATE PARTY
- AGES 1-13
- INFLATABLES
- OBSTACLE COURSE
- GIANT SLIDES
- JUNGLE GYM
- TODDLER AREA
- ARCADES
- THEMES
- CHARACTERS, PINATAS, COTTON CANDY
- FACE PAINTING, GLITTER TATTOOS
- VIP PARTY
- KARAOKE, LASER DANCE PARTY
- CATERED HOT BUFFET, FULL MENU



WE ALSO HAVE OPEN PLAY TIME

BOUNCE N PLAY - 20-21 STEINWAY ST - ASTORIA, NY 11105
718-777-PLAY (7529) - BOUNCENPLAYNY.COM -   



**Gazillion
Bubble
Show**

"IT WILL BLOW YOUR MIND"
-OPRAH

Telecharge.com · 212.239.6200
GazillionBubbleShow.com
NW New World Stages, 340 W. 50th St.
For groups or birthdays call 866.642.0849



**LEGO
LEGOLAND
DISCOVERY CENTER**

**SAVE \$5 On
Birthday Parties**
Monday – Thursday
 (For A Limited Time)

**For Details Or To Book
Call 866.243.0770**

Indoor Attraction · LEGO® Rides
 LEGO® MINILAND · LEGO® Studios 4D Cinema
 LEGO® Master Builder Academy
 LEGO® Factory Tour · Birthday Rooms
 Shop & Café

www.LEGOLANDDiscoveryCenter.com/Westchester
 39 Fitzgerald Street, Yonkers, NY 10710

LEGO, the LEGO logo, the Brick and Knob configurations, the Minifigure and LEGOLAND are all trademarks of the LEGO Group. ©2015 The LEGO Group. LEGOLAND DISCOVERY CENTER IS PART OF THE MERLIN ENTERTAINMENT GROUP.

PARENTING
MEDIA ASSOCIATION
2015 Bronze
Award Winner
Editorial Awards
Competition



JUST WRITE MOM

DANIELLE SULLIVAN

Remembering Lily

It's not easy to say 'goodbye' to a beloved pet

About a week ago, our oldest cat, Lily, stopped eating out of the blue. She began vomiting a bit and quickly appeared dehydrated. She had become very skinny over the past few months, but I chalked that up to age, because she was still so friendly, happy, and lively. However, one day she was rubbing up on the kitchen chair and chomping down on a bite of pizza with the kids, and yet, just a few days later, she was vomiting and parched. I took her to our vet, Dr. Jeff Beverly, at Marine Park Vet Group in Brooklyn on Wednesday.

Initial blood tests ruled out a few suspected diseases, like thyroid issues and kidney failure. She was given fluids for dehydration and the next step was an ultrasound sched-

uled for Monday morning. But on Friday night, she looked listless and was projectile vomiting. Dr. Beverly said to bring her in at any time if she became any worse, and I did just that on Saturday morning. I was sure she needed fluids and, honestly, I was afraid to keep her at home.

Dr. Beverly agreed she should be hospitalized, because she needed IV fluids and had a heart murmur, but since the practice is closed on Sundays, he quickly set us up with an emergency care hospital where they could also perform an immediate ultrasound. In less than an hour, Lily was being triaged at the 24-hour facility.

A nice vet that I had never met before quickly proceeded to give Lily and exam and an ultrasound, and then informed us that Lily has intestinal cancer. There was a large tumor in her intestine, which is why she could not keep anything down. Then she said we could put her down that day.

When I heard that, I pretty much lost my train of any rational thought. I was just told Lily had cancer and needed to be put down all within 30 seconds. My brain was spinning, and as the vet calmly and sympathetically explained why Lily was not going to recover from this, I couldn't wrap my head around it all.

My oldest daughter, Amanda, was with me, thank goodness, and she asked if we could talk to Dr. Beverly before we made any decisions. The doctor said she'd call him to fill him in, and then we could call and speak with him. Just a few minutes later, she came back in the room and said he was coming right over.

I asked Dr. Beverly so many questions, but they all really boiled down to "what should we do?"

I didn't want Lily to suffer, but I didn't want to lose her, either. When he said that we could certainly take her home and bring her back when we reconciled ourselves with the poor prognosis, I took one look at beautiful Lily being cradled in my daughter's arms, her lethargic look, and her obvious dehydration, and I

knew we had to let her go.

I have said before that Dr. Beverly is outstanding, but he was even beyond that on Saturday. I don't think I would have been able to make that decision if it wasn't for his medical expertise and compassionate, thoughtful words.

I also would never have been able to do it without my daughter there. She was my rock. We cuddled and talked to Lily for hours that day while waiting, and then a little while after we made the decision, we kissed her sweet head and said "goodbye."

