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# Family September 2015

## FEATURES

- 6 Get smart about art**  
Artistic community joins together to put color back in the curriculum  
BY SHNIEKA L. JOHNSON
- 8 Always running late?**  
12 tips for taming parental tardiness  
BY DENISE YEARIAN
- 10 Ready for school!**  
A new school supply list — of personal qualities  
BY CAROLYN WATERBURY-TIEMAN
- 12 Why they eat (too much)**  
Exploring the psychological roots of childhood obesity  
BY SHNIEKA L. JOHNSON
- 14 The great vitamin debate**  
'My Body Village' author weighs in on supplements  
BY TAMMY SCILEPPI
- 16 Discipline is love**  
Understanding discipline helps parents use it effectively  
BY CAROLYN WATERBURY-TIEMAN
- 18 Overcoming separation anxiety**  
How to make the first day of school less of a trial  
BY YADIRA DIAZ
- 20 Protecting rights of divorced dads**  
Author helps fathers stay close to their kids  
BY SHNIEKA L. JOHNSON
- 22 Make music!**  
The benefits of learning an instrument outweigh the costs  
BY GAYLA GRACE
- 33 Speeding up and slowing down life**  
What if parents could have a pass for every occasion?  
BY PATRICK HEMPFING

## COLUMNS

- 28 Healthy Living**  
BY DANIELLE SULLIVAN
- 30 Dear Teacher**  
BY PEGGY GISLER AND MARGE EBERTS
- 32 Behavior & Beyond**  
BY DR. MARCIE BEIGEL
- 34 Divorce & Separation**  
BY LEE CHABIN, ESQ.
- 36 Just Write Mom**  
BY DANIELLE SULLIVAN
- 37 Parents Helping Parents**  
BY SHARON C. PETERS
- 38 Good Sense Eating**  
BY CHRISTINE M. PALUMBO, RD
- 39 Ask an Attorney**  
BY ALISON ARDEN BESUNDER, ESQ.
- 46 Teeth Tips**  
BY DR. LAVANYA VENKATESWARAN

## CALENDAR

**40 September Events**

## SPECIAL SECTIONS

- 24 Fall Activity Guide**
- 45 The Marketplace**



32



14



22

# Indian summer ahead

**T**hat's what we called the perfectly lovely days of September when I was a kid. It's not easy to go back to school at summer's end when the weather is still so nice out, but somehow generations of children manage to be put in motion and new schedules organized.



My thought in reading the opening paragraph of Carolyn Waterbury-Tieman's piece in this month's issue was about what kind of school supplies are needed in this digital age? It can't be the same list we were given so long ago. Hopefully the list is getting shorter and shorter, because the list I was handed at one point was remarkably long. We even had to bring in basic supplies because being a public school parent, it was re-

quired. I believe it still is. You're given a shopping list at the beginning of the semester. Perhaps it is in private schools and charters as well. Hopefully someone will drop me a line about that.

Anyway, the start of a new school year brings new routines and with so many working parents the need for after school programs. It's a good thing and there are lots of options to choose from and this issue offers many of them. Be sure to check out our special section for Fall Activities.

For me, there was the anticipation of separation the first time my daughter went to school. I've mentioned it before in these columns. I hope the transition for all your new students to perhaps new programs, new schools or new neighborhoods is as seamless

as possible. Often I think it's worse for the parents, and speaking of parent's responsibilities, we have an interesting piece on the 12 tips for taming parental lateness. Getting organized is key, and Denise Yearian offers some great advice. Be sure to check it out.

I had the pleasure and challenge of years of being a working Mom. Still do. We manage to find a way. My working Mom did, and I guess I learned a lot from her about running a household and juggling. She was a super Mom. I just didn't realize it at the time. She got up really early every morning and had good lunch boxes packed for us and was starting to prepare dinner at dawn. Somehow she managed, and so did I. My daughter is herself a lovely young woman who works and is figuring out how to balance work, a relationship, yoga, the gym and time for herself and friends.

Remember all the time that you are a role model and that the rhythms you put in motion will be carried over and copied. We always have to keep in mind that we will be emulated whether they know it or not. We grow up and become in so many ways our parents and so will your kids. Make your example as close as you can to your ideal.

Have a great month. Happy Labor Day and Happy New Year to those who will celebrate Rosh Hashanah and the new year of 5776.

Thanks for reading.

Susan Weiss-Voskidis,  
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The students show off their new art next to the Wassily Kandinsky inspiration.

# Get smart about art

Artistic community joins together to put color back in the curriculum

BY SHNIEKA L. JOHNSON

**D**uring the past several years, there has been an emphasis in education on science, technology, engineering, and mathematics (STEM) in schools and after-school settings. Major companies like ConEdison and government agencies offer STEM grants for educational projects. However, parents and educators alike believed that there was a missing element from the focus on STEM, and that academic proficiency could be boosted by incorporating the arts into the educational focus. With this modification, STEAM (science, technology, engineering, arts, and mathematics) was implemented. And now, private companies and city institutions are providing funding to help schools implement STEAM into their curriculum.

It has been proven that the arts are an integral component of learning. Motor skills, language, and visual learning are just a few areas of development that are positively

affected by the arts. Also, cultural awareness and academic performance increase in children that are exposed to the arts.

“In a 2012 analysis of longitudinal research on the relationship between arts engagement and students’ academic and social outcomes, the National Endowment for the Arts found that youth of low socioeconomic status with a history of high arts engagement had better grades and higher college enrollment and attainment rates than youth without such involvement,” noted Adarsh Alphons, the founder of Project Art (an organization that offers after-school and summer arts programs in libraries).

Some companies, like Blick Art Materials, are giving a helping hand. Each year, Art.com hosts a program called “Art Sparks Learning.” Three schools from across the nation are selected to compete for a \$1,000 grant from Blick to go towards art supplies. New York’s own Global Community Charter School in Harlem was this year’s winner. The school not only won the \$1,000 prize, but also received 18 pieces of printed artwork.

This prize will help the charter school achieve its mission statement: “all students are entitled to an exciting and enriching school experience.”

“[Global Community Charter School] believes that exposure to

the arts enriches learning in all subjects, and this is a vital part of its curriculum,” said the school upon receiving the prize. “Winning this competition helps it continue to provide its students with tools for self-expression, nurture them as artists, and help strengthen their creative minds.”

The school currently serves students in kindergarten through third grade. The curriculum is rigorous and inquiry-based, with a focus on cultural awareness and community, emphasizing global citizenship and local responsibility. When selecting the 18 pieces of artwork from Art.com, the teachers were thoughtful in including the students’ cultural backgrounds in the decision making — which is something that they do in their art program as well. This gift has led to a sense of excitement and pride for the young students.

The city’s institutions are aware that more jobs demand creative thinking and helping kids to hone that skill is compatible with New York State’s Common Core Standards which strive for “college and career readiness.” However, in the spring of 2014, a report released by the city comptroller stated that a number of public schools in low-income areas of the city offer limited or no arts education. To change this, museums and arts organizations are partnering with public schools, and philanthropists are providing funding to expand offerings.

Recently, the Whitney Museum of American Art received a \$2 million donation from the Steven and Alexandra Cohen Foundation to support educational programming in the museum setting, allowing it to expand its audiences and expose more children and families to the arts.

Now, the Studio Museum in Harlem is planning to replace its current building with a new, larger, customized space to continue showcasing the works by artists of African descent right in the heart of the neighborhood, where schools like Global Community Charter School are located. Local teachers are making note of this and are going out on their own to find ways to expand exposure to the arts in their lesson plans, even when the funding is not there.

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# Always running late?



## 12 tips for taming parental tardiness

BY DENISE YEARIAN

**P**arents who often find themselves scrambling to get out of the door and arriving at their destination 10, 15, or even 20 minutes late may want to explore the details of their delays. To cure chronic lateness, consider these tips:

**1 Consider the cause.** Understanding the reasons behind your delays is the first step to taming tardiness.

**2 Calibrate the clock.** Be realistic about the amount of time it takes to get a task done or travel from one location to another.

**3 Factor in the unforeseen.** Create buffers by leaving early. Plan for the unexpected such as traffic, car trouble, and extra help or attention your child may need.

**4 Make preparations.** Set out clothes, books, keys, lunches,

and other items well in advance to avoid last-minute delays. Prepare needed directions and put them by the door, so they are ready to go.

**5 Eliminate distractions.** Turn off or avoid electronic items when time is tight.

**6 Delay or delegate domestic "to-dos."** Set aside less-important tasks until later. Delegate responsibilities to your spouse or children.

**7 Sound the alarm.** Set your watch, cellphone alarm, or kitchen timer to go off several minutes before you have to leave as a reminder and to give yourself a margin of error.

**8 Keep calendars.** Carry a personal daily calendar with you to jot down appointments and activities you learn about while away from home. When you return, transfer that information to a monthly family planner that is

placed in a visible location.

**9 Ask for accountability.** Recruit someone who is punctual to be your time coach until you get a grasp on time management.

**10 Respect others.** Remember: When you keep people waiting, it is disrespectful of their time.

**11 Set goals.** Write down goals and an action plan and commit to it. Set "smart" goals: Specific, Measurable, Attainable, Realistic, and Time limited. Create a plan for achieving those goals and list the benefits to keep you motivated.

**12 Pass it on.** Model for your children the importance of time management, as this will have a lasting impact and permeate their school, work, and personal lives, now and in the future.

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

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# Ready for school!

A new school supply list — of personal qualities

BY CAROLYN WATERBURY-TIEMAN

**A**s of this year, I have spent 45 Augusts getting myself or my sons ready to go back to school. That is a lot of school supplies! Now, with only a high school sophomore to shop for, the supply list is shorter, although he is taller.

Following in the shadow of his nearly 6-foot frame while he scans the fully stocked store shelves for items, I surreptitiously open a new box of crayons, delighting in their colors, fragrance, and the memories. The message Joe Fox sends Shopgirl in “You’ve Got Mail” comes to mind: “Don’t you love New York in the fall? It makes me wanna buy school supplies. I would send you a bouquet of newly sharp-

ened pencils if I knew your name and address.”

However, being ready for school involves more than a backpack full of supplies and new clothes to wear. In addition to fulfilling their basic needs for nutrition, rest, health, and safety, we can deeply enhance our children’s school experience by equipping them with desirable habits and skills. Whether entering preschool or grad school, these ageless, timeless, universal qualities benefit not only our kids, but everyone with whom they interact.

I am presenting these personal qualities in a list, but please be mindful that in reality, they cannot be prioritized. They do not exist in isolation. They do not develop in a linear sequence. They are profoundly interrelated, mutu-

ally inclusive, and utterly interdependent. They are completely free, totally renewable, and inherently priceless. Unlike school supplies, the more they are used, the better they get.

## **Personal qualities supply list for school readiness**

**Curiosity.** Noticing and observing one’s surroundings by using all of the senses. Recognizing how the small details work together to make the larger picture. The desire to know and understand. A willingness to learn. The inclination to wonder.

**Confidence.** The assurance that one is competent and capable of learning. Eager to try, even in the face of making mistakes or failing.

We can deeply enhance our children's school experience by equipping them with desirable habits and skills.

Recognizing the valuable lessons in mistakes and failures. The determination to put forth a best effort.

**Self-discipline.** The ability to monitor and manage one's words and actions. The desire to control impulses in an effort to behave appropriately. Being able to listen carefully, follow directions, ask relevant questions, and complete tasks.

**Courage.** Choosing to do what is right, even when it is not easy or popular, and even in the presence of fear. Knowing when to stand firm, when to admit fault, and when to seek help. Being gracious in the face of success or failure. Eager to extend sincere apologies and make amends.

**Generosity.** Recognizing and accepting the need to take turns and share. Pitching in to help without being asked. Assisting those in need without expecting recognition or reward. Finding pleasure in doing for others.

**Empathy.** Being able to imagine oneself in another's circumstances and respond in a fitting manner. Treating others the way one wishes to be treated, not necessarily the way one has been treated or seen others treated.

**Courtesy.** Demonstrating good manners. Using "please," "thank you," "may I," and "excuse me." Exhibiting respect for other's feelings, opinions, and rights.

**Perseverance.** The determination to keep trying in the face of challenges. Comparing current performance with past performance in working toward improvement. Seeking excellence, not perfection.

**Accountability.** Accepting responsibility for one's actions and the resulting consequences. Being reliable with personal possessions and cleaning up after oneself. Leaving things in the condition they were found, or better.

**Kindness.** Treating others with consideration and compassion. Acknowledging others with eye contact and a smile. Expressing thanks and appreciation. Thinking twice before speaking. Using encouraging words and actions. Realizing that to have a friend, one must be a friend.

**Conscience.** Knowing the difference between right and wrong. Accepting that just because one can do something, doesn't mean one should. Deciding to be honest, without being cruel. Listening to and complying with that "still small voice" inside.

Instilling personal qualities in our children is an ongoing process, most effectively accomplished in an atmosphere characterized by patience, consistency, and love. The kind of patience that adopts age-appropriate, realistic expectations; takes the time to express those expectations clearly; and understands that the ability to meet expectations will improve with experience. The kind of consistency that expresses appreciation and approval when good choices are made and institutes reasonable, relevant consequences when poor choices are made. The kind of love that says, "You are more important to us than anything you do or don't do at school. We will be there to help you work through any problems that arise as well as celebrate your accomplishments." The kind of love that makes our children stronger and encourages them to strive for their best. The kind of love that is committed to modeling the qualities we expect them to exemplify.

I am convinced that children equipped with this supply of personal qualities will not only be ready for school, they will be ready for life.

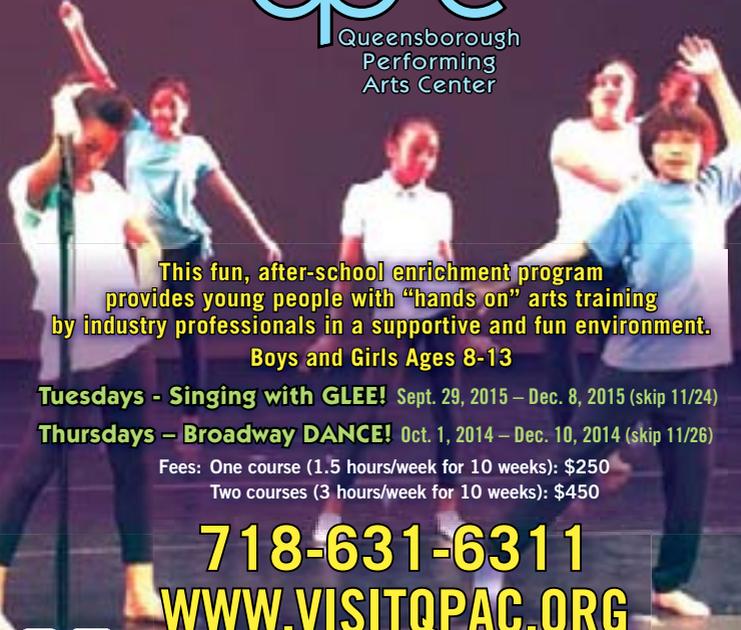
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# Why they EAT (too much)

## Exploring the psychological roots of childhood obesity

BY SHNIEKA L. JOHNSON

**C**hildhood obesity is a health issue that has gained a lot of notice over the past decade, leading to a number of attempts to promote a healthier lifestyle, from the White House's "Let's Move" initiative to public service announcements devoted to reducing the consumption of sugary drinks.