Now, even though I know it was the right thing to do, we are all still so very sad. We miss petting her, feeding her, and even talking to her. I always say "hi" to our pets every morning, and it feels strange to leave Lily's name out of the loop.

But I also feel slightly relieved, because I don't see her looking incredibly weary and trying so hard to get her to eat when it was the last thing she wanted to do.

I want to remember her the way she looked when she was healthy, a bright-eyed, loving, happy cat. The photo here really shows the true Lily, and that's the way I'd like to remember her. It is never easy to say "goodbye" to a beloved pet, but hopefully, the memories of the good years outweigh the suffering at the end. Lily had a wonderful and happy life, and that's what I try to keep reminding myself every time I miss her.

As I was finishing up this piece, I checked the mail and found a condolence card from the vet's office, and the text is on target: "Some friends come into our lives and quickly go. Some stay for a while, leave paw prints on our hearts, and we are never, ever the same."

We'll always have Lily's paw print, and we are definitely all the better for it.

Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.



Lily is remembered after losing her life to intestinal cancer.

That Bachelorette Show!



THE INTERACTIVE OFF-BROADWAY PARODY WHERE YOU PICK THE GROOM!

TICKETS: 855-NYC-BACH or www.ThatBacheloretteShow.com • 42 West, 514 West 42nd Street

SPECIAL NEEDS EXPOS LONG ISLAND



Sunday, April 26, 2015 11am-4pm

Long Island Hilton • 598 Broadhollow Road, Melville, NY

Discover special needs resources for children and adults. Meet a large variety of product and service providers, attend seminars and demonstrations.

Free Admission • Fun for the Kids



Register now at: www.specialneedsexpos.com



For information about sponsor, speaking, and exhibitor opportunities:
Phone: 516-279-3727 or Email: info@specialneedsexpos.com

Calendar

APRIL



Celebrating the earth

Celebrate Mother Nature with a production of “The Earth and Me” at the JPAC Performing Arts Center on April 22, 23, and 24.

The Shadow Box Theater presents this performance that is a flowing tapestry of song, dance, puppetry and music, through which children learn how to help protect the Earth’s delicate bal-

ance through harmony, tolerance, and peace.

“The Earth and Me” on April 22, 23, and 24; showtimes are at 10 am and 11:30 am. Tickets are \$15 in advance, \$10 at the door, and \$8 for groups of 10 or more.

JPAC Performing Arts Center [153 Jamaica Ave. in Jamaica, (212) 724-0677; www.shadowboxtheatre.org]

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!

WED, APRIL 1

IN QUEENS

Science Time: Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; www.queenslibrary.org; 4 pm; Free.

Have fun and explore the wonders of science and math with the Discovery Team.

Teen Advisory Group: Queensboro Hill Public Library, 60-05 Main St. at 63rd Avenue; (718) 359-8332; www.queenslibrary.org; 4:30 pm; Free.

Teens voice their opinions on the library programs.

FURTHER AFIELD

"The Adventures of Perseus": Long Island Children's Museum, 11 Davis Ave. at West Road, Long Island; (516) 224-5800; www.licm.org; 7 pm; \$9 with museum admission (\$7 members) \$12 theater only.

Presented by the Experiential Theater Company, explore the legend and myth of Zeus' son Perseus. Hand puppets, and bunraku-style marionettes. For children 5 years and older.

THURS, APRIL 2

FURTHER AFIELD

Easter Egg Hunt: Floyd Bennett Field (Aviator Sports & Events Center), 3159 Flatbush Avenue, Brooklyn; (718) 470-0224; www.greenmeadows-farmny.com; 11 am – 4 pm; \$6.

Children search for that "egg-cel-lent" treasure, take a ride on a tiny tractor corn box, or a slush down a giant hay wagon slide, and many other activities for the day. Hosted by the Green Meadows Farm.

"The Adventures of Perseus": 7 pm. Long Island Children's Museum. See Wednesday, April 1.

FRI, APRIL 3

IN QUEENS

Teen Happy Hour: Flushing Public



Quintet of the Americas in concert

The Quintet of the Americas presents "From the Heart" on April 12 at the Rockaway Arts Alliance.

The concert "From the Heart" is a multi-media event focusing on music related thematically to different aspects of love, including

love of homeland, love of sound, and love of partners. In collaboration with the Rockaway Artists Alliance, local artists will bring in paintings related to the theme of love. The performance will be followed by a discussion with the

musicians, artists, and audience.

"From the Heart" April 12, at 2 pm. Free.

Rockaway Arts Alliance in Studio T-7 at Fort Tilden in Breezy Point, (718) 474-0861; www.quintet.org/concerts.html].

Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; www.queenslibrary.org; 4 pm; Free.