Causes of childhood obesity are similar to obesity in adults — unhealthy dietary habits, lack of physical activity and, at times, medications. Taking in more calories than they can burn over time may cause your child to gain excess weight.

Your child may be diagnosed as overweight or obese if his weight is above the normal or healthy weight range for children with similar age and height. If you have a concern, your family doctor can easily calculate this and guide you further.

Overeating is a more complicated cause of weight gain, because it is often tied to emotional eating. When children take on this behavior, they eat for comfort, boredom, or use food as an inappropriate response to emotion. Children that eat emotionally will also eat secretly, to avoid harassment and em-

barrassment. Although hunger is associated with emotional eating, it comes on quick and seems urgent.

To better understand childhood obesity and emotional eating, I spoke to local dietitian and new mom, Jenna Hollenstein.

**Shnieka Johnson:** What signs should parents look out for?

**Jenna Hollenstein:** Some possible signs of a dysfunctional relationship with food among children could be sneaking food; equating certain foods with reward or punishment; parroting judgments about foods being good or bad (might have been overheard from parents, older siblings, friends, or friends' parents); eating any foods to the point of physical illness; an over-reliance on juice or sweetened beverages, which can mess with hunger signals; experiencing shame around eating; or developing an eating disorder (including overeating).

**SJ:** Should a child ever go on a diet?

**JH:** A child who has developed a dysfunctional relationship with food should not be put on a weight-loss diet, which will only further confuse him by teaching him to ignore hunger signals, that certain

foods are good while others are bad, and learning to listen to external signals of what, when, and how much to eat.

Rather, a child should be guided to reconnect with the intuition we are all born with that tells us when we are hungry, what we are hungry for, and when we've had enough, and also leaves some room for fun foods. More and more evidence points to the fact that diets actually lead to weight gain — and a ton of misery. Children should not be exposed to this at such delicate ages (or ever, for that matter).

If your child is truly overweight, there are ways to help him reconnect with internal signals of eating, but first, it's important to get to the heart of why your child overeats, whether that is out of a fear of deprivation, self-soothing with food, or some other dysfunctional use of food.

**SJ:** How should we teach our kids about food?

**JH:** We teach children about food primarily by modeling what it looks like to be a normal eater, to have a positive relationship with food (and our bodies), and to eat a variety of foods, primarily driven by hunger and fullness, and sometimes also enjoying "play food."

Many parents try to micromanage their children's eating by forcing lighter eaters to eat more, bigger eaters to eat less, and by only allowing "nutritious" foods to enter the house. This sends the wrong signal, specifically that kids can't trust their own appetites and preferences to drive their eating, and that foods are either good or bad.

While well-intentioned, this often leads to children feeling deprived and in turn overeating, or rebelling by asserting their autonomy at the dinner table, and an obsession with play foods like candy. By providing a variety of foods and not judging our children for their choices, we teach them self-trust that will carry them through a lifetime of healthy, normal, and satisfying eating. Parents can also teach kids about nutritious foods and play foods in a non-judgmental way.

**SJ:** What is "intuitive eating?"

**JH:** Intuitive or attuned eating styles, I'd say, means:

- Eating primarily for physical reasons (hunger, fullness, accord-



**JH:** Prevent children from developing a dysfunctional relationship with food by helping them to preserve the intuition they are born with. Check out “Intuitive Eating,” third edition, which has a great chapter on “Raising an Intuitive Eater,” and Ellyn Satter’s “Child of Mine” for specific ways to do this.

If your child has already developed a dysfunctional relationship with food, don’t panic and try to force your child to eat differently. Address your own eating issues and enlist the support of a registered dietitian with experience with intuitive eating or other attuned eating approaches to help you figure out practical ways to reinstate this easeful way of being with food.

A few things to remember:

- Kids, left to their own devices, will self-regulate. Don’t worry about a single meal or even a day. Most children eat a variety of foods and quantities over the course of a week.
- Food is often the first way a child asserts his autonomy. Don’t create a power struggle.
- Expose your kids to new foods, but let them respond as they will, at their own pace. It may take up to 15 exposures for a child to accept a new food.

• Don’t talk the talk, walk the walk. Say less and model more of a healthy relationship with food and your body.

*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](http://www.shniekajohnson.com).*

ing to preferences).

- Enjoying a wide variety of foods.
- Not using food to deal with emotional issues.
- Regarding all foods on an equal moral level (no good vs. bad foods).

**SJ:** Does a child’s relationship with food reflect his parents’ food habits?

**JH:** Basically, no matter what we think we are teaching our kids about food and eating, they are like little sponges absorbing everything they see. If they observe their par-

ents having a dysfunctional relationship with food (or of not treating their bodies with love, care, and respect), they will likely internalize those things in some way.

**SJ:** What can parents do to better guide their children in healthy eating?



# The great vitamin debate

‘My Body Village’ author weighs in on supplements

BY TAMMY SCILEPPI

**W**hat do you do when there are nutritional gaps in your kids’ diet? Should you give them multivitamins? If your child already eats all her fruits and vegetables, is giving her supplements overkill?

These thoughts and more are part of a multivitamin dilemma parents are at odds over. But according to a certified nutrition coach, both sides are technically correct

in their opinions.

“When it comes to the question of whether or not vitamin supplements are necessary for their children, a lot of parents are divided. One school of thought is: As long as my child has a balanced and healthy diet, they don’t need supplements. The other school of thought is: Whether they need it or not, giving my child a multivitamin is an insurance policy. The truth is both sides have the right idea,” says Justin Noble, who also penned the fun health and wellness

book series for kids, “My Body Village,” with his wife Le-Anne.

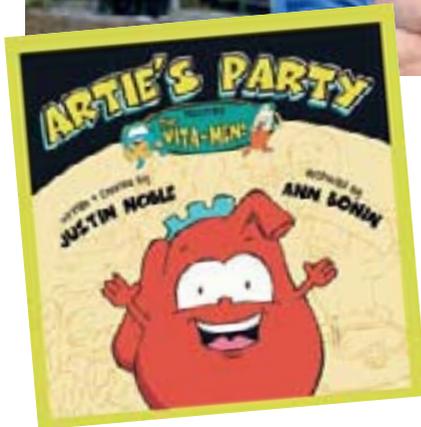
Noble agrees there are pros and cons when it comes to the multivitamin dilemma, and points out in his recent article, “To Vitamin or Not to Vitamin, That is the Question.”

The way our food is sourced and grown, what cows are being fed, and even the quality of our soil, has changed dramatically over the decades. Noble says that because of this, we’re not getting the nutrients we think we are, in which case, taking vitamin supplements is worth it.

“All produce is not the same. A lot of our foods nowadays are grown on nutrient-depleted soil and the animals that are fed these foods are nutrient deficient as well. So, consuming these foods doesn’t guarantee that you are getting the nutrients you expect. Do your research, and whenever possible, do your best to buy products that are both organic and come from sustainable farms.”

Of course, not every family can afford to buy organic and sustainable food. As food prices skyrocket and many parents are working around very busy schedules, feeding kids well-balanced meals every day can be tricky. To fill in the gaps, Noble suggests vitamins.

Another problem: a lot of big cities, like New York, have areas



Certified nutrition coach and author Justin Noble and his book, "Artie's Party."

to be as healthy as possible, by supplementing with a multivitamin. A quality vitamin is a great insurance policy."

Whichever camp you're in, if you do decide to add supplements to your family's diet, Noble suggests you do your

research first.

"When choosing a multivitamin for your child, do your homework," he writes. "You want to make sure to get a vitamin that is derived from natural, whole foods. You also want a vitamin that is easily absorbed by the body. With vitamins, you tend to get what you pay for. Quality vitamins are often times a little more expensive, but this is not an area to skimp."

Noble's "My Body Village" book "Artie's Party Featuring the Vita-Men!" is available now at [www.MyBodyVillage.com](http://www.MyBodyVillage.com), Amazon, and soon at book stores and libraries. "Steven the Upset Stomach," about eating too much junk food, will be available later this summer. "Betty Bladder Makes a Big Decision," which deals with bed wetting, will be coming out this fall, and "Toots Journey," a book that explores flatulence, will be available in the winter.

*Tammy Scieppi is a Queens-based freelance writer/journalist, parent, and regular contributor to New York Parenting. Interviewing hundreds of New York City's movers and shakers has been an amazing adventure for this mother of two bright and talented sons.*

known as food deserts. Sadly, there are families living in neighborhoods that have a shortage of grocery stores and supermarkets with fresh produce. And many folks may not be lucky enough to have a farmer's market or health food store near their home, so they have limited access to produce, quality meats, and better meal options. These families can benefit from vitamins.

But what about the naysayers? In his article, Noble writes: "One fear of those against supplements is that their children may get too much of certain vitamins. While vitamin toxicity is possible, it is rare. To avoid overdosing, find a multivitamin that provides no more than 50 percent of the adult Recommended Dietary Allowances for major vitamins and minerals. Once a child reaches age 12, a full adult dosage is OK. (Always check with your health care professional, especially if your child has a unique health issue.)"

"So, in essence, both sides have it right," writes Noble. "While you should try to get all the nutrients your child needs from a balanced and healthy diet, it is a good idea to insure that your child is getting everything he/she needs in order



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# Discipline is LOVE

Understanding discipline helps parents use it effectively

BY CAROLYN WATERBURY-TIEMAN

**R**ecently, I had reason to rent a tuxedo for my 14-year-old son. While he was being fitted, I struck up a conversation with the floor manager (a habit I picked up from my mother, who has discovered relatives in the check-out line of stores in practically every city she has ever visited). This young lady was complaining about her 8-year-old daughter wanting to wear make up “because all the other girls are” and enumerating the woes of raising children these days. She declared, “Kids are just so different from when I was growing up!” Now in the past, upon hearing a statement like this, I would bite my tongue, plaster a fake smile on my face, and nod like a bobblehead. But not this time.

I looked her straight in the eye and politely suggested that kids are no different now than they have ever been. Children are coming into the world the same way and transitioning through all the same developmental stages. What is different are “the times,” and defining “the times” is the realm of adults, not children. She stared at me with her mouth open for a moment and replied, “You know, you’re right. I hadn’t thought about it that way before.” At that point my son was finished and the conversation ended, but my mind was racing.

I was transported back in time to seventh grade when I begged my mother to let me get my ears pierced because “all the other girls were getting theirs pierced!” (Actually, it was only one girl, but she was popular, so I was sure it was only a matter of time before “all” the others followed suit.) In spite

of my pleading and whining, my mother stood fast to her position on ear piercing: “You will not poke any holes in your body as long as you live in this house.” She proceeded to add some version of one of my favorite Atticus Finch quotes, “From now on it’ll be everybody less one.” And that was that.

Now, did I like it? Of course not. But that didn’t matter. She didn’t tell me I had to be happy about it. She had the courage to endure my

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Because we love our children we care enough to say, “No, I can’t let you do that.”

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disappointment and the resulting anger directed toward her. She had confidence in the strength of our relationship. She was counting on her opinion of me meaning more to me than that of my peers.

We are living in a time when our children are exposed to influences, pressures, information, and expectations beyond anything we ever imagined. And all of these are occurring earlier and earlier, at ages when they are not developmentally prepared to deal with them. They do not have the social, emotional, or intellectual maturity to handle the decisions they are facing. That is why they have parents. They need us to be the adults so they can safely experience and enjoy their childhoods. They need us to be willing to say, “no,” and make unpopular decisions. They need us to have the courage to discipline.

Discipline is perhaps the most bewildering responsibility parents face. What is discipline? What’s not? What’s too much? What’s not enough? What’s the goal of discipline? Each of us must answer these questions for ourselves and create our unique disciplinary style. However, increasing our knowledge and understanding of discipline can help us find the courage to become the parents our children need us to be.

Discipline is not parenting. Discipline is only one aspect of parenting.

Discipline is not punishment. Punishment is something we do to our kids. It is usually employed out of the frustration of not knowing what else to do. It is typically a knee-jerk reaction to misbehavior that has been allowed to go on too long. Discipline is something we do for our kids in order to teach them self-discipline. It is an expression of the love we feel for them. Because we love our children we care enough to say, “No, I can’t let you do that. I will have to stop you until you have learned how to stop yourself.” Discipline is designed to help, not hurt.

Discipline is most effective when it occurs within the context of a relationship characterized by unselfishness, empathy, affection, attentive listening (listening does not guarantee agreement or approval), realistic expectations, reasonable limits, acceptance of emotions, (all feelings are acceptable, all behavior is not), open communication, equal emphasis on privilege and responsibility, and unconditional love (unconditional love does not mean unconditional consent). Effective discipline is provided by adults who model the behavior they expect.

Discipline changes over time to meet the changing needs of the developing child.

Discipline is thoughtfully planned action that teaches children what is acceptable behavior, how to correct mistakes, how to make good choices and thoughtful decisions, and how to avoid problems in the future. It is designed to guide, not control. The goal of discipline is to invite cooperation and compliance out of affection and respect, not fear.

Discipline takes many forms including setting age-appropriate limits, time outs, natural and logical consequences, limiting choices, modeling desired behavior, demon-



strating and teaching, and acknowledging and expressing appreciation for desired behavior. Our time, attention, and approval are our children's favorite reward!

I once heard Rosie O'Donnell ask Sherri Lewis, "What do kids like to play with most?" to which Lewis replied, "Their parents."

What works with one child may not work with another. What works in one situation may not work in another. What works one day with a child may not work the next day with the same child. When it comes to parenting, we can only do what we know — so the more we know, the more we can do. By increasing our knowledge, we increase our options.

Discipline requires a tremendous amount of self-discipline.

Sometimes discipline requires the use of a firm, serious, but controlled voice. When parents get out of control, children get out of control — the situation escalates out of control, and the result is usually punishment, not discipline. Over time this leads to the erosion of the parent-child relationship. Effective discipline requires that we remain calm and avoid taking our children's behavior personally so that we can take action that is in their best interest.

Discipline is concerned with the here and now as well as with the future. The discipline we use needs to be consistent with the goals we have for our children. By taking the time and making the effort to thoughtfully and purposefully discipline our children today, we

are investing in the self-disciplined adults they will become. Effective discipline promotes self-reliance, personal responsibility, and social conscience.

Discipline recognizes mistakes as inevitable and uses them to teach. There is no such thing as a perfect child. They will make mistakes. We will be there to help them learn from them and find the motivation to do better. There is no such thing as a perfect parent. We will make mistakes. We can learn from them and use them as motivation to do better. H. Jackson Brown, Jr. wrote, "Parents are pals nowadays because they don't have the courage to be parents." We can prove Mr. Brown wrong.

By the way, in case you are wondering, yes, my ears are pierced.

I had them pierced when I was in college. And I am so glad I waited until I was mature enough to make that choice because I wanted them pierced, not because my mother didn't.