For children to meet up with friends and play board games and video games.

FURTHER AFIELD

Easter Egg Hunt: 11 am–4 pm. Floyd Bennett Field (Aviator Sports & Events Center). See Thursday, April 2.

SAT, APRIL 4

IN QUEENS

Egg-stravaganza: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; Noon–2 pm; \$5 per child plus garden admission.

Join in for an egg-cel-lent adventure and search for Easter eggs; games and a visit from the garden's mascot. Advanced reservations required.

Barnyard Egg Hunt: Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; www.queensfarm.org; Noon–4 pm; \$5.

Meet Whiskers the Bunny and hunt for eggs. Try your luck at egg tossing and egg rolling, enjoy dancing the bunny hop and visit the farm animals.

Tour by candlelight: Fort Totten Visitor's Center, Ordinance Rd. at Shore Road; (718) 352-1769; www.nycgov-parks.org; 8 pm; Free.

Teens will enjoy this tour of the fort and explore the preserved Civil War site.

FURTHER AFIELD

Easter Egg Hunt: 11 am–4 pm. Floyd Bennett Field (Aviator Sports & Events Center). See Thursday, April 2.

Faberge eggs: Long Island Children's Museum, 11 Davis Ave. at W. Road, Long Island; (516) 224-5800; www.licm.org; 2 pm; \$5 with museum admission.

Children create their own Faberge eggs in this fun workshop. For children 5 years and older.

SUN, APRIL 5

IN QUEENS

Scavenger Hunt: Kissena Park, Rose Ave. and Oak Avenue; (718) 352-1769; 11 am – 1 pm; Free.

Get to know the park by hunting for some common and uncommon objects and artifacts. Fun for all ages and a great way to learn more about your park.

FURTHER AFIELD

Easter Egg Hunt: 11 am–4 pm. Floyd Bennett Field (Aviator Sports & Events Center). See Thursday, April 2.

MON, APRIL 6

IN QUEENS

Birding: Alley Pond Park Adventure Center (APPAC), Alley Pond Park; (718) 217-6034; www.nyc.gov/parks/rangers; 1 pm; Free.

Rangers guide you to the best wildlife viewing spots in the urban jungle. Birding programs are appropriate for all skills levels and beginners are welcome. Bring a pair of binoculars or ask a Ranger to borrow a pair.

Parkour workshop: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 1 pm; \$6 (\$4 members) plus admission.

A playful platform of movement that encourages interaction between our bodies and the environment.

Life in a vacuum: Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; www.queenslibrary.org; 3 pm to 5 pm; Free.

Members of the Intrepid Sea, Air and Space museum answer questions

Continued on page 30

Calendar

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

Continued from page 29

about space.

FURTHER AFIELD

Easter Egg Hunt: 11 am–4 pm. Floyd Bennett Field (Aviator Sports & Events Center). See Thursday, April 2.

TUES, APRIL 7

IN QUEENS

Native American Games: Kissena Park, Rose and Oak avenues; (718) 352-1769; 1 pm; Free.

The kids are out of school, now get them out of the house. Head to the park and join Urban Park Rangers Free “Kids Week” programs. Immerse your kids, and yourself in the natural world. Appropriate for ages 12 and under. Hone your five senses and enjoy testing your skills playing Native American games.

BubbleMania: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 1 pm and 2 pm; \$6 (\$5 members) plus admission.

Science, Art, and comedy with Casey Carle.

Storytime & craft: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; 2-3:30 pm; Free with garden admission.

Bring your little gardeners and nature lovers to Queens Botanical Garden for a relaxing afternoon featuring nature-inspired stories, followed by a botanically-themed craft activity (limited to first 30 children; while supplies last).

FURTHER AFIELD

Art-Making workshop: Nassau County Museum of Art, 1 Museum Dr. at Rt. 25A, Long Island; (516) 484-9337; www.nassaumuseum.org; 11 am–2 pm; \$8 per family plus admission.

Inspired by works in the Out of the Vault exhibit, children enjoy a gallery tour and then create a unique piece of art work each day.

WED, APRIL 8

IN QUEENS

Outdoor skills for kids: Forest Park Visitors Center, Woodhaven Blvd. and Forest Park Drive; (718) 352-1769; www.nycgovparks.org; 1 pm; Free.

The Rangers teach children the skills to survive the great outdoors. For children under 12.

BubbleMania: 1 pm and 2 pm. New York Hall of Science. See Tuesday, April 7.

Life in a vacuum: Lefrak Public Library, 98-30 57th Ave. at Junction Boulevard; (718) 592-7677; www.queenslibrary.org; 4 pm; Free.



Ballet with Latin flair

Ballet Hispanico presents “En Familia” at the Joyce Theatre on April 18.

“En Familia” showcases excerpts from Asuka, CARMEN, maquia, Sombrerísimo, and El Beso.

The whole family will enjoy this 90-minute, fun-filled journey through Latin American dance and culture featuring excerpts from Ballet Hispanico’s diverse repertory and a question-and-answer with the dancers.

Members of the Intrepid Sea, Air and Space museum answer questions about space.

FURTHER AFIELD

Art-Making workshop: 11 am–2 pm. Nassau County Museum of Art. See Tuesday, April 7.

THURS, APRIL 9

IN QUEENS

All about insects: Fort Totten Visitor’s Center, Ordinance Rd. at Shore Road; (718) 352-1769; www.nycgovparks.org; 1 pm; Free.

Children 12 and younger learn all about the bugs that crawl, fly, and jump.

BubbleMania: 1 pm and 2 pm. New York Hall of Science. See Tuesday, April 7.

Storytime & craft: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org

Hosted by Ballet Hispanico’s Artistic Director Eduardo Vilario and Education Director AnaMaria Correa, this fun, interactive and educational performance gives families a glimpse into the beauty of the arts and Latino culture.

“En Familia,” Ballet Hispanico on April 18 at 2 pm. Tickets are \$25.

The Joyce Theatre [175 Eighth Ave. at 19th Street in Chelsea; (212) 242-0800; www.joyce.org].

org; 2-3:30 pm; Free with garden admission.

Bring your little gardeners and nature lovers to Queens Botanical Garden for a relaxing afternoon featuring nature-inspired stories, followed by a botanically-themed craft activity (limited to first 30 children; while supplies last).

FURTHER AFIELD

Art-Making workshop: 11 am–2 pm. Nassau County Museum of Art. See Tuesday, April 7.

FRI, APRIL 10

IN QUEENS

Urban wildlife: Unisphere, Flushing Meadows Park; (718) 352-1769; 1 pm; Free.

Children head to the park and join Urban Park Rangers and learn all about urban wildlife. Did you know New York City is home to more than just rats and squirrels? Learn all about the fascinat-

ing wildlife we share our parks with.

Parkour workshop: 1 pm. New York Hall of Science. See Monday, April 6.

Teen Happy Hour: 4 pm. Flushing Public Library. See Friday, April 3.

SAT, APRIL 11

IN QUEENS

Birding: Alley Pond Park Adventure Center (APPAC), Alley Pond Park; (718) 217-6034; www.nyc.gov/parks/rangers; 9 am; Free.

Rangers guide you to the best wildlife viewing spots in the urban jungle. Birding programs are appropriate for all skills levels and beginners are welcome. Bring a pair of binoculars or ask a Ranger to borrow a pair.

Spring carnival: Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; www.queensfarm.org; 11 am–6 pm; \$12.

Join us for a kids’ carnival in the apple orchard! Enjoy the spring weather at the farm with carnival rides (Height rules apply at all rides), midway games and prizes, hayrides, and children’s entertainment.

“Dinosaur Train Live”: The Tillies Center for the Performing Arts, 720 Northern Blvd. at 25A; (516) 299-3100; tillescenter.org; 1 pm and 2 pm; \$15-\$50 (workshop is \$5).

Jim Henson’s puppets come to the big stage. Workshop and performance.

SUN, APRIL 12

IN QUEENS

Spring carnival: 11 am–6 pm. Queens County Farm Museum. See Saturday, April 11.

“Alexander and the Terrible, Horrible, No Good, Very, Bad Day”: Queens Theatre, Flushing Meadows Corona Park; Box Office (718) 760-0064; Administration (718) 760-0686; www.queentheatre.org; 1 and 3 pm; \$14 (\$12.60 members).

Sing along with Alexander in this musical based on the best-selling book.

“The Very Hungry Caterpillar”: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 1 pm; \$7 (\$4 children; Free for members).

Puppetry Workshop, presented by the Mermaid Theatre of Nova Scotia.

Concert: Rockaway Arts Alliance’s Studio T-7, Fort Tilden; (718) 474-0861; www.quintet.org/concerts.html; 2 pm; Free.

Quintet of the Americas presents “From the Heart,” a multi-media concert focusing on music related thematically to different aspects of love includ-

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

ing love of homeland, love of sound, and love of partners. In collaboration with the Rockaway Artists Alliance, local artists are invited to bring in paintings related to the theme of love. The performance will be followed by a discussion with the musicians, artists, and audience.

"The Very Hungry Caterpillar": Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 2:15 pm; \$13 (\$10 members; \$8 children; \$6 member children).

Performance of the Eric Carle favorite retold on the stage through puppets.