*Carolyn Waterbury-Tieman is a resident of Lexington, Kentucky. She has degrees in Child Development, Family Studies, and Marriage and Family Therapy. Waterbury-Tieman has been married for 29 years and has two sons, ages 24 and 14. She spent 15 years in various agencies and clinics as a family therapist and parent educator and has written extensively on the topic of parenting. After six years as Arts Facilitator for the School for the Creative and Performing Arts, she chose to return to her favorite place of employment — home. To contact her, please e-mail parent4life@yahoo.com.*

# Overcoming separation anxiety



How to make  
the first day  
of school less  
of a trial

BY YADIRA DIAZ

**A**s we journey through life, we undergo many diverse transitions of attachment and separation. We begin life being separated from our inner home of nine months. We may be taken to day care, schools, or other caregivers. We move to a new home, get a new job, and go on a vacation. Some may get married, divorced, or undergo the separation of the death of a loved one. The task of adjustment to transitions challenges us at every stage of life, beginning at infancy and onward.

Attachment is an emotional bond that typically forms between an infant and caregiver. Separation is fear provoked in a young child by an actual or perceived threat of parting from his primary caregiver. Separation anxiety is a normal emotional stage of development. It usually oc-

curs when babies begin to develop “object permanence,” when the child realizes that his caregiver exists even when she is not present. Typically, this occurs when the child is between 8 to 14 months; however, it can occur until the age of 6, when the child is faced with new experiences, unfamiliar people, and places.

Many children experience separation anxiety during their first day of school, attending a new school, meeting new childcare providers, when family changes, and so forth. This is normal. There are some great ways that parents (caregivers) can help their children cope with separation anxiety.

“The Butterfly Technique” is helpful to both the parent and child. It is as easy as one, two, three, four:

**Step 1: Anxious.** Recognize that you feel scared. Acceptance is key to beginning where you are at and learning to move forward. Reading children’s books and talking with your child about the new experience can help to reduce the fear.

**Step 2: Breathe.** Take three deep slow breathes. Inhale and exhale slowly. Think positive (good) thoughts.

**Step 3: Calm and cope.** Think of a solution. What can you do to make this better? Will a small memento help? Some children bring a transi-

tional object such as small picture or a toy that is utilized as a means to provide feelings of security and comfort. Always say “good-bye” to your child — no sneaking away! Good-bye can be done in a special way, asserting you are leaving and you — or another caregiver — will return.

**Step 4: Do, do take action.** Fly! For instance, if after you have said “good-bye,” your child begins to cry, it is best to nicely leave. Trust the process! Your child will begin to understand that you are consistent and will return for him. Many parents are heartbroken when their child cries. I was one of those parents. The teacher remained hopeful, smiling, and encouraging. I walked away with a tear in my eye and hope in my heart. The separation anxiety was overcome as a team.

Being positive is imperative. (Read on for more about positivity.) Remaining calm and optimistic in the face of separation — irrespective of the possible screams and cries — is important. Encouragement and support will help you and your child to transition to this new phase in the journey. Quite possibly your child may happily walk into the classroom while waving good-bye and you may turn around with a knot in your chest while tears fall from your eyes. It is okay. You, too, will overcome this hurdle and win the race.

## BE POSITIVE

**Be present in the moment.** Focus on your child, teacher, and environment. Please put away all phones. Thank you.

**Engage.** Communicate often with your child. Be honest and never make any promises you are unable to keep.

**Predictability.** A routine and keeping things stable is important during this transition.

**Oops!** Expect regression. Mistakes, potty accidents, and tantrums are all possible, yet we all will remain positive, knowing this is a moment of change. Change is tough, yet can be very rewarding.

**Speech.** Let’s be careful how we speak since children need to be reminded of the positive, and feel understood, as well as heard.

**Invite old friends for play dates.** Reconnecting through interactions.

**Talk with your child.** Remind him of the many experiences when he overcame a fear or challenge. For example, “Remember when you were scared of riding your bike, and now you are the best! Remember when you were scared of the circus? Now you have lots of fun there!”

**Introduce your child to the school and new teachers.** Take pictures!

**Vibe describes the emotional atmosphere.** As a parent, you set an important example by remaining calm.

**Enjoy this new journey with your child.** Shake, shake, shake off the guilty feelings.



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# Protecting rights of divorced dads

Author helps fathers stay close to their kids



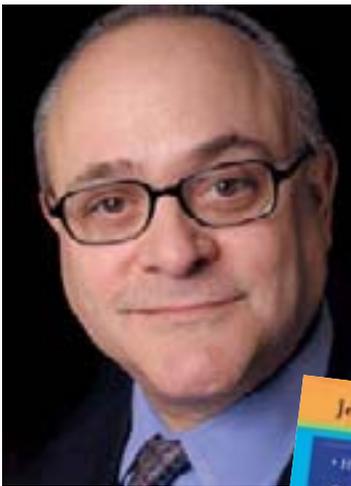
BY SHNIEKA L. JOHNSON

**T**he difficulty of managing a family as a single parent or co-parenting with a partner cannot be overstated. Holidays and school breaks can bring extra complications, especially when the parenting challenge is the result of divorce. When divorce occurs, the parent that has less access to the children — typically dad — may not witness and fully understand the impact that divorce has on the children involved. All relationships, familial or otherwise, change during this transition. Managing these changing relationships can be difficult for all parties, but particularly tricky for the parent with less access to the children.

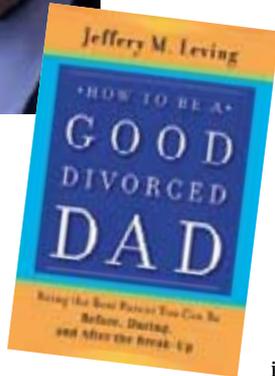
Fathers, both single and divorced, that seek sole or joint custody of their children must find not only emotional support but also financial resources to aid their efforts. This realization can be prompted externally, by family or strangers, or internally, through their own questions about their relationships with their children. What to do if dad does not live with the kids? How can dads maintain strong relationships with children and family members if they are no longer in the home?

I recently spoke to Jeffrey M. Leving, an attorney and author whose writing focuses primarily on the divorced dad and “dad’s rights.” Every day in his work, he encounters fathers going through divorce and seeking visitation with their children. So, I was eager to receive his thoughts on what dads need to know when facing divorce or a custody issue.

**Shnieka Johnson:** What should dads do if they have limited access to their children while separating or in the pro-



Jeffery M. Leving, author of "How To Be A Good Divorced Dad."



cess of divorce from their spouse?

**Jeffery Leving:** Good divorced dads value their time and plan ahead to maximize that value. You don't have to plan every moment of every day you spend with your children, but make sure that at least part of the time involves specific activities you've made an effort to arrange. Focus on things to do that would be fun and meaningful for them.

**SJ:** What are some cooperative responses and legal remedies that you suggest for dads seeking custody or visitation rights?

**JL:** I always suggest mediation between the parents. Good dads make good efforts to participate in mediation for two reasons. First, they recognize that if custody-related issues are resolved amicably in mediation rather than through litigation, the kids are spared a lot of stressful situations, from courtroom drama to out-of-court histrionics. Second, they understand that their "performance" in mediation may get back to the judge and can have a positive impact on his decision.

**SJ:** How do you advise dads that may have feelings of guilt or a loss of connection with their kids during this process?

**JL:** Most men were raised to feel responsible for their families. They feel extremely guilty about the divorce, even when they are great husbands and fathers. Although there is no factual basis for these feelings, this is their perception of reality. Therefore, many will try to punish themselves and use the divorce settle-

ment and visitation to do so. Sometimes the guilt is so powerful, some fathers completely walk away from their children, feeling they will only cause harm, when in fact-based reality, they are desperately needed. A father who feels this way must immediately seek the help of a highly-skilled mental health professional, as he is worth it and his kids need him.

**SJ:** Any advice for divorced dads engaging in new relationships or considering remarriage?

**JL:** I do not recommend romantic relationships while going through a divorce, because this can enrage your wife, causing jealousy and significantly increasing litigation and legal costs. If your new relationship makes your ex-wife jealous — and furious — expect her to strike back by fighting you on custody and imposing unfair restrictions on your visitation. Now, for remarriage, an important piece of advice is to communicate with your new wife the rights and obligations you have to make her understand what you need to do to be a good dad to support the best interests and futures of the kids.

**SJ:** How do you stress the father's role and importance when representing your clients?

**JL:** In my first book, "Fathers' Rights," I thoroughly discuss the extreme negative consequences of father absenteeism. The statistics prove this. Fatherless children are twice as likely to drop out of school. In fact, the absence of a biological father increases by 900 percent a daughter's vulnerability to rape and sexual abuse. [This statistic, according to Leving's website, Dadsrights.com, is from the 1998 National Health Interview Survey conducted by the National Center for Health Statistics, part of the Centers for Disease Control and Prevention.] Responsible fatherhood is critical for children and our society.

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

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# Make music!

## The benefits of learning an instrument outweigh the costs

BY GAYLA GRACE

**P**iano lessons were not an option for me as a child. As a trained musician, my father insisted his four daughters start piano lessons at an early age. I didn't always enjoy it and often grumbled about the mandated practice sessions before and after school. My teacher was strict and had high expectations of his students, but I'm thankful today that piano lessons were a requirement my parents didn't budge on.

Music lessons compete with a host of other activities for our children's time and our money. How do we determine if music lessons are right for our child? Does it really make a difference in the long run if we expose our children to music education?

The evidence of several studies supports the conclusion that the benefits of music lessons outweigh the cost and inconvenience it poses to parents to provide them.

### What does the research show?

A study led by Dr. Glenn Schellenberg with 6-year-old children and another study led by Dr. James Catterall at the University of California, Los Angeles, tracking more than 25,000 students over a 10-year period, cite the advantages of music lessons:

- Increase in IQ scores.
- Promotes intellectual development.
- Achieve higher test scores on standardized tests and other proficiency exams.
- More cooperative with teachers and peers.
- More self-confident.
- Better able to express their ideas.
- Improvements in eye-hand coordination, concentration, memory development, listening skills, and the overall process of learning.
- Enhanced self-esteem and confidence as they perform in front of a teacher on a weekly basis and participate regularly in recitals or other performances.

Studying music encourages self-discipline and perseverance, along with time-management and organizational skills. Weekly lessons require students to prioritize their schedules to allow for regular practice time.

When taking lessons as a child, I tried to be prepared with each assigned piece to avoid an uncomfortable lesson

or reprimand by my teacher. I was actively involved in church activities and sports at school, but I learned to manage my time to allow adequate practice time on the piano.

### When should my child start?

Music lessons can begin as early as 4 years old, but an older child (7 or 8 years of age) has a greater attention span and focus for a musical instrument. It's important that a child has the desire to play an instrument, and not be forced by Mom or Dad to take lessons, but encouraged when showing an interest. Experimenting with different instruments will help a child determine what instrument she is best suited for. If a child begins lessons, she should commit to several months of study to gain a feel for the instrument.

### Where can I find a teacher?

Finding a teacher that your child can relate to is also important. Learning to play an instrument should be fun and interactive, although it requires a fair amount of work. Referrals from other parents and students offer valuable insight. Interviewing a potential instructor helps identify teaching styles and personality traits before beginning lessons. It's also important to know the fee schedule and policies regarding make-up lessons.

### Is it too late to learn?

It's never too late to learn to play a musical instrument. As a former piano instructor, I loved working with teenage and adult students, who were often more committed and disciplined in the learning process. Older students prioritize their lessons and practice time over other commitments and have better focus and longer attention spans, which allows for faster learning and greater satisfaction with the process. Music lessons offer a new challenge for teenagers and adults and can have therapeutic effects.

Learning to play a musical instrument is like earning an education — once you obtain the skill, it can't be taken away from you and yet, can provide enjoyment and satisfaction for years to come. S

So, what are you waiting for? Seize the opportunity and schedule some music lessons today for you or your child!

*Gayla Grace is a freelance writer and mom to five children who have all taken music lessons.*



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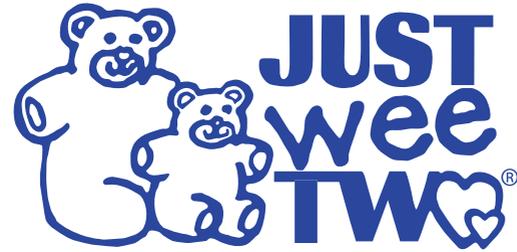
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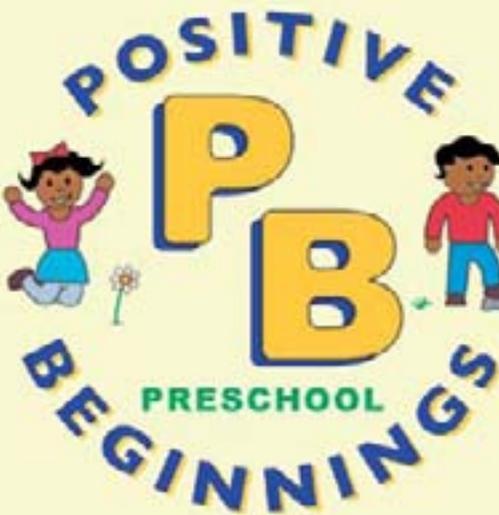
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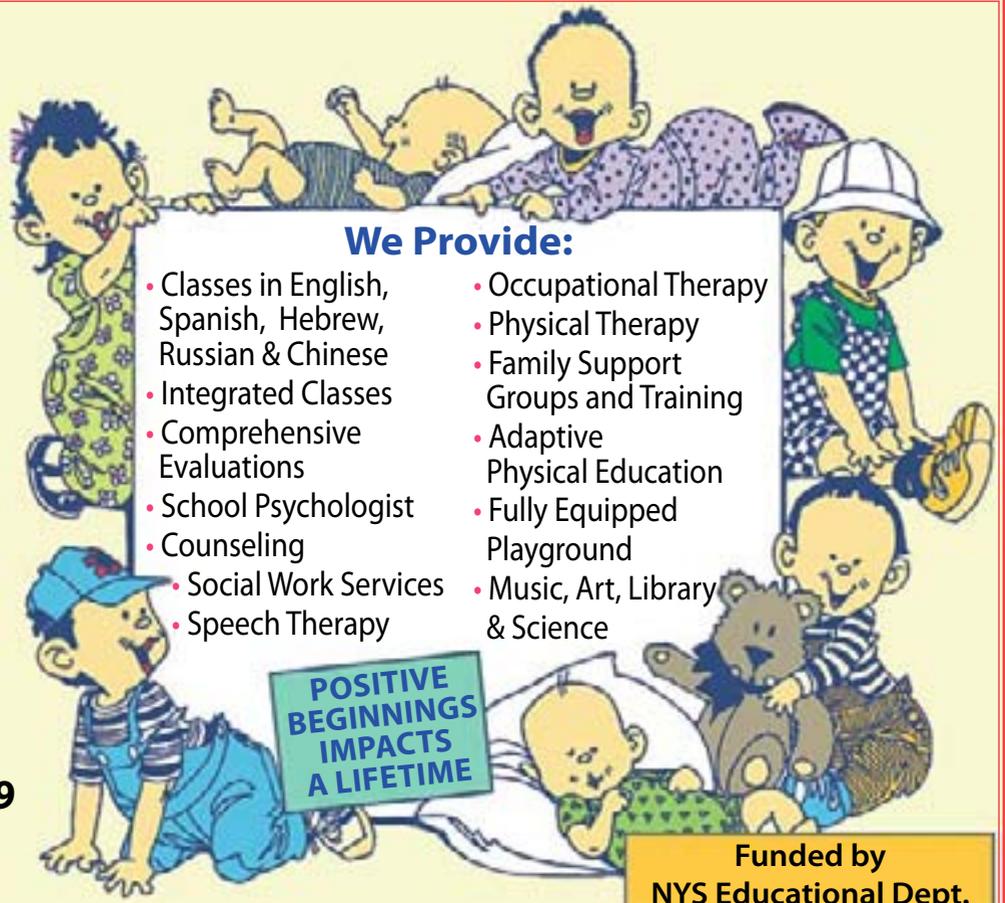


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# Fall Activity Guide

## DIRECTORY

### ACTIVITY / AFTER SCHOOL / PLUS

#### CTK Kids

68-02 Metropolitan Avenue,  
Middle Village 11379  
718-366-7454

[www.ctkny.org](http://www.ctkny.org)

Offering families one location for all of their educational and leisure activities. Test prep and summer bridge classes are offered for all grades. Our year-round private tutoring program offers individual educational support based on the students schedule and needs. Our Dance & Drama program offers classes for boys and girls of all ages in all genres of dance, including ballet, tap, jazz, hip-hop, break-dancing and acrobatics. Karate classes for all skill levels are offered in our state-of-the-art facilities. Cooking, foreign language and athletic skills clinics are some of the other fun programs CK Kids offers. Our after school program picks up students in many area schools and its participants can enjoy any of our CK Kids classes while on campus! On-site parking, reasonable prices, and flexible scheduling! CK has served the community for over 50 years.

lows 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. 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. 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.