MON, APRIL 13

IN QUEENS

Jewelry making: Lefferts Public Library, 103-34 Lefferts Blvd. at 103rd Avenue; (718) 843-5950; www.queenslibrary.org; 4 pm; Free.

Teens learn how to make wearable art.

WED, APRIL 15

IN QUEENS

Simple Science: Lefferts Public Library, 103-34 Lefferts Blvd. at 103rd Avenue; (718) 843-5950; www.queenslibrary.org; 4 pm; Free.

Children 8 years and older do fun experiments.

THURS, APRIL 16

IN QUEENS

Duct tape crafts: Pomonok Public Library, 158-21 Jewel Ave. at Parsons Boulevard; (718) 591-4343; www.queenslibrary.org; 4:30 pm; Free.

Make fun crafts including a wallet, book covers and more.

FRI, APRIL 17

IN QUEENS

Teen Happy Hour: 4 pm. Flushing Public Library. See Friday, April 3.

SAT, APRIL 18

IN QUEENS

Spring carnival: 11 am-6 pm. Queens County Farm Museum. See Saturday, April 11.

Hands-on History - Roads & Rails: King Manor Museum, 150-03 Jamaica Ave.; (718) 206-0545, ext. 13; www.kingmanor.org; Noon-3 pm; Free.

How did Rufus King get around? Learn about transportation in the 19th century, hear a story about the history of trains, and create your own toy horse to ride home! Families with children of all ages are welcome!



Fishing at the marina

Saltwater fishing returns to the World's Fair Marina on April 26.

Young anglers learn the catch-and-release method of casting a rod, baiting a hook, and angling that big one from an Urban Park Ranger. A mandatory safety review course is given prior to

instructions. Recommended for children 8 years and older. Supplies provided.

Saltwater fishing on April 26 at 1 pm. Free.

World's Fair Marina Pier 1 [126th St. and 25A in Corona, (718) 352-1769; www.nycgovparks.org].

Composting workshop: Fort Totten Visitor's Center, Ordinance Rd. at Shore Road; (718) 352-1769; www.nycgovparks.org; 1 pm; Free.

Learn all about ecology.

SUN, APRIL 19

IN QUEENS

Plants and pollinators: Forest Park Visitors Center, Woodhaven Blvd. and Forest Park Drive; (718) 352-1769; www.nycgovparks.org; 11 am - 1 pm; Free.

The Rangers teach children all about nature's way of making plants grow.

Spring carnival: 11 am-6 pm. Queens County Farm Museum. See Saturday, April 11.

Craft table: Shops at the SkyView Center, 40-24 College Point Blvd.; (718) 886-3800; <http://www.nycgovparks.org>.

org; 2 pm to 4 pm; Free.

Join in on level II for a fun day of crafting. Hosted by the Queens Botanical Gardens.

FURTHER AFIELD

Art in Action: Nassau County Museum of Art, 1 Museum Dr. at Rt. 25A, Long Island; (516) 484-9337; www.nassaumuseum.org; 1-4 pm; \$8 per family plus admission.

Be inspired by the beautiful grounds and Celebrate Earth Day, by observing animals and then create art using yoga and art supplies.

MON, APRIL 20

IN QUEENS

Theater workshop: Baisley Park Public Library, 117-11 Sutphin Blvd. at Foch Boulevard; (718) 529-1590; www.queenslibrary.org; 4 pm; Free.

Teens get a dramatic lesson.

TUES, APRIL 21

IN QUEENS

"Chariot of the Sun: Puppetry": Jamaica Center for the Arts & Learning, 153rd St. and Jamaica Ave.; (718) 658-7400; www.jcal.org; 10 am and 11:30 am; \$7 general admission (\$5 members).

Meet the heroes, gods and monsters of Greek mythology. For children in grades 3 to 8.

WED, APRIL 22

IN QUEENS

"The Earth and Me": JPAC Performing Arts Center, 153 Jamaica Avenue; (212) 724-0677; www.shadowboxtheatre.org; 10 am and 11:30 am; \$15 in advance (\$10 at door; \$8 groups of 10 or more).

Celebrate Mother Nature with a flowing tapestry of song, dance, puppetry and music. "The Earth And Me" inspires children with hope and empowerment. The children learn how they can help protect the Earth's delicate balance through harmony, tolerance and peace. Presented by the Shadow Box Theatre.

Earth Day celebration: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; 3:30 pm - 5 pm; Free with garden admission.

Take a garden stroll and make a craft.

Earth Day Craft & Mini Garden Tour: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; education@queensbotanical.org; www.queensbotanical.org; 3:30pm-5pm; Free with Garden Admission

Take a Garden stroll and make a botanically-themed craft.

Earth Day: Flushing Public Library, 41-17 Main St. at Parsons Boulevard; (718) 661-1200; www.queenslibrary.org; 4 pm; Free.

It's easy to be green and celebrate Mother nature. Melt styrofoam, make your own water filter and more.

Earth Day crafts: Hillcrest Public Library, 187-05 Union Tpke at 188th Street; (718) 454-2786; www.queenslibrary.org; 4:30 pm; Free.

Celebrate with earth-friendly crafts. For children 6 to 14 year old.

THURS, APRIL 23

IN QUEENS

"The Earth and Me": 10 am and 11:30 am. JPAC Performing Arts Center. See Wednesday, April 22.

Continued on page 32

Calendar

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

Continued from page 31

FRI, APRIL 24

IN QUEENS

"The Earth and Me": 10 am and 11:30 am. JPAC Performing Arts Center. See Wednesday, April 22.

Build a Lava lamp: Queens Village Public Library, 94-11 217 St. at 94th Avenue; (718) 776-6800; www.queenslibrary.org; 3:30 pm – 5 pm; Free.

It's a throwback to the '70s. Make one using everyday materials.

Teen Happy Hour: 4 pm. Flushing Public Library. See Friday, April 23.

SAT, APRIL 25

IN QUEENS

Wildcard Weekend: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 1:30 pm to 5 pm; \$7 (\$5 members).

Learn how to make your own paracord survival bracelet and be ready for anything. For children 7 and older.

SUN, APRIL 26

IN QUEENS

Saltwater fishing: World's Fair Marina Pier 1, 126th St. and 25A; (718) 352-1769; www.nycgovparks.org; 1 pm; Free.

The Rangers teach the catch-and-release method. Mandatory safety review. Recommended for children 8 years and older.

Wildcard Weekend: 1:30 pm to 5 pm. New York Hall of Science. See Saturday, April 25.

FURTHER AFIELD

Special Needs Expo: Long Island Hilton, 98 Broad Hollow Rd., Long Island; www.specialneedsexpo.com; 11 am; Free.

This event is designed to deliver essential information to parents and caregivers to meet with resource specialists, as well as a fun-filled day for children with special needs. Registration is now open.

WED, APRIL 29

IN QUEENS

Movies in the Barn: Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; www.queensfarm.org; 4; Free.

Bring your little ones to catch "A Bug's Life" in the barn. To add to the fun, purchase some hot popcorn and visit with our farm animals before the show!



Photo by Liz Ligon/BBG

Blossoms and beyond

Sakura Matsuri comes to the Brooklyn Botanic Garden for a weekend of celebration and culture on April 25 and April 26.

Sakura Matsuri is the annual Cherry Blossom festival that celebrates traditional and contemporary Japanese culture. Featured events include Taiko Drumming, a cosplay fashion show, tea ceremonies, Kabuki dancers, a demonstration of Samurai Sword

Fighting, Manga drawing, a Bonsai children's workshop, a display of beautiful parasols, and of course, the beautiful cherry blossom trees in the gardens.

Sakura Matsuri, April 25 and 26, from 10 am to 6 pm. Free with general garden admission.

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

THURS, APRIL 30

IN QUEENS

Poetry contest: Arverne Public Library, 312 Bch. 54th St. at Rockaway Beach Boulevard; (718) 634-4784; www.queenslibrary.org; 4 pm; Free.

Twens share their poems and read them aloud competing against other poets.

LONG-RUNNING

IN QUEENS

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

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

Women Artists in Place: Jamaica Center for the Arts & Learning, 153rd St. and Jamaica Ave.; (718) 658-7400; www.jcal.org; Daily, 10 am–4 pm; Nov – Thurs, May 28; Free.

Is an exciting exhibit featuring the works of 10 women.

"Wizard of Oz" workshop: Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; www.movingimage.us; Daily, 2:30 pm, Fri, April 3 – Sun, April 12; \$5 (Free for members).

Inspired by the characters of the book, children explore the process of crafting characters by remixing and re-designing the classic characters using a variety of art supplies. For children 5 to 10 years old. Reservations required.

Rocket Park Mini Golf: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 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!

Little Makers: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; Sunday, April 5, 10:30 am; Sunday, April 12, 10:30 am; Sunday, April 19, 10:30 am; Sunday, April 26, 10:30 am; Sunday, May 10, 10:30 am; Sunday, May 17, 10:30 am; Sunday, May 24, 10:30 am; Sunday, May 31, 10:30 am; \$8 per family plus museum admission(\$5

members).

Fun craft events for children.

Digital Media workshop: Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; www.movingimage.us; Friday, March 27, 4 pm; Friday, April 17, 4 pm; Friday, May 1, 4 pm; Free.

Teens hang out and experiment with different media making activities. For children 14 years and older only.