#### Ridgewood Dance Studio

60-13 Myrtle Avenue, 2nd Floor,  
Ridgewood 11385  
718-497-2372

[www.ridgewooddancestudios.com](http://www.ridgewooddancestudios.com)

We have been dancing into the lives of the community for 35 years. The studio believes that it's important for every child to experience the art of dance. Learning to dance is a vital part of a child's development. It helps them develop discipline, mature habits, poise, personality, stability, self-confidence and knowledge of music. The owner, Florence Webber, began taking dance classes at the age of six at Joe Wilson's Dance Studio and he taught her the love of dance. It has been the most rewarding path she has taken. It is amazing to see students come and go and grow into fine young adults and also have many students return to the studio with their children. Some of the many accomplishments/performance include: Apollo Theater, Six Flags Great Adventure, Hershey Park, Rye Playland (WKTU), major dance competitions, cruise lines, street festivals, parades, some students have been accepted into performing arts schools, Alvin Ailey and Rockette summer intensive programs...Come join the great group of students and parents.

#### To The Pointe-Katyas School of Dance

40 Middleneck Road,  
Great Neck 11021  
917-771-0687

[info@katyasdance.com](mailto:info@katyasdance.com)

Providing dance education that's nurturing, disciplined and fun, with individualized attention for recreational and serious students. We believe that anyone who has the love and the drive can learn to dance. We offer classes for children and adults in ballet, musical theatre, tap, voice, ballroom, and creative movement/primary ballet for our youngest dancers with an emphasis on technique. Ms. Katya makes an effort to get to know all of her students personally, understand their strengths and weaknesses, and

*Continued on page 26*

### ART

#### Kimmy Ma ARTStudio

190-19 Union TPK Fresh Meadow  
646-209-9352

[www.kimmyma-ARTStudio.com](http://www.kimmyma-ARTStudio.com)

Fall session begins in September. Studio is open 7 days a week; Sunday/Monday offering beginner friendly classes, T-Th is ideal for advanced beginners. For basic portfolio prep & intermediate learners, Friday& Saturday's 3-hour classes are designed to further artistic development. Fine Arts curriculum is designed by Mrs. Ma, Master of art in the school of education, NYU since 1996. The learners explore 5 units in 16-week semester: comic, pastel, charcoal, watercolor & painting, using medium based & ability level instructions. Enroll now before session begins, make an appointment to visit; no walk-ins. 646-209-9352; [www.kimmyma-ARTStudio.com](http://www.kimmyma-ARTStudio.com) for student gallery & bio of all our teaching artists.

### DANCE

#### American Dance & Drama Studio

188-22 Union Turnpike Fresh  
Meadows, NY 11366  
718-479-8522

[americandanceanddramastudio.com](http://americandanceanddramastudio.com)

Proudly 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 fol-



# Ridgewood Dance Studio

Learn To Dance In A Friendly Atmosphere



## Celebrating 35 years!

- BALLET • TAP • JAZZ • HIP-HOP
- COMPETITION CLASSES • DANCE WORKSHOPS
- ZUMBA DANCE CLASS MONDAYS @ 7:30 PM

Classes begin Sat., September 19<sup>th</sup>  
AGES 3 – ADULT

We will be performing at Myrtle Ave. Street Fair Sun., September 13<sup>th</sup> 4pm

[www.ridgewooddancestudios.com](http://www.ridgewooddancestudios.com)  
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**\*Free Tuition for the first year (6 or 7 year olds)**  
\* Small Materials Fee

## School Hours:

- Thursday-** 3:30 PM – 5:00 PM (Ages 8-10)  
5:30 PM – 7:00 PM (Ages 11-12)
- Sunday-** 9:30 AM – 12:00 PM (Ages 8-12)  
10:00 AM – 12:00 PM (Ages 6-7)



Tuition & Fees Assistance is available & confidential

To register, or for further information, call (718) 459-1000 or  
E-Mail: [MorahRobin.RPHS@gmail.com](mailto:MorahRobin.RPHS@gmail.com) or [vfrankel36@gmail.com](mailto:vfrankel36@gmail.com)

**97-30 Queens Blvd. (at 65<sup>th</sup> Road)**



68-60 Austin Street, Forest Hills, New York 11375  
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[www.tutorsonwheels.com](http://www.tutorsonwheels.com)

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## TEST PREP

- ACT Test Preparation
- Advanced Placement (AP) Test Preparation
- SAT Subject Test Preparation
- SAT Test Preparation
- Test Preparation

## SPECIAL EDUCATION

- Certified Special Education Services
- Reading Skills for Students with Dyslexia

## ONLINE TUTORING

- Academic Subject Tutoring
- Online Tutoring

## HOME SCHOOLING

- K-12 Home Schooling

## GENERAL TUTORING

- Academic Subject Tutoring

Established  
41 Years



**FALL  
Registration**

Ballet • Tap • Jazz • Hip Hop  
Modern • All Boys Hip Hop • Drama • Vocal  
Creative Movement • Mommy & Me • Contemporary  
Acrobatics • Musical Theatre • Ballroom

Newly  
Expanded  
7,000 sq. ft.  
Studios!

## ADULT CLASSES:

Zumba • Ballet • Tap  
Belly Dance • Ballroom • Latin

## Fall Registration Dates:

September 1st, 2nd, 3rd,  
8th, 9th & 10th  
from 3:00-8:00pm



188-22 Union Tpke  
Fresh Meadows

**718-479-8522**

Online Registration at  
[www.americandanceanddrama.net](http://www.americandanceanddrama.net)



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Tattoos • Cotton Candy • Magicians • Gymnastics • Disco • Dress-Up  
Princess Parties - Hostesses become your favorite fairytale princess!

# Fall Activity Guide

## DIRECTORY

Continued from page 24

assist them in developing into stronger dancers. Not only is Miss Katya an impeccable ballet teacher, but she is truly a great friend and person to talk to.

### LANGUAGE

#### German American Language School

70-01 Fresh Pond Rd.,  
Ridgewood 11385  
718-456-8706

[www.German-American-School.org](http://www.German-American-School.org)

Is an old institution with an upbeat curriculum. German American Language School has been teaching language since 1892. They are a NYS Regents accredited program. Children from various ethnic backgrounds can learn German in a once a week after school program. The younger children (as of age four) learn by singing, coloring and total physical response approaches to learning. Older children learn writing, German Culture, geography of Europe, memorization and oral reports. They have locations in Queens, Long Island & Manhattan. Classes start in September.

### RELIGIOUS INSTRUCTION

#### Rego Park Jewish Center

97-30 Queens Boulevard  
Rego Park 11374  
718-459-1000

Our Hebrew School goal is for students to acquire an appreciation of their heritage, and to enable them to actively participate at any level, or in any part, with the wider Jewish community.

Programs for children in 1st through 7th grade. On Sundays, 1st and 2nd graders are invited to learn about Judaism in a fun way. Classes celebrate holidays, sing songs, and begin to learn about the Hebrew Language. Free Tuition for the first year of this Sunday school program, but there is a small materials fee.

Classes for 3rd through 7th graders take place on Thursdays and Sundays. Each class consists of a period when students learn to read, write, and speak Modern Hebrew. Students learn about holidays, life cycle, Israel, Bible, and Torah portion of the week. The 6th and 7th graders will be working towards their Bar/Bat Mitzvah, and forming their own Jewish Identity. As part of that program, students participate in music class, and family programs throughout the year. For more information call the Rego Park Jewish Center at 718- 459- 1000.

### TUTOR

#### KJK Afterschool

Locations: P.S. 251, P.S. 181, P.S. 360Q  
855-848-9814 or 347-475-8837

[www.KJKTutoring.org](http://www.KJKTutoring.org)

Introduced to the Queens Community in 2007 by former Master Teacher Nadine Daniel-Hurry. Utilizing her skills enabling her advanced class to all land high fours on NYC's State Tests, Mrs. Hurry created KJK. An innovative tutoring program focusing on academic enrichment while incorporating many recreational activities allowing students to enjoy themselves as well as molding them into children who score above standard in assessments such as Common Core ELA and Math. The Afterschool accommodates the academic needs of children beginning as early as Pre K through 5th grade.

The Center is dedicated to the empowerment of young children. Our mission is to help children excel academically in all subject areas and conquer the mandates of any testing instituted by the NYS Dept. of Education. This tutoring program was designed to prepare children for their next graduation level by helping children gain academic confidence, achieve high test scores and take command of the rigors of the mandatory NYS Standardized tests and succeeds in its objective every year. Genuinely assisting and molding our future generation as they endure their academic journey, we have expanded our service to include private tutoring and group tutoring as well as daycare services, summer camp, and afterschool at three different locations (See Above).

#### Tutors on Wheels

68-60 Austin Street,  
Forest Hills 11375  
718-268-0092 or 718-268-0133  
[www.tutorsonwheels.com](http://www.tutorsonwheels.com)

Based in the Forest Hills neighborhood of Queens, New York City, we teach K-12 students of all abilities. Our tutors include Certified Special Education and General Education Teachers, as well as test-preparation and general academic tutors. We provide direct educational services to individuals and families, as well as services through alliances with schools, libraries, nonprofits and government agencies.

We offer:

Home Schooling  
At Home Tutoring  
Tutoring at our Learning Center  
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Your child will receive the highest-quality one-to-one instruction available today. We will help your child develop stronger academic skills, earn better grades, and score higher on standardized tests.

The individualized instruction will also help your child gain confidence, motivation, and improved concentration. We employ only experienced teachers and tutors, dedicated to each student's success.

**To THE POINTE!**  
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**Dance education that's nurturing, disciplined and fun!**

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**Services offered:**  
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September 9, 2015 -  
June 28, 2016

Dismissal 5:45  
Grades UPreK-5th

LOCATIONS:  
PS 251, PS 181, PS 360Q  
Accepting kids  
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Four convenient locations in the Greater New York area:  
Ridgewood, Queens; Manhattan; Franklin Square, Garden City

For more information see:

[www.German-American-School.org](http://www.German-American-School.org) or call: (212) 787-7543



# Kimmy Ma ARTStudio

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CLASS begins 9/8 TUESDAY!!!**

**Fine Arts medium based curriculum  
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Explore 5 units from comic, charcoal, pastel, watercolor & paintings

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Mon 4:15-5:45, & Sun 10:45-12:15

**Young Artist I (Age 9+)**

Tuesday-Thursday 3:30-5:30

**Beginner Artist (3rd grade-  
middle school)**

Sun 12:30-2 & Sat 3:45-5:15

**Young Artist with basic  
portfolio**

Friday & Saturday 3-hr. classes

**Comic Illustration With Watercolor**

12 week program October 18

Sunday 2:30-4pm

**Schedule an appointment for  
enrollment before LABOR DAY!!**

[www.kimmyma-artstudio.com](http://www.kimmyma-artstudio.com)

190-19 Union Turnpike, Fresh Meadows • 646.209.9352



## FOREIGN LANGUAGE CLASSES



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Improves Focus  
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A fun, creative & educational  
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Classes offered for ages 2.5 & up.

CK Kids in partnership with American Dance &  
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## HEALTHY LIVING

DANIELLE SULLIVAN



# Sleep to better health

**D**o you consider yourself a healthy person? If you eat right and exercise, you are well on your way towards leading a healthful life, but there may be one factor that you're leaving out of the equation: How many hours of shut-eye do you get each night?

Sleep is perhaps one of the most underrated — yet powerful — components of our health regimen. Many of us intentionally try to eat healthfully, get in that workout, and take our vitamins, but how many of us reach our sleep goals, or even have sleep goals?

"I find myself awake at 3 am more often than not," says Rose Aberdeen of the Lower East Side. "And then I cannot get back to sleep. The pillow is too thin or not plump enough. I turn to my left, then my right, settle on my back, and still have the next day's itinerary running through my mind. On my worst night, I pick up my phone on the nightstand and start answering e-mails."

### Lack of sleep

Most people know that sleep is vital for good health, but insufficient sleep is a contributor in a long list of diseases, and even early death. Lack of sleep has been linked with a rise

in the risk of coronary heart disease, heart attacks, obesity, diabetes, and high blood pressure.

In a fascinating study out of the University of Chicago, researchers studied a group of student volunteers that slept only four hours each night for six consecutive days. The young volunteers quickly acquired higher levels of blood pressure and cortisol (the stress hormone). They produced half of the number of antibodies normally made to a flu vaccine.

In addition, in that short span of time of just six days, the students showed signs of insulin resistance, which is a precursor to developing type 2 diabetes. Still, most surprisingly of all, the changes in each student were completely reversed when they made up the hours of sleep that had been lost.

### Tips to get those important ZZZs

An average adult needs at least seven to eight hours of sleep each night. So what do you do if you find yourself not sleeping enough? The National Sleep Foundation recommends the following:

**Stay away from screens.** Television, phone, tablets, all of them.

Bright lights disturb normal circadian rhythm. Don't even leave phones close to you, because the urge to check them can be strong, and it's just too easy to pick them up.

**Don't eat too much late in the evening.** Avoid alcohol and cigarettes.

**Stick to a schedule.** Go to bed and wake up at roughly the same time everyday — including weekends.

**Create a sleeping ritual.** Maybe it's a hot bath, a cup of herbal tea, or lighting a scented candle.

**Avoid naps.** Especially those longer than 15 minutes.

**Exercise daily.** It will help you be tired enough to fall asleep at bedtime.

**Engage in calming activity before bed.** Nothing that will stimulate you or get you excited. Read a chapter of your favorite book.