"Othello": Queens Theatre, 14 United Nations Ave. South; (347) 738-5602; www.queentheatre.org; Friday, April 17, 7:30 pm; Saturday, April 18, 7:30 pm; Sunday, April 19, 4 pm; Thursday, April 23, 7:30 pm; Friday, April 24, 7:30 pm; Saturday, April 25, 7:30 pm; Sunday, April 26, 4 pm; Wednesday, April 29, 7:30 pm; Thursday, April 30, 7:30 pm; Friday, May 1, 7:30 pm; Saturday, May 2, 7:30 pm; \$18.

Shakespeare's classic tragedy with a modern twist of an all-female cast.

"Merrily We roll Along": Good Shepherd United Methodist Church, 30-44 Crescent St. at 30th Rd.; (888) 596-1027; www.apacny.org; Thursdays and Fridays, 8 pm, Saturdays, 2 pm and 8 pm, Thurs, April 30 – Sat, May 23; \$18 (\$12 students and seniors).

The songs of Stephen Sondheim. Presented by the Astoria Performing Arts Center.

FURTHER AFIELD

From Here to There: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Tuesdays – Sundays, 10 am–5 pm, Now – Sun, May 10; Free with museum admission.

This innovative exhibit teaches the science of how things move by land, sea and air. Visitors can heat up and launch a hot air balloon, operate an authentic canal lock system to move a boat and experiment with pneumatics, pulleys, hydraulics, and levers to move objects mechanically.

Needlework and games: Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway, Brooklyn; (718) 789-2822; www.prospectpark.org; Saturdays and Sundays, 1–3 pm.; \$3.

Join in with staff and make a small sampler and play board games.

Sundays at the Museum: Nassau County Museum of Art, 1 Museum Dr. at Rt. 25A, Long Island; (516) 484-9337; www.nassaumuseum.org; Sunday, March 29, 1 pm; Sunday, April 5, 1 pm; Sunday, April 12, 1 pm; Sunday, April 26, 1 pm; Free with museum admission.

Create, collaborate, and converse each week and make a fun project.

theMarketplace

LEARNING TOOLS



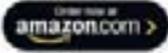
Regents Prep Made Easy

Flashcards that simplify studying

• Living Environment • Global • Earth Science and Chemistry

(855) GET-1005

www.regentsboosters.com
Search: regents boosters in amazon
See our reviews



MUSIC LESSONS

Piano & Guitar Lessons In Your Home

Effective, Flexible Teacher with over 40 Years Experience, NYS Teaching License

Looking to Help Students Willing to Work Hard to Succeed.

All Ages and Styles, Recital and Test Prep Reasonable Rates

Call Sam: 646-286-4338

PARTY PLANNING



Best Clowns

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

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

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

PARTY PLANNING



DENISE MAKES CAKES

"Creating delicious memories one cake at a time!"

917.689.4857 • DeniseMakesCakes.com
DeniseMakesCakes@gmail.com

PARTY PLANNING

MAGIC AND COMEDY with Rico



718 434-9697 • 917 318-9092

Available For All Occasions

PARTY PLANNING



Clowns
Princesses
Super Heroes
Costume Characters
Pop Stars
Magicians

PARTY TIME EXPRESS

Let us bring the party to you!

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

Silly Magic
Balloon Art
Face Painting
Glitter Tattoos
Dance Games
Cotton Candy

PARTY PLANNING

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

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

Visit our website: www.partypets.com

Hands-on learning about exotic animals from around the world

WE ADOPT UNWANTED EXOTIC PETS! All Day Enrichment Programs Available to Schools, Scouts, Libraries, & Private Occasions • **BOOK EARLY!**

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

Tortoise • Chinchilla • Hedgehog • Alligator • Snakes & Bugs



\$20 Off with ad code: family

Like us on



or follow us on 

Facebook Search: NYParenting

TO PLACE AN AD IN OUR LINE OF FAMILY PUBLICATIONS, PLEASE CALL 718.260.4554

STAY CONNECTED

To advertise with us please call 718-260-2587





GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

The forbidden fruit

Food restriction doesn't promote healthy habits

Do you prohibit your child from eating certain foods? Orange cheese puffs? Brightly colored sugar-sweetened cereals? Candy bars? If you do, you may wish to rethink your stance.

It turns out that food restriction is counterproductive. It makes the forbidden foods all the more appealing and makes your child want to eat it more.

Last year researchers at Pennsylvania State University found that preschool children identified as being highly motivated by food showed more interest in and ate more of off-limit snacks than children who showed less interest in the foods.

When it comes to picky or tiny eaters parents may encourage consumption by telling them it is good for them. Also not a good idea.