**Make your bedroom conducive to sleeping.** Close out incoming lights, use comfortable pillows, and keep it at a cool temperature.

*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.*

**MYRTLE AVENUE BUSINESS IMPROVEMENT DISTRICT**

MYRTLE AVENUE BUSINESS IMPROVEMENT DISTRICT

DON'T MISS THE FUN!

**MYRTLE AVENUE FALL STREET FESTIVAL**

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12:00 - 4:00PM  
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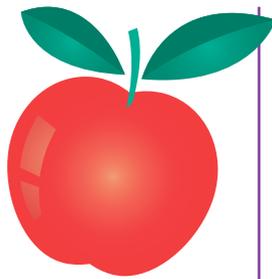
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## DEAR TEACHER

PEGGY GISLER AND  
MARGE EBERTS

# What to do when phonics fall short

**Dear teachers,**

My first-grader has only been exposed to a total phonic-based reading program since kindergarten. She is no closer to reading now than she was last year. She just does not get phonics. Is there any way to help her?

**Dear parent,**

One thing that you can do to make learning phonics easier for your child is to introduce her to the well-researched word family approach. For example, “pan,” “man,” “tan,” and “van” all share the -an ending, so these words are all part of the -an word family.

It will be much easier for your child to treat the -an sound as a unit and to only sound out the initial consonant rather than trying to blend the sounds of several individual letters together. Plus, your daughter is probably familiar with rhymes, making word family stories easier and lots more fun to read. Think of how easy it would be for her to read: Nan ran. Nan ran and ran. Nan ran to Dan.

Online, you should be able to find many word family stories. Our website ([dearteacher.com](http://dearteacher.com)) has 42 word family stories with audio and accompanying worksheets in our Skinny Books series.

Plus, for your child to have more fun learning to read, get our Skinny Book app (available on our website) that not only has stories with audio, but also games that reinforce the learning of word family words. The app is also a perfect way to teach younger children how to read.

**Motivating a young child****Dear teachers,**

I thought all young children were eager to learn. However, my first-grader is just not interested in school. Is there any way to motivate my young son?

**Dear parent,**

You definitely need to be your son’s motivational coach. When it comes to learning to read and write at this level, school and home activities need to be fun or enjoyable. Otherwise, it is possible to dampen or even kill children’s desire to learn.

What is happening at your son’s school? You might want to go and observe. Are the classroom activities drudgery instead of delight because of too many worksheets and uninspired teaching? Or is your son becoming disinterested in school because he can’t keep up with his classmates?

While you are not likely to change what the teacher is doing, you can take his school activities and turn them into fun at home. You can play games such as Memory and Go Fish with the words he is learning to read. You can also make learning to add fun by using counters and devising simple number games.

The more success your child has in school, the more likely he will be motivated to do his best in school. So talk with the teacher now to discover if your son is slow to catch onto reading or learning the basic math facts. If so, do find out how you and the teacher can help him catch up to the rest of the class.

**Finding programs for the gifted****Dear teachers,**

I would like some information about good programs for young gifted students. I am looking for programs for my second-grade son who really needs to have more intellectual stimulation. Where can I find some solid sites online?

**Dear parent,**

Your best immediate resources are local, not online. Find out from your child’s teacher what he or she can do to offer more challenging assignments in the classroom. Also find out if the school has any special programs for gifted children. Beyond this, investigate what programs are offered at local museums and colleges.

Joining a local gifted organization is a smart move that you should take. You will then be able to connect with parents who have children the same age as your son. These parents will be a great resource for finding quality gifted programs in your area. Plus, some of these children may turn out to be great playmates for your son.

You can find the names of many helpful websites online at the American Psychological Association website ([apa.org](http://apa.org)). Just search for “Related Gifted Education Web sites.” Ask the teacher for websites, too.

*Parents should send questions and comments to [dearteacher@dearteacher.com](mailto:dearteacher@dearteacher.com) or ask them on the columnists’ website at [www.dearteacher.com](http://www.dearteacher.com).*

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

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**Informing & Enriching  
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## BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

# Make back to school as easy as just 1-2-3

**N**ew York feels different when the summer comes to a close and September hits, and I'm not just talking about all the back-to-school sales.

Vacations come to a close and rules start going back into place. Structure and routines become more important, and time feels more limited. Around the hours of 8 am and 3 pm, the streets get more crowded, with the bustle of school drop-off and pickup.

Switching into school mode is not something that happens easily. For a smooth transition into the school year, you need to put some thought and effort into it.

Don't fret; with a touch of planning, your family can have the best school year yet! Here are three tips to make a smooth transition back to school.

### 1. Create a calendar

Writing down planned events not only keeps you organized, but it also helps your small being. Depending on your family flow, you might want to make a weekly or a monthly calendar. An added bonus to this is that your children will know their schedule, so they will feel more independent.

Mark down school days, non-school days, and weekends. This clear visual representation of time will create clear expectations for everyone. If your small beings are not reading yet, use pictures.

You can create the calendar as a family project, and put it where everyone in your family can see. Consider maintaining it throughout the year.

### 2. Talk to your kids about the changes that come with the school year

Don't change the rules of the house without talking with your small beings about them. This ensures clear expectations.

Have conversations about what is expected behavior now that



school is starting and summer is coming to a close. Be sure to use language that is age appropriate and concise.

### 3. Start your school routine before school actually starts

The night before school should not be the first night that your small being retires at bedtime.

For a few days before school starts, get your family in a routine similar to school. That might look like: waking up early, getting ready and leaving the house together at normal school time, spending a big chunk of the day out of the house (at playgrounds, on play dates, running errands), coming home for afternoon relaxation and dinner, and ending the day with a solid bedtime routine.

The more regulated you can make the routine before school starts, the easier the transition to

school will be.

One special tip for you, the parent and big being: recognize that school days result in different behaviors from your kids.

Here's why: all summer, whether they were in camp or simply spending days outside, there was more physical activity. Your children were physically exhausted at the end of the day.

School, however, is more mentally tiring. Frustration tolerance may shift as energy levels change. Set your expectations for your small being's behavior, so that you can be patient as her behavior shifts.

Have a great transition, and let me know how it goes!

*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](http://www.BehaviorAndBeyond.net).*

# Speeding up and slowing down life

What if parents could have a pass for *every* occasion?

BY PATRICK HEMPFING

Jessie, my 8-year-old daughter, and I are standing in line outside Peter Pan's Flight, a popular ride at Disney's Magic Kingdom. Luckily, we are in the FastPass line, which allows us to get into the shade and take flight much quicker than the visitors in the Stand-By line. As I ponder the joys of the FastPass, I wonder, wouldn't it be great if parents could reach into their wallets and pull out a pass to make every situation in life easier?

I could have used a FastPass numerous times since Jessie's birth. I would have used one to speed up the process when my wife, Mattie, and I were potty-training her. When Jessie whined and refused to bite anything for days because she wanted to keep her front baby tooth forever, a FastPass would have enabled us to skip the crying and give it one quick yank. The FastPass would be ideal to get Jessie to bed quickly,

## CHERISH THE MOMENTS

although she'd always choose the slower Stand-By line.

I can also think of other useful kinds of passes. I'd love to have a RedoPass for all the times I do stupid things. Some are minor do-overs, like the time I stuck my finger into Jessie's diaper to determine if she had done a "number 2." I'd have needed another pass when I was a few seconds late on getting a clean diaper onto Jessie. More importantly, I'd like to have a RedoPass for the times I lose patience and could better handle the responsibilities of parenthood.

Then there's the Take-A-Pass, which I'm confident I'd abuse. I'd use this pass to skip out on making supper when I'm tired. The Take-A-Pass could also be used when my creative daughter wants me to play games in which she invents the rules on the fly. In addition, I can only dress Barbie, brush her hair, and add accessories for so long before I'm ready to Take-A-Pass.

I guess I could pull out a SleepPass instead. On second thought, I better save those for times of great exhaustion, when I lose focus and do things like eat Jessie's Flintstones vitamin (pretty tasty) instead of mine, mix Jessie's oatmeal but forget to microwave it before serving, or make a pot of tea without tea bags.

If I could choose only one kind of pass, though, it would be the SlowPass, because Jessie is growing up so quickly. As we stood in one of the lines at Disney, I noticed the top of her head already reaches Mattie's nose. I don't know how Jessie could be a third-grader when (it seems like) I just took her to pre-K

last week.

I'd also use a SlowPass when Jessie and I share desserts; I'd like to eat some of those toppings, too. I'd definitely hand her a SlowPass before getting on the Teacups ride, as excessive spinning turns me white. (If I ever throw up on the Teacups, I'll need a Manly-ManPass to regain my pride, but that's a different column.)

Most importantly, I'd use many SlowPasses for Jessie to take her time when it comes to important future decisions like selecting friends, choosing a college and career, and moving away. I'll need a FastPass for exceeding the speed limit while going to visit her if she moves very far.

Parents face both joyous and frustrating times in rearing their children. Like lines at Disney, some move quickly, others not fast enough. Unfortunately, we can't whip out a SlowPass to make happy times last longer or a FastPass to speed us through challenging situations. Instead, we do our best to read the signs and try to choose the right places to stand for the time and circumstances.

On our trip, Jessie proudly earned her Mickey Mouse Official Speedway License as she drove a race car around the track with Mattie as her passenger. Although Mattie reported that "her driving was terrible. She veered all over the place." In another eight years or so, when Jessie wants to get her real driver's license, the Take-A-Pass will seem like a good option. However, I'll likely choose the SlowPass as I sit beside my teenage daughter, encouraging her to drive a few miles slower than the speed limit.

In the meantime, I'm placing a large order for SleepPasses. I have a feeling I'm going to need a big supply.

Until next month, remember to cherish the moments.

*Patrick Hempfing had a 20-year-long career in banking, accounting, and auditing before he became a father at age 44. He is now a full-time husband, stay-at-home dad, and writer. Follow him at [www.facebook.com/patricklhempfung](http://www.facebook.com/patricklhempfung) and on Twitter @PatrickHempfung.*





## DIVORCE & SEPARATION

LEE CHABIN, ESQ.

# To pay or not to pay

## Refusing alimony because he said they never married

Usually, divorce actions involve financial matters, such as dividing property, and whether, how much, and for how long one spouse will pay money to the other. But occasionally, the issue is more complicated.

That was the situation for Supreme Court Justice Matthew Cooper, who heard the case of *Devorah H. vs. Steven S. Devorah*. Devorah was filing for divorce and seeking alimony. However, Steven was denying the marriage was even valid, and arguing that, therefore, he shouldn't have to pay.

The judge agreed that if the couple had never legally wed, payment could not be claimed.

"It is axiomatic that only parties who are married can divorce each other," the judge noted. "Moreover, the ... relief plaintiff seeks ... in the divorce proceeding — equitable distribution of property and the payment ... of spousal maintenance — can be granted only if the parties are legally recognized spouses."

Judge Cooper had to consider the following in determining whether the parties were legally married.

### Marriage license

The couple never got one; but this fact was not fatal to Devorah H.'s case. A New York statute about domestic relations states that a marriage is valid "in the absence of a marriage license *if it was properly solemnized.*"

Devorah, relying on that statute, argued that even without the license, "she and defendant are legally married because they participated in a ... wedding ceremony."

Steven, however, countered that the ceremony was not a real one, and therefore, they couldn't actually be considered spouses.

### The wedding ceremony was 'bare-boned'

We tend to think of wedding ceremonies as lavish affairs attended by hundreds of family and friends. It is true, though, that many brides and grooms decide an understated city hall proceeding is more their



style — and it's just as legal.

In the case of *Devorah and Steven*, though, they were married in a rabbi's office without any family or friends present.

"[The ceremony, in a rabbi's office] lasted ... minutes, and the only people there, other than the parties and the rabbi, were two unidentified ... men who were recruited on the spot to be witnesses," the judge noted.

There were no photos taken or video of the ceremony recorded, and Judge Cooper found that the only document presented by the couple as proof that a marriage had occurred "was incomplete and unsigned."

Despite the simplicity of the wedding, the court found that it met the basic requirements of New York State law; however, the judge noted that while "the parties participated in a wedding ceremony conducted in accordance with the requirements of [the domestic relations statute] does not necessarily lead, however, to the conclusion that the parties are married. [I]t is necessary to consider the circumstances surrounding the ceremony, specifically, what brought the parties to appear in the rabbi's office ... and what transpired in the days, months and years that followed."

### Context of 'wedding'

The judge noted that it was impor-

tant to consider the circumstances of what brought the couple to the rabbi's office. The two had actually gone to the rabbi's office for his help in finding a larger apartment.

Once there, though, "the rabbi decided 'on the spot' that they should be married ... [T]he rabbi ... felt compelled to act swiftly because the parties were about to move into an apartment he had helped them obtain," the court noted.

"I ... wanted to ... assure they are living together in a manner with the blessing of Jewish law," he said. Otherwise, he explained, he would be contributing to a situation where Devorah's children would be "exposed to living with a man in the house without matrimony."

The judge also took into account that Devorah, now claiming to be married, was receiving public assistance benefits listed as an unmarried mother of dependent children, [and] filing her tax returns as "single" rather than "married."

### Time to reflect

The judge said he was concerned about how swiftly the couple agreed to a wedding.

According to the domestic relations statute, a marriage ceremony can't be performed within 24 hours after the issuance of the license.

"By requiring couples to wait a full day to marry after they receive their marriage license, the statute reflects the value we as a state place on providing people with a window for reflection before proceeding to marriage," said the judge.

Ultimately, the court decided that Devorah H. could not show that she and Steven S. were married.

*New York City and Long Island-based divorce mediator and collaborative divorce lawyer Lee Chabin helps clients end their relationships respectfully and without going to court. Contact him at [lee\\_chabin@lc-mediate.com](mailto:lee_chabin@lc-mediate.com), (718) 229-6149, or go to <http://lc-mediate.com/>. Follow him on Facebook at <http://on.fb.me/1MJuaAd>.*

Disclaimer: All material in this column is for informational purposes only and does not constitute legal advice.

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JUST WRITE MOM

DANIELLE SULLIVAN

# How to capitalize on mothers' talents

**W**ork-life balance is so overwhelming on most days that I think many moms would rather achieve a contented equilibrium than do just about anything else. The endless list of things that simply has to get done, coupled with the demands from a boss and needs of your kids (not to mention yourself) at any given time of day can feel crushing.

I've fooled around with work-balance issues ever since my first child was born. You name it, I've done it: full-time stay-at-home mom, full-time office worker, full-time with flex time, part-time in office, part-time from home, and freelance from home.

I use the term "fooled around," because I don't think I've found any one solution that worked best. Each worked for my family over a certain period of time, depending on what was going on in our lives, where we lived, and how many kids we had at the time.

The stay-at-home vs. working mom argument is so irrelevant that it doesn't even warrant being discussed anymore. We should be supportive of all mothers' choices. That is what feminism (and common sense) is about.

Most moms have to work. We all know this. And some moms want to work. I am one of them.

I love being home with my kids, but I like working, too, especially when they are in school. I've often said that if we, as a nation, could devise a way for mothers to work during school hours and still be eligible for benefits and pensions while also making enough money to support their families, we would be a lot better off than we are now.