"Kids eat for taste and satisfaction. So when a parent tries to convince a child to eat a food using nutrition as the selling point, kids interpret that as meaning the food isn't tasty," says Maryann Jacobson, registered dietician, family nutrition expert, and coauthor of the book "Fearless Feeding." Jacobson summarizes the feeding strategy she employs with her children.

"I don't try to push or oversell healthy foods or try to get them to eat less of so called unhealthy foods," she says. "Instead, I serve a



variety of food in a structured way and teach them to listen to their tummy. I stress the importance of variety and frequency over pressuring and restricting."

Does this mean your children are allowed complete access to all foods? Of course not. Instead of keeping pop, candy, and salted snack foods

on the top shelf of your kitchen cabinets, do this: Stock your kitchen with primarily healthful foods, then allow the kiddos a reasonable amount of control over what they eat.

When it's snack time, ask them to choose between two nourishing items. For example, "Would you like corn chips with guacamole or ants on a log or a pear with peanut butter?"

When my own kids were young I noticed when their "restricted" friends came over they tended to binge on our treat foods.

"Unlike so many of the struggling adults I've counseled as a dietitian, I want my children to eat healthy food and be active as part of their regular life," Jacobson says. "Basically, I want them to choose healthy habits because they are enjoyable, not because they feel obligated."

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

Broiled Sweet Scarletts™ grapefruit

PREP: 5 min. Time to Table: 10 min

SERVING SIZE: 2

INGREDIENTS:

- 1 Sweet Scarletts™ grapefruit
- 2 Tbsp. turbinado sugar or granulated sugar
- 2 Tbsp. granola
- 2 Tbsp. fat-free Greek yogurt

DIRECTIONS: Heat broiler and place rack 4-inches from heat. Cut grapefruit in half crosswise. If desired, use a paring knife to cut around segments to separate from membrane.

Sprinkle each half with 1 tablespoon sugar and immediately place on a baking sheet under the broiler. Broil until sugar is melted and browning. Remove grapefruit and let cool slightly. Serve each grapefruit half with 1 tablespoon each yogurt and granola.

NUTRITION INFORMATION: 140 calories, 33 g carbohydrate (27 g sugar), 3 g protein, 1 g fat (0 g saturated fat), 2 g fiber, 10 mg sodium, 30% DV vitamin A, 100% DV vitamin C, 4% DV calcium, 2% DV iron.

Adapted and used with permission from Wonderful Sweet Scarletts™ Grapefruit



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

Trusted since 2008

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

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

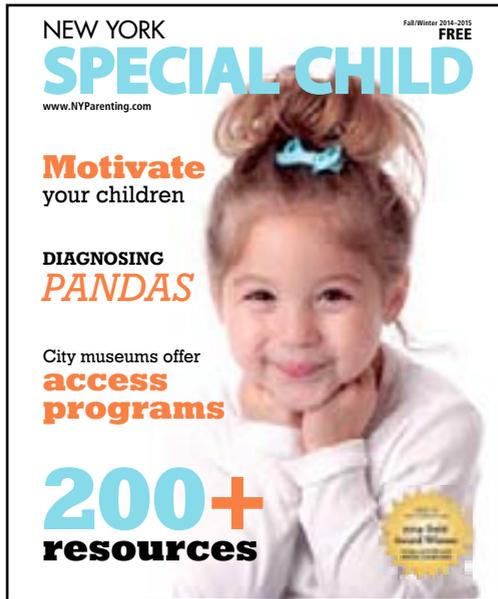
Visit us online at

www.NYParenting.com

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



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



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

EVERYDAY is an **ADVENTURE** at

YOUNG PEOPLE'S Day Camps

SINCE 1972

43
YEARS
1972-2015



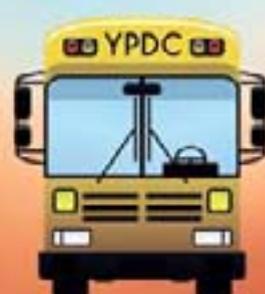
Days Filled With Fun & Excitement!

- ☺ For Boys & Girls 4-15
- ☺ 2-8 Week Programs Available
- ☺ Operated by Licensed Teachers & Administrators
- ☺ Special Union Member Rates
- ☺ Exciting Trips & Fun Activities
- ☺ Sports, Arts & Crafts, Swim Lessons & More
- ☺ Academic Program Available

Ask About Our Premium Program



Highest Quality, Lowest Rates!



FREE Transportation Covering ALL of Queens



OPEN HOUSE

**SAT., APRIL 4, 2015 &
SAT., APRIL 18, 2015
1:00 PM - 3:00 PM**

JIB LANES

67-19 Parsons Blvd. • Flushing, NY 11365

CALL 1-800-856-1043

www.queenscamp.com