Wouldn't it be excellent if every sector had steady part-time jobs for moms whose workday ended when school did? We could be intermingled with full-time employees who held regular hours. Companies would save money on a full-time salary. Mothers would be able to pick up their kids from school and be available for after-school homework help. I have worked in part-time capacities like these before, and I can tell you that part-time workers — and in particular mothers — are more productive, because they know they have to get things done within a certain amount of time. We've all seen the full-time staffers who browse around the office and spend about a third of their day chatting, scrolling through Facebook, texting, going to the restroom, taking cigarette breaks, etc.

Years ago, when mom stayed home and dad went out to work, he usually stayed at the same com-

pany for his entire life. Today we are more likely to job hop and even career hop. It is often necessary. Sometimes the career we started out in falters and changes. Sometimes we change and want to delve into other areas. Sometimes our kids change us and help us view the world in a whole new way, which in turn enables us to discover new fields of interest.

There are tons of advice out there on how to strive for work-life balance, such as make time for yourself, lay out your work outfit the night before, and plan a regular date night, but there are no clear-cut answers on how to please your family, boss, bankbook, and yourself at the same time. Nearly every mom I know struggles with it in some capacity.

I think the key is to realize what you truly want and what your family needs, and together make a decision on what works best for your individual circumstances. And then, leave that subject open for change, because when life changes, situations sometimes need to change, too.

But I am telling you, if a big company would intentionally create jobs that pay decently and offer positions during school hours, it would get the most dedicated, hard-working, and loyal workers. Moms can change the world. I firmly believe it.

Businesses may have falsely believed that having kids was a negative feature in a worker, but truly, it is a skill set that compares to no other. Moms get things done, are multitaskers, steadfast, and adaptable. Plan A doesn't work? We'll already have Plan B and C ready to go.

*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.*





PARENTS  
HELPING  
PARENTS

SHARON C. PETERS, MA

# A more social teen



**Dear Sharon,**

Is there a particular time in a boy's life when he should be developing social skills and friendships? Our 13 year old is a real loner, and I'm concerned. Should I be?

**Dear Parents,**

Young people develop social skills throughout their childhoods. If you are wondering about the seriousness of your son's isolation, it might be wise to check in with trusted school or medical personnel to see if he could benefit from some extra attention or support to improve his confidence and the strength of his relationships.

I believe it is also useful for parents to support their child's social development throughout their childhoods. Not every child is a social

butterfly or at ease in large groups of people, but some viable social skills are an important part of a happy and healthy life at any age.

It is not always easy for parents to assist their teenager with potentially challenging topics such as friendships. Teens often have their plates full with the demands of hormonal changes, academic expectations, and a variety of peer pressures. A calm tone and patience will most likely be needed as 13 year olds do not usually respond well to an urgent or overtly concerned parent.

Here are a few strategies to keep in mind that can help:

**Socialization**

Try to have people over to mix and mingle in your home. Ideally

any visitors, including children who are teens, but even adults or families without an age mate bring activity and personal contact. When people are around, try to help your son interact or at least be present for some group activities.

**Listening**

When a child is shy or awkward around others, it can help to listen to him explain what it can be like for him in a social setting. As adults, we are often quick to offer solutions, it is a natural response to hearing any upset from our child. However, listening is an invaluable tool, especially for teenagers who can easily become resistant to adult opinions. After listening for a while, mom or dad can make a suggestion or two that might help. It is important for parents to share ideas in a brief and relaxed format, and whenever possible, talk less than their child.

**Exercise**

Physical activity is also often an excellent antidote to isolation. Teenagers can be prone to sitting alone in their room or spending a lot of time in front of screens. It is important for parents to do their best (I know this can be extremely challenging) to limit screen time or move screens into a family setting while figuring out ways to get out of the house to move around. This may mean doing physical activities with your teen. A mom I recently spoke to decided to join her son in a daily "game" of backyard basketball. Even though her son's skills were far better than hers, it helped strengthen their relationship, lighten his mood, and make the academic and social challenges he was facing much easier to tackle.

It is also important to think of activities that a child could do that would involve him in a social setting. Often teens enjoy talking to people with common interests. Finding after school or weekend activities that are with like-minded teens can help social skills develop.

Even though teens can act like they want nothing to do with their parents, moms and dads can make a world of difference in helping their child be more active and less alone.

Sharon C. Peters is a mother and director of Parents Helping Parents, 669 President St., Brooklyn (718) 638-9444, [www.PHPonline.org](http://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](mailto:Family@cnglocal.com).



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Meet your chicken!

**W**hat's for dinner this week? Chances are at least one meal will include chicken, because of its low cost and versatility.

I recently participated in a sponsored tour of chicken production from the hatchery and chicken houses to the processing plant. What I learned dispelled many of the myths I had believed about how chickens are raised and processed.

### The scoop on growth

Selective breeding and optimized nutrition are used to improve the size and other characteristics of broilers, but no genetic modification or engineering is used.

Like young humans, chickens' growth and development is dependent upon calories and protein. Corn and soybeans compose the primary feed, which is supplemented with vitamins and minerals.

Hormones are never given to chicken. Period. In fact, they're illegal.

Antibiotics are another story, but things are changing. In recent

months, a variety of producers, restaurant chains and retailers announced plans to minimize antibiotic use in chickens.

Since the 1950s, poultry producers have treated animals with antibiotics through feed and drinking water as a way to stave off illness and promote weight gain. The problem, of course, is that overuse of antibiotics is linked to the development of drug-resistant bacteria, a risk to human health.

Recently two large poultry companies, Pilgrim's Pride and Tyson, announced they will curtail antibiotic use from chicken production in the next few years. They're also working to end their chicken operations' use of antibiotics used to fight human illnesses.

Another company, Perdue Farms, has eliminated all types of antibiotics from about half of the chicken it sells and estimates 95 percent of its chicken never receive any antibiotics used to treat humans.

### Inside the chicken house

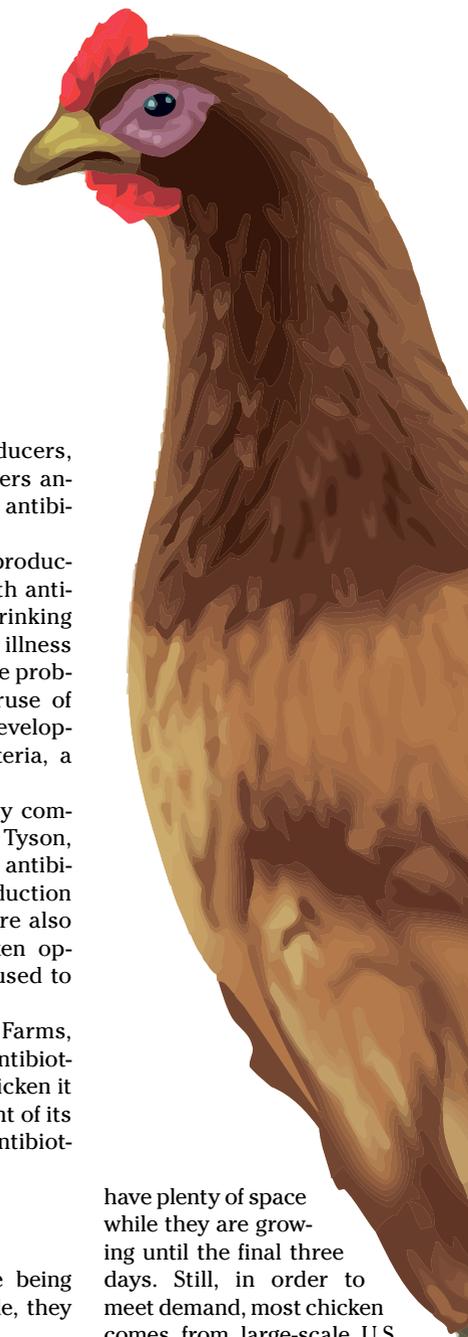
The chickens I saw were being raised humanely. For example, they

have plenty of space while they are growing until the final three days. Still, in order to meet demand, most chicken comes from large-scale U.S. commercial farms that can produce the most meat at the lowest cost.

At the processing plants, food safety is ensured by incorporating Good Manufacturing Practices. Every bird is checked over for disease by a Department of Agriculture inspector.

The good news is that consumers concerned about what's in their food — and the safety and ethics of how it's produced — are demanding changes. And the producers are listening.

*Christine Palumbo is a Naperville-registered dietitian nutritionist who is a fan of dark chicken meat. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.*



### Ha-Cha-Cha! Burgers

Serves four  
Ready in 20 minutes

#### FRUIT SALSA

1 ripe peach, peeled and diced  
1 ripe nectarine, diced  
2 tbsp. minced red onion  
2 tbsp. minced fresh cilantro  
Juice of 1 lime  
¼ tsp. chopped jalapeno pepper

#### Burgers

1 package fresh ground chicken or turkey  
2 tsp. minced garlic  
1½ tbsp. chili powder  
½ cup plain bread crumbs



**DIRECTIONS:** Stir together all salsa ingredients in a small bowl and refrigerate. Stir together burger ingredients in a medium bowl and form into four patties. Place on a lightly

oiled grill and cook over medium-high direct heat for about 10 minutes, flipping halfway through cooking time. Burgers are done when a meat thermometer inserted into the side reaches 165° Fahrenheit or juices run clear and burgers bounce back to the touch. Serve with salsa, with or without a roll.

**NUTRITION FACTS:** 280 calories, 23 g carbohydrates (7 g sugars), 22 g protein, 10 g fat (3 g saturated), 2 g fiber, 170 mg sodium.

Used with permission from ChickenEveryMonth.com.



## ASK AN ATTORNEY

ALISON ARDEN BESUNDER,  
ESQ.

# How to title a home deed

*My husband and I are buying a house and our real estate attorney asked how the deed should be titled. What are the various choices? How do they differ from title and ownership on bank accounts or other assets?*

**R**eal property can be held (titled) in one of three ways: tenants in common, Joint Tenants with Rights of Survivorship, or Tenancy by the Entirety. When a husband and wife are purchasing real property, a real estate attorney often assumes that they are taking title as tenants in entirety.

If a deed is silent as to the method of ownership when spouses take title, the presumption will be that title is as tenants in entirety. Sometimes the deed simply says “as husband and wife,” which reaches the same result. Since the legalization of same-sex marriage in New York in July 2011, and especially since the United States Supreme Court decision recognizing same-sex marriage throughout the country this summer, this also applies to “husband and husband” and “wife and wife;” presumably deeds executed in the future will evolve to simply say “as spouses.”

The impact of a tenancy by the entirety is that each spouse has a right to enjoy 100 percent of the property during his or her life, with the property ownership vesting completely in the surviving spouse upon the death of the first spouse.

For the most part, a joint tenants ownership has the same features as ownership as tenancy by the entirety, except for certain creditor protections that are afforded to a spouse in his or her “homestead” property.

A tenancy in common is when each owner has title to a portion of the property — it can be 50-50 or some other variation of a fractional interest. Its interest is a separate interest in the

property; there are no survivorship rights. For example, when two people own real property as tenants in common, each person owns a dividable one-half interest in the property, unless specified otherwise on the deed. Upon the death of the first person, that person’s interest passes through his or her estate (whether by Will or intestacy), and the other person retains only his or her existing share.

All three of these types of ownership also apply when purchasing shares in a co-op as they do to acquiring a condo or a parcel of real property (i.e. a home and the underlying land).

There are pros and cons to all of them. Tenants in entirety affords greater creditor protection to the married couple, but tenants in common affords additional estate planning options that may be available and helpful.

Bank accounts are similar, but can yield different results. Let’s say your parent puts your name on her bank account. The statements say “Mom and Daughter, Joint Tenants with Rights of Survivorship.” When the mom dies, does the daughter automatically receive the remaining proceeds of the account? The answer is that it depends. Section 675 of the Banking Law of New York governs joint bank accounts. If an account is opened as joint tenants and there is some evidence that the depositor acknowledged the survivorship rights in the account, there is a presumption that the depositor intended for the other joint tenant to receive the proceeds at her death.

However, this presumption can be overcome with proof that the depositor was the only one who exercised control over the account during her lifetime, and that the account was titled as joint owners merely for “convenience” purposes. Many older or aging parents put a child’s name on



the account out of concern that the child can pay bills if and when the parent is sick or away.

The presumption does not necessarily apply if an account is titled “Joint” or “Joint-Tenants.” And, if the account statement and opening documents simply state two names, such as “Mom, Daughter” or “Mom or Daughter,” those accounts are usually deemed to be tenancies in common.

Oftentimes, a bank representative will simply assume that an account bearing the names of two individuals is a joint tenants account. However, he often neglects to fully explain to the depositor the significant legal distinctions and resulting consequences between these various types of accounts. The depositor also signs various account agreements that are multiple pages of small font and rarely, if ever, take the time to fully read those documents or consult an attorney.

It is always worthwhile to pause and consider the ramifications of the titling of your assets, either when purchasing or selling real property, or simply to do a regular assessment of your liquid accounts, in order to ensure that your true intentions are actually reflected in the titling documents. You should consult with an attorney to analyze the various consequences for your own individual situation.

*Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., You can find her on Twitter @estatetrustplan and on her website at [www.besunderlaw.com](http://www.besunderlaw.com).*

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# Calendar

SEPTEMBER



## Movies and music at Sunnyside Gardens

Have a sunny day at historic Sunnyside Gardens!

The fifth annual Flicks and Jazz in the garden festival offers good eats, good music and good films on Sept. 19. Enjoy live jazz music featuring local musicians, vintage cartoons including “The Automatic Moving Company” (1912), “Spring Antics” (1932), “A Colour Box” (1935), “Polar Pals” (1939), and “Me Musical Nephews” (1942), along with cinema-style treats and sweets, including pizza, popcorn, and finger foods, and refreshments available for purchase.

The Flushing Remonstrance musical duo will also be on hand to perform original live scores to accompany the screenings. Children explore their creativity as their parents enjoy the films at booths manned by volunteers.

Flicks and Jazz in the Garden, Sept. 19 from 5:30 to 10 pm (rain date Sept. 20). Admission is \$10 (\$5 park members), children free. Don’t forget to bring chairs and blankets to sit on.

*Sunnyside Gardens [48-21 39th Ave. in Sunnyside, (718) 672-1555; [www.flicksinthegarden.org](http://www.flicksinthegarden.org)]*

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# Calendar

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### SAT, AUG. 29

#### IN QUEENS

**Arthur Ashe Kids Day:** USTA Billie Jean King National Tennis Center, Flushing Meadows Corona Park; (866) 673-6749 (OPEN-TIX); [www.usopen.org](http://www.usopen.org); 9:30 am to 4 pm; \$10 general admission (\$25 loge tickets).

Presented by Hess the 29th annual event includes live performances from Rolling Stone "Artist You Need to Know" Bea Miller, "hip-pop" duo Kalin and Myles, Flo Rida protégé Natalie La Rose, MTV's "Artist to Watch" Jacob Whitesides and chart-topping pop-rock act American Authors. Children will enjoy a host of activities and meet with tennis champs Novak Djokovic, Marin Cilic, and others for a day of tennis, music The annual event The event kicks-off the 2015 US Open, which runs from Aug. 31st to Sept. 13th.

**"Brier Rabbit":** Idlewild Park Preserve, 148 Springfield Ln. and 147th Avenue; [www.cityparksfoundation.org](http://www.cityparksfoundation.org); 1 pm; Free.

Presented by the City Park's Foundation and the Puppet Mobile. Follow the tales of the feisty Brier Rabbit who is always getting into trouble.

**Custom Craft Cars:** New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 1 to 2 pm, 2:30 to 3:30 pm, and 4 to 5 pm; \$7 (\$5 adult/child members).

Children ages 6 and older explore the iterative design process while creating a customized toy car using simple materials such as cardstock, craft sticks and rubber bands. Recommended for ages 6 and older. Limited capacity. Advance registration recommended.

**Camping:** Alley Pond Park, Cross Island Pkwy & Grand Central Pkwy; (718) 217-4685; [www.nycgovparks.org](http://www.nycgovparks.org); 6 pm to 7 am; Free.

Join rangers for a night out under the stars. Families chosen by lottery.



## New friends and old

Elmo, Grover, Big Bird and the whole "Sesame Street" gang are coming to the Tilles Center for the Performing Arts on Sept. 25, 26, and 27 for a brand new show "Make a New Friend."

Join your favorite muppets for a fun performance in this all new, interactive learning experience, including up-close and furry interactions on the audience floor. It's a high-tech stagecraft and cleverly written script, with classic musical numbers everyone can sing along with, including "Count Me In," and fun new parodies of "Hot and Cold," and "Moves Like Jagger."

Elmo, Grover, and their friends welcome Chamki, Grover's friend

from India, to Sesame Street. Chamki is from far away and she's visiting for just one day! Grover has a long to-do list for his friend, but Chamki is enjoying cookies with Cookie Monster, singing with Abby Cadabby, and doing "The Elmo Slide." Explore the fun of friendship and celebrate cultures, from singing and dancing to sharing cookies.

"Make a new Friend" Sept. 25 at 10:30 am; Sept. 26 at 10:30 am, and 2 pm; and Sept. 27 at 1:30 pm and 4 pm. Tickets range in price from \$25 to \$40.

*Tilles Center for the Performing Arts [LIU Post-720 Northern Blvd. in Brookville, (516) 299-3100; [www.ticketmaster.com](http://www.ticketmaster.com)].*

#### FURTHER AFIELD

**Animal Yoga:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://www.brooklynkids.org); 10:30 am; Free with admission.

Young yogis, what is your favorite animal? Explore movement as we stretch like a cat and go upside-down for downward-facing dog.

### SUN, AUG. 30

#### IN QUEENS

**Make it – Tinkering:** New York

Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 1:30 to 3 pm and 3:30 to 5 pm; \$2 adult/child pair (members free).

Explore different activities that will encourage families to build, explore, design and create together. Recommended for ages 5 and older. Limited capacity. Registration required.

### WED, SEPT. 2

#### IN QUEENS

**"Big Hero 6":** George Seuffert Bandshell in Forest Park, Woodhaven

Bld. and Forest Park Drive; (718) 235-4100; [www.nycgovparks.org](http://www.nycgovparks.org); 7:30 to 9 pm; Free.

Bring a blanket or chair, a bucket of popcorn, and get ready to enjoy this fun high-tech movie about robots and friendship under the stars.

### FRI, SEPT. 4

#### IN QUEENS

**Suite Summer Festival:** Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; [www.socratessculpturepark.org](http://www.socratessculpturepark.org); 10 am to 6 pm; Free.

In-Sight Dance company's gathers professional dance companies from around the city to perform.

**"Big Hero 6":** Joseph P Addabbo Memorial Park, N. Conduit Ave. and 81st Street; (718) 393-7370; [www.nycgovparks.org](http://www.nycgovparks.org); 8 pm to 10 pm; Free.

Bring a blanket or chair, a bucket of popcorn, and get ready to enjoy this fun high-tech movie about robots and friendship under the stars.

**"Finding Nemo":** Boardwalk, Beach 59th St. and the Boardwalk; [www.nycgovparks.org](http://www.nycgovparks.org); 8 pm to 10:30 pm; Free.

Join Dory and help find Nemo in this fun animated movie. Bring a blanket or chair and a bucket of popcorn to enjoy the screening under the stars.

### SAT, SEPT. 5

#### IN QUEENS

**Health and Fitness day:** Flagpole near Recreation Center in Roy Wilkins Recreation Center, Basley and Merrick boulevards; (718) 276-8686; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am – 3 pm; Free.

Exercise demos, races, contests, crafts, a puppet show and much more for all ages.

**Back to school festival:** Springfield Park, 76th Avenue and Springfield Boulevard; (718) 352-4793 X 302; [www.nycgovparks.org](http://www.nycgovparks.org); Noon–3 pm; Free.

Summer's not over yet, but school is starting soon. Have fun playing games, craft projects and giveaways.

**Tinker it Sundays:** New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 1 pm to 5 pm; \$2 per adult/child pair (members free).

Scribble Bot is on tap in this family workshop suitable for children 6 years and older.

**Omar's sendoff:** Forest Park Carousel, Forest Park Drive and Woodhaven Boulevard; (718) 788-2676; [www.nycgovparks.org](http://www.nycgovparks.org); 2 pm to 6 pm; Free.

*Continued on page 42*

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

## Continued from page 41

Give summer goodbye with this special performance with illusionist Omar the "Olusionist", a deejay, dancing, contests, and games.

**Suite Summer Festival:** 5 pm to 6 pm. Socrates Sculpture Park. See Friday, Sept. 4.

**Astronomy:** Rockaway Beach, Beach 116th Street and The Boardwalk; (718) 352-1769; [www.nycgovparks.org](http://www.nycgovparks.org); 8 pm to 9:30 pm; Free.

Let the rangers lead you on a journey of discovery through the stars. Learn about solar system, discuss the science, history and folklore surrounding our star.

## SUN, SEPT. 6

### IN QUEENS

**Omar's send off party:** Fantasy Forest Amusement Park, 111th St and Avenue of Transportation; (718) 788-2676; [www.nycgovparks.org](http://www.nycgovparks.org); 2 pm to 6 pm; Free.

Omar the "Olusionist" is at the amusement park and celebrating the end of summer with magic shows, a dance contest, and more.

**Suite Summer Festival:** 3 pm to 6 pm. Socrates Sculpture Park. See Friday, Sept. 4.

## MON, SEPT. 7

### IN QUEENS

**The Great Miguelino:** Fantasy Forest Amusement Park, 111th St and Avenue of Transportation; (718) 788-2676; [www.nycgovparks.org](http://www.nycgovparks.org); 2 pm to 2:45 pm; Free.

Be amazed by the magic!

**The Amazing Captain Faust:** Forest Park Carousel, Woodhaven Blvd. and Forest Park Drive; (718) 788-2676; [www.nycgovparks.org](http://www.nycgovparks.org); 2 pm to 2:45 pm; Free (carousel is extra).

The Coney Island performer is coming to Queens! Enjoy sleight-of-hand tricks.

## THURS, SEPT. 10

### IN QUEENS

**Epic cupcakes:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 6:30 pm to 8 pm; \$14 (\$20 non-members).

Learn to mold fondant into books, apples and letter cutouts to celebrate back to school. For children 9 and older — limited to 15 participants. Pre-registration and payment required.



## Nano tech is huge!

Little hands learn about nano hands in this fun nano demonstration on Sept. 12, 29, 30, and Oct. 1.

Just how small is small? Join in to uncover the fascinating world of nanoscience and nanotechnology and participate in hands-on activities that explore the properties, structures, materials and scale of this exciting

field of science.

No reservation required. Best suited for ages 6 and up.

Nano demonstration, Sept. 12 from 1 to 3 pm; Sept. 29, 30, Oct. 1, from 2 to 4 pm. General admission.

*SONY Wonder Technology Lab [550 Madison Ave. at 56th Street in Midtown, (212) 833-8100; [www.sonywondertechlab.com](http://www.sonywondertechlab.com)].*

## FRI, SEPT. 11

### IN QUEENS

**Camping:** Fort Totten Visitor's Center, Ordinance Rd. at Shore Road; (718) 352-1769; [www.nycgovparks.org](http://www.nycgovparks.org); 7 pm to 7 am; Free.

What better way to celebrate the country's independence than with a sleep out with rangers under the stars and s'mores? Families chosen by lottery.

### FURTHER AFIELD

**"Sesame Street Live! Make a New Friend":** Kings Theatre, 1027 Flatbush Ave. between Beverly Road and Tilden Avenue, Brooklyn; (800) 745-3000; [www.ticketmaster.com](http://www.ticketmaster.com); 10:30 am; \$25-\$40.

Elmo, Grover, and friends welcome Chamki, Grover's friend from India, to Sesame Street. Interactive learning experience, including up-close and furry interactions on the audience floor. It's a high-tech stagecraft, cleverly written script, with classic musical numbers everyone can sing along with.

## SAT, SEPT. 12

### IN QUEENS

**Honey festival:** Boardwalk, Beach 97th St. and Shorefront Parkway; (718) 318-4000; [www.nycgovparks.org](http://www.nycgovparks.org); 10 am to 6 pm; Free.

Learn about the tasty honey from New York City and beyond with activities, bee-keeping demos, a marketplace and bee-related products.

**Hands-on History:** King Manor Museum, 150-03 Jamaica Ave.; (718) 206-0545 X 13; [www.kingmanor.org](http://www.kingmanor.org); Noon-3 pm; Free.

Founding Fathers celebrates the 228th anniversary of the signing of the Constitution with wig making, listening to stories, and signing a replica.

**Circus Amok:** Socrates Sculpture Park, 32-01 Vernon Blvd.; (718) 956-1819; [www.socratessculpturepark.org](http://www.socratessculpturepark.org); 1 pm to 4 pm; Free.

Since 1989, Circus Amok has brought its funny, queer, caustic, political, one-ring spectacles to diverse

neighborhoods throughout New York City. Circus Amok blends traditional circus skills — tight rope walking, juggling, acrobatics, stilt walking, clowning — with experimental dance, puppetry, music old and new, gender-bending performance art, and improvisational techniques.

**Skats the Clown:** Forest Park Carousel, Woodhaven Blvd. and Forest Park Drive; (718) 788-2676; [www.nycgovparks.org](http://www.nycgovparks.org); 2 to 2:45 pm and 4 to 4:45 pm; Free.

It's clown comedy at its best and guaranteed to bring out the child in all.

**"42":** Almeda Playground, Beach Channel Drive and Beach 66th Street; (212) 639-9675; [www.nycgovparks.org](http://www.nycgovparks.org); 8:30 pm to 10:30 pm; Free.

Bring your blanket, chair and popcorn to see this movie based on the bio of Jackie Robinson.

### FURTHER AFIELD

**"Sesame Street Live! Make a New Friend":** 10:30 am, 2 pm, 5 pm. Kings Theatre. See Friday, Sept. 11.

## SUN, SEPT. 13

### IN QUEENS

**Learn to ride:** Albert H. Mauro Playground, Park Drive East and 73rd Avenue Terrace; (718) 393-7370; [nycgovparks.org](http://nycgovparks.org); 11 am - 1 pm; Free.

Children take safety classes and learn how to put the pedal to the metal.

**Antique Motorcycle show:** Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); 11 am - 4 pm; \$5 per person.

A display of various makes and models of the motorcycle that have been out of production for 10 years or more, tours, music, and food.

### FURTHER AFIELD

**Take a tour:** Lefferts Historic Homestead, 452 Flatbush Ave. between Empire Boulevard and Eastern Parkway, Brooklyn; (718) 789-2822; [www.prospectpark.org](http://www.prospectpark.org); Noon-1 pm; \$10.

Take a walk through and examine the many layers that were added, subtracted and changed over the past 230 years. For teens and adults. Limited to 10 persons. Reservations are required.

**"Sesame Street Live! Make a New Friend":** 1 pm and 4:30 pm. Kings Theatre. See Friday, Sept. 11.

**Dinner with Mario:** New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817-8700; [www.nybg.org](http://www.nybg.org); 5 pm to

# Calendar

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7:30 pm; \$85 (\$35 children 2 to 12; Under 2 free).

Cooking demonstrations and dinners celebrating the Edible Academy, and all prepared by Mario Batali's chefs, including Frank Langello of Babbo, Dan Drohan at Otto, Mario La Posta from Babbo Boston, John Katz at Tarry Market, Andy Nusser of Tarry Lodge, and Anthony Sasso of Casa Mono. Reservations and pre-purchase tickets suggested.

## WED, SEPT. 16

### IN QUEENS

**Youth Jazz Orchestra:** Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 7 pm; Free.

Conducted by Wolfgang Diefenbach, the band plays standard swing and jazz selections.

## SAT, SEPT. 19

### IN QUEENS

**Queens County Fair:** Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); 11 am - 6 pm; \$9 (\$5 child 12 and under).

The most popular event of the year, fresh artisanal foods, home crafts, pie eating contests, pig races, tours, and more. Plus the opening of the corn maze.

#### **The Magical Georgie Porgie:**

Forest Park Carousel, Woodhaven Blvd. and Forest Park Drive; (718) 788-2676; [www.nycgovparks.org](http://www.nycgovparks.org); 2 pm to 2:45 pm and 4 pm to 4:45 pm; Free.

The master illusionist leaves everyone wondering, "How did he do that?"

**Flicks and Jazz:** Sunnyside Gardens, 48-21 39th Avenue; (718) 672-1555; [www.flicksinthegarden.org](http://www.flicksinthegarden.org); 5:30 pm-10 pm; \$10, (\$5 park members; Free for children).

Good eats, good music and good films, what more can you ask for? Live jazz music featuring Sunnyside musicians, vintage cartoons including "The Automatic Moving Company" (1912), "Spring Antics" (1932), "A Colour Box" (1935), "Polar Pals" (1939), and "Me Musical Nephews" (1942), and treats, sweets and refreshments for purchase.

**Star searchers:** Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 7:30 to 9:30 pm; \$9 (\$15 non-members).

Join traveler to the stars Mark Freilich for a tour of the universe. For children 9 and older with an adult. Pre-registration required.

**Nocturnal wildlife:** Albert



## Fun times at the fair

Come on down to the annual Queens County Farm Museum Fair on Sept. 19 and 20.

One of the most popular events of the year features blue ribbon competitions in livestock, produce, home crafts, arts and crafts, and more.

Fair-goers enjoy pie-eating and corn-husking contests, pig races, hayrides, carnival rides, midway games, and kids' entertainment by Big Apple Circus To-Go.

The farm's corn maze opens

Sept. 19, complete with craft and food vendors.

County Fair, Sept. 19 and 20 from 11 am to 6 pm. Admission is \$9 for adults and \$5 for children; free for farm members (admission does not include admittance to the Amazing Maize maze, carnival rides and games).

*Queens County Farm Museum [73-50 Little Neck Pkwy. in Glen Oaks, (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org)].*

H.Mauro Playground, Park Drive East and 73rd Avenue Terrace; (718) 352-1769; [nycgovparks.org](http://nycgovparks.org); 8 pm to 9:30 pm; Free.

From falcons to salamanders, New York City is home to all types of wildlife. Go with rangers and discover the best spots to find them.

### FURTHER AFIELD

**Children's Day:** NYU Polytechnic Downtown, MetroTech Commons, Brooklyn; [www.brooklynbookfestival.org](http://www.brooklynbookfestival.org); 10 am - 4 pm; Free.

September in Brooklyn is a book lover's dream. The Children's Day (for children ages 2 to 11) will showcase writers and illustrators including favorite children's and middlegrade authors Edwidge Danticat, Kevin Henkes, Lenore Look, George O'Connor, Matt de la Peña, Jon Scieszka and current

top 10 New York Times bestsellers Chris Grabenstein, Adam Rubin and Daniel Salmieri.

## SUN, SEPT. 20

### IN QUEENS

**Queens County Fair:** 11 am - 6 pm. Queens County Farm Museum. See Saturday, Sept. 19.

## FRI, SEPT. 25

### FURTHER AFIELD

**"Sesame Street Live! Make a new Friend":** Tilles Center for the Performing Arts, LIU Post-720 Northern Blvd., Long Island; (516) 299-3100.; [www.ticketmaster.com](http://www.ticketmaster.com).; 10:30 am; \$25-\$40.

Join Elmo, Big Bird and the whole

gang for a fun performance with all your favorite characters fun-filled, interactive learning experience, including up-close and furry interactions on the audience floor. It's a high-tech stagecraft, cleverly written script, with classic musical numbers everyone can sing along with including "Count Me In," and fun new parodies of "Hot and Cold," and "Moves Like Jagger."

## SAT, SEPT. 26

### IN QUEENS

**World Maker Faire:** New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); 10 am - 7 pm; \$35 (Single day fee) includes museum admission.

A family fun festival to make, create, learn, invent, craft, recycle, build, think, play and be inspired by celebrating arts, crafts, engineering, food, music, science and technology.

**Bonkerz the Clown:** Forest Park Carousel, Forest Park Drive and Woodhaven Blvd.; (718) 788-2676; [www.nycgovparks.org](http://www.nycgovparks.org); 2 pm to 2:45 pm and 4 pm to 4:45 pm; Free.

Wise-cracking clown makes jokes, clowns around and does a bit of magic.

#### **Harvest Moon Drumming:**

Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; [www.flushingtownhall.org](http://www.flushingtownhall.org); 7 pm; \$20 (18 members).

Celebrate the Harvest Moon with a drum circle with master drummers from Haiti. Begin with workshops led by Haitian master drummer, Ôneza Lafontant, on the Rada and Petwo drums, then jam with the entire group. All are welcome from beginner to professional — just bring your enthusiasm!

### FURTHER AFIELD

#### **Citywide High School Fair:**

Brooklyn Technical High School, 29 Fort Greene Place, Brooklyn; [www.schools.nyc.gov/choice](http://www.schools.nyc.gov/choice); 10 am - 3 pm; Free.

Parents and children learn all about the new school year, special programs and how to apply for specialty schools.

**"Sesame Street Live! Make a new Friend":** 10:30 am and 2 pm. Tilles Center for the Performing Arts. See Friday, Sept. 25.

**Chile Pepper Festival:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://www.bbg.org); 11 am - 6pm; \$20 (\$15, seniors & students; Free for children under 12 and members).

It's the hottest thing in town. Sam-

*Continued on page 44*

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

## Continued from page 43

ple dozens of hot sauces, pickles and salsas, as well as artisanal goods from local chile-chocolate creators, and live performances.

## SUN, SEPT. 27

### IN QUEENS

**World Maker Faire:** 10 am – 6 pm. New York Hall of Science. See Saturday, Sept. 26.

### FURTHER AFIELD

**Citywide High School Fair:** 10 am – 3 pm. Brooklyn Technical High School. See Saturday, Sept. 26.

**Bus Festival:** New York Transit Museum, Boerum Place at Schermerhorn Street, Brooklyn; (718) 694-1600; [www.mta.info/mta/museum](http://www.mta.info/mta/museum); 11 am to 6 pm; Festival is free (\$1 to the museum all day).

Beep! Beep! Join in and have fun at the 22nd annual Bus Festival! Explore the vintage fleet of buses and surface transportation vehicles, participate in hands-on activities for kids, shop for bus-related gifts and transit memorabilia. The museum will close at 5 pm with last admission at 4:30 pm.

**"Sesame Street Live! Make a new Friend":** 1:30 pm and 4 pm. Tilles Center for the Performing Arts. See Friday, Sept. 25.

## LONG-RUNNING

### IN QUEENS

**Summer exhibits:** Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; [www.socratessculpturepark.org](http://www.socratessculpturepark.org); Daily, 10 am – 8 pm; Now – Sun, Aug. 30; Free.

Come and enjoy the park and the public art projects by artist Agnes Denes, Heide Fasnacht, Gabriela Albergaria, and Verta Lutter.

**Sculpture workshop:** Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; [www.socratessculpturepark.org](http://www.socratessculpturepark.org); Saturdays, Noon-3 pm, Now – Sat, Sept. 26; Free.

Children 5 to 13 years old with caregiver/parent learn how to work with different artistic mediums and create sculptures.



## Busy bees at work

The buzz is all about the bees at Castle Clinton on Sept. 19.

Families can visit the beehives at Castle Clinton in the Battery and learn how the busy insects work, play, and make honey.

Children can also make a paper flower crown to take home.

The Buzz about the Bees on Sept. 19 from 10 am to noon; free. Castle Clinton [Battery Park, (917) 409-3720; [www.nycgovparks.org](http://www.nycgovparks.org)].

**Guerilla storytime:** Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; [www.socratessculpturepark.org](http://www.socratessculpturepark.org); Saturdays, 2 pm to 4 pm, Now – Sat, Aug. 29; Free.

Pop up readings at the park's Mini Library share stories and sing songs.

**Alley Pond Park Adventure Course:** Alley Pond Park, Cross Island Pkwy & Grand Central Pkwy; (718) 217-4685; [www.nycgovparks.org](http://www.nycgovparks.org); Sundays, 9:30 am to noon, Now – Sun, Nov. 1; Free.

Test your mettle against the two-hour course, zip lines, low and high elements and obstacles. Minors must be accompanied by an adult.

**Summer Sports Experience:** Det. Williams Playground, 173rd St. and Fern Place; (718) 393-7370; [www.nycgovparks.org](http://www.nycgovparks.org); Weekdays, 10 am – 6 pm, Now – Fri, Sept. 4; Free.

Pitch, shoot, score. Children play a variety of sports.

**Farmer's Market:** Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; [www.queensbotanical.org](http://www.queensbotanical.org); Fridays, 8:30 am to 4pm, Now – Fri, Nov. 20; Free.

Fresh fruits and veggies have returned for another season where families can stock up on nutritious foods.

**Story time:** Barnes and Noble, 23-80 Bell Blvd.; (718) 224-1083; [www.barnesandnoble.com](http://www.barnesandnoble.com); Saturday, Sept. 5, 11 am; Monday, Sept. 7, 11 am; Saturday, Sept. 12, 11 am; Monday, Sept. 14, 11 am; Saturday, Sept. 19, 11 am; Monday, Sept. 21, 11 am; Saturday, Sept. 26, 11 am; Monday, Sept. 28, 11 am; Free.

Children enjoy story time and new books.

**Maker space:** New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; [www.nyscience.org](http://www.nyscience.org); Saturdays and Sundays, 1:30 pm to 3 pm and 3:30 pm to 5 pm, Sat, Sept. 5 – Sun, Nov. 15; Free with museum admission.

Use everyday materials in exciting ways; from woodworking to plaster casting — this workshop is a fun way to explore your creativity. Be prepared to get messy.

**Drop in workshop:** Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; [www.movingimage.us](http://www.movingimage.us); Saturday, Sept. 12, 12 pm; Saturday, Sept. 19, 12 pm; Saturday, Sept. 26, 12 pm; Saturday, Oct. 3, 12 pm; Saturday, Oct. 10, 12 pm; Saturday, Oct. 17, 12 pm; Saturday, Oct. 24, 12 pm; Saturday, Oct. 31, 12 pm; Free with museum admission.

Families, with children 7 years and older are invited to make their own media projects.

**The Amazing Maize Maze:** Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; [www.queensfarm.org](http://www.queensfarm.org); Saturdays and Sundays, 11 am – 4:30 pm pm, Sat, Sept. 19 – Sun, Oct. 25; \$9 (\$5 child 12 and under).

Ready to find your way out? Kids and adults have fun exploring the maze and solving the puzzle of the maze.

### FURTHER AFIELD

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

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

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## TEETH TIPS

**DR. LAVANYA  
VENKATESWARAN**  
Pediatric Dentist

# When it's time to put away the pacifier

**A**s a pediatric dentist, I often get asked by my patients' parents if it is alright that their child is using a pacifier. For young infants, sucking on a pacifier is a useful method to provide comfort and a way to soothe your baby. However, this type of oral habit can end up adversely affecting teeth if it is not discontinued by the appropriate age.

Generally, I recommend weaning off the pacifier by age 3. Prolonged pacifier use past this age can lead to malposition of the teeth and a change in the child's bite, leading to what we call "open bite," which prevents the top front teeth from biting against the front bottom teeth as they normally would do.

Additionally, the constant sucking motion from using a pacifier can lead to dry mouth and cause formation of calculus — or tartar — which is unhealthy for your toddler's gums and the bones supporting the teeth.

There are some toddlers who naturally wean themselves off of the pacifier, and that's great. For those of us parents who aren't as lucky, there are some things that you can do to help discourage the habit.

As with any habit, it's hard to stop cold turkey. So I suggest starting the weaning process around 2 years old, so that you have enough time to try different methods if necessary. Help your toddler understand that this is a habit you want her to stop by verbalizing the sentiment often. When your child reaches for the pacifier for comfort or when she's sleepy, try communicating that she's a big girl and doesn't need to use a pacifier. Distract her with some other activity as a source of comfort.

Even if you can delay the pacifier use by five minutes the first time, it will help teach your child self-coping and it helps her understand that she can manage without the pacifier. Keep up this active verbalization that the pacifier is not okay anymore, and you can gradually decrease the amount and frequency that your child reaches for it.



Another good idea is positive reinforcement. For example, set up a calendar for your child and let her get a sticker for each day that she does not use the pacifier. Make up the terms, so that if he gets five stickers in a row, he can get a special prize or reward. I like this method, because it gives the child a sense of control and choice in the matter.

If your child uses the pacifier during the day and night, start with small goals. For instance, start by having him nap without the pacifier. Then over time, move on to having him sleep through the night without it. What makes the pacifier so soothing is the sucking motion from the nipple. So, another technique that has worked with my patients is to change the shape of the pacifier to make it less satisfying. You can use a dull razor blade or a dull knife to blunt the tip of the pacifier. Gradu-

ally shave down the tip of the nipple little by little each day. Then, eventually, it won't be functional and your child will grow tired of it.

Every child is different, so the time it takes to wean your child off of the pacifier can vary. Don't get discouraged if it takes a few months. Consistency is important, though, so don't give up once you decide you are ready to help your little one give up the pacifier.

*Dr. Lavanya Venkateswaran is a board-certified pediatric dentist. She is currently in private practice at Tribeca Smiles and in Tappan, New York at Children's Dentistry of the Palisades. Additionally, she is an attending at Columbia University Medical Center as an assistant professor of clinical pediatric dentistry. In her spare time, she enjoys spending time with her husband and baby boy, is an avid runner, and a student of Indian classical dance and music.*



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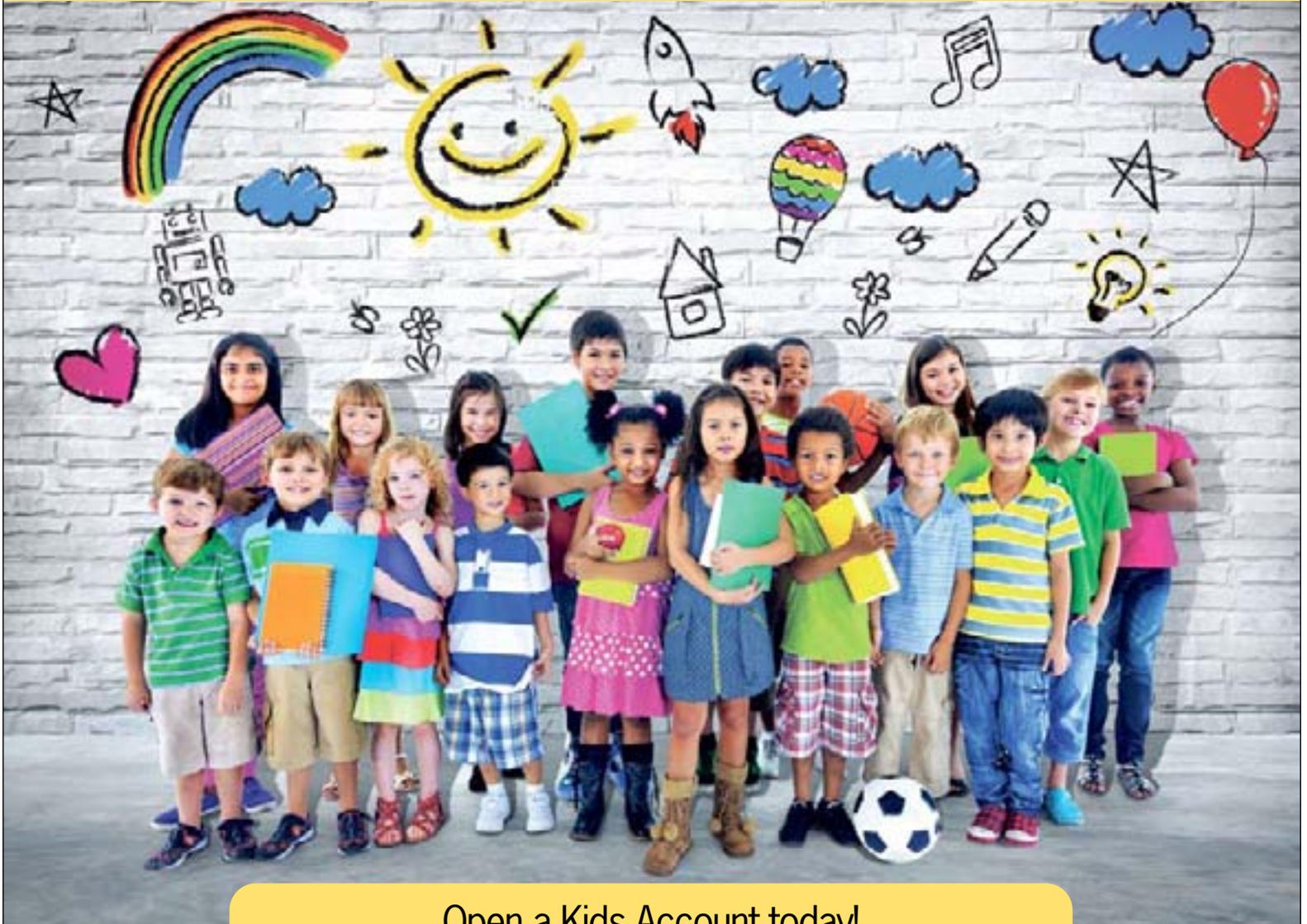


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