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Family June 2016

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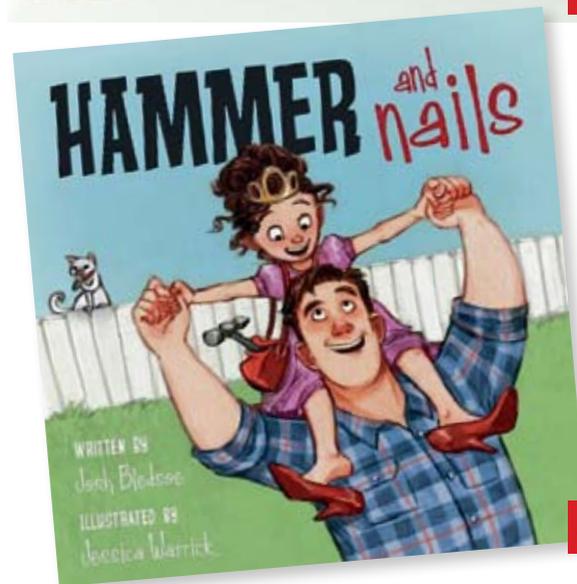
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The perfect month of June

I had a great Mother's Day and hope you all did, too. My family was on vacation and that in itself made it a super day, but in addition to that, my daughter was loving and sweet in delightful ways and made me feel special.



Last month we ran an interesting article about parenting grown children, and I personally found it had substance I could relate to. Just because they're taller than you doesn't really change the parental responsibility, it just makes the responsibilities different. It means that new issues will emerge, like dealing with boyfriends or girlfriends or in-laws. It means that although they will be independent beings, somehow they

will always be linked. Maybe some of the roles will have reversed a bit and now they may be helping you in ways you used to help them. June is a month that presents parents of kids of all ages with a myriad of celebrations and milestones; everything from graduations to weddings, the beginning of camp to the beginning of summer school. It's also the month when we celebrate fathers, and this issue has its share of articles relating to Dad. With increasing numbers of fathers opting to be primary caregivers rather than working outside the home, the role of Dad has altered and has become inclusive. When I was a kid, many of my friends hardly saw their dads.

They were always working and were seldom home. Sad, but true.

The reality of extended families has also changed the picture and we now have step-dad and mom realities as well. Families are complex and no longer hidden behind the curtains and kept in the shadows. When I was nine years old my dad remarried my girlfriend's mother and we became an instant new family. There were loads of issues associated with this that went unaddressed for years. In those days, people were very insular. They didn't talk about things and they certainly didn't entertain things like counseling. Nowadays, it's a rare family who would respond with such denial to the complexities of life's choices.

We're so much wiser and more open and just having these parenting resources available helps in ways

that went unaddressed in years past. We all know that not everything comes naturally and that there is information we need to help us do a better job.

We hope you find this issue informative and entertaining too! Our calendar is loaded with great things for every family to do around New York in this glorious month of June, which also happens to be my birthday month. No wonder I love it. Have fun! Happy summer.

Thanks for reading!

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A good stepdad

An important job that can be a real challenge

BY GAYLA GRACE

My husband, Randy, will be the first to tell you he has done a lot of things wrong as a stepfather. He has been a step-parent to my two daughters for 20 years. His stepdaughters love him dearly.

But it hasn't always been that way.

My youngest daughter, Jodi, was almost 3 when we married, and my older daughter Jamie was 5. Randy had a difficult time with Jamie from the beginning. She didn't want another dad in her life, and she made that clear to him.

She overheard a conversation between the two girls one night in the bathtub during our first year of marriage.

"I hate him, too. I can't believe Mom married him," Jamie told Jodi. There was little love, or even like, between Randy and the girls in the beginning.

During our second year of marriage, Randy left the house one evening and called from a nearby hotel.

"I'm not coming home tonight. I'm not sure I'm coming home again. I can't cope with the ongoing conflict between me and you and the kids."

It was a tough season. Randy brought two children to the marriage also, and attempting to blend our four kids, ages 3 to 10, while learning how to stepparent and parent together, proved harder than we anticipated. But neither of us wanted to endure another divorce. Randy and I began counseling that year to work through the bumps.

During her teenage years, Jamie challenged us on every turn. If Randy punished her in the slightest, she threatened to call Child Protective Services. She ran away more times than I can remember (but thankfully never went far). After one particularly difficult day with defiant behavior, Randy took Jamie's cellphone and threw it to the ground. As it busted into several pieces, Jamie began yelling at us both. The night didn't end well. And I wasn't sure the sun would come up the next day.

But it did. And Randy didn't give up on his stepparenting journey with Jamie.

When she came into driving age, Randy wanted to teach her to drive. She tested every ounce of his patience. They would come in from a driving session hardly talking to one another — Jamie's anger brewing over. But the next day, they were at it again.

During her high school years, Jamie participated in competitive cheerleading. Randy would jokingly say, "Do you call cheerleading a sport?" The ongoing drama with other cheerleaders, out-of-town competitions, and the continuous drain on his wallet threw Randy into stress overdrive. His grumpiness overshadowed his joy at times. But he didn't quit supporting Jamie and the things that made her tick.

As Jamie left for college, I'll never forget her words to him. With a wrap-around hug and a smile on her face she said, "Thank you for being such a great dad to me. I love you!"

Jamie travelled to Mozambique, Africa, for an eight-month missionary

journey after graduating from college. She left in early summer, and we knew it would be difficult to communicate with her while she was gone. As I suspected, however, she made sure to call on Father's Day, despite the seven-hour time difference between us.

When Randy answered the phone, I saw tears in his eyes as he listened to Jamie recount life-changing experiences, knowing he had contributed to her stability and maturity that enabled her young life to now make a difference for others. She closed with the words every stepfather loves to hear, "Happy Father's Day, Dad. I love you. I miss you."

Do you have to be a perfect stepdad to have a meaningful relationship with your stepchildren? No!

Randy's stepdaughters, Jodi, now 23, and Jamie, now 25, love their imperfect stepdad.

Why? How did that happen?

Randy never quit. He got up when he fell down. He sought help when he needed answers. He cried. He prayed. He struggled. He fought. He apologized. He forgave. He smiled with gritted teeth. But he never quit.

Is it a cycle? Yes. You take one step forward and two steps backward. You celebrate a season of growth and then start a season of despair. You gain the insider status one day and feel like an outcast the next.

Does that mean you failed?

No.

Stepparenting is tough. Mistakes are made. Misunderstandings happen. And variables outside our control influence stepfamily relationships. But there are new tomorrows. A fresh start to work through differences. Hope for harmony.

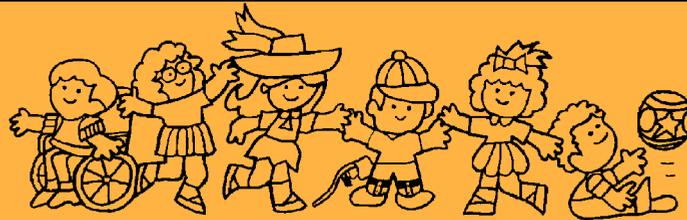
As a stepdad, you've been given an opportunity to influence a young child's life like no one else can. In an imperfect way.

Are you up for the challenge? I hope so.

Because my husband will tell you: your efforts count! And there are rewards to stepparenting, even when you're not perfect ... but oftentimes they're at the end of the journey.

Gayla Grace is a freelance writer, wife, mom to three and stepmom to two. She supports and encourages stepparents through her website at www.stepparentingwithgrace.com.





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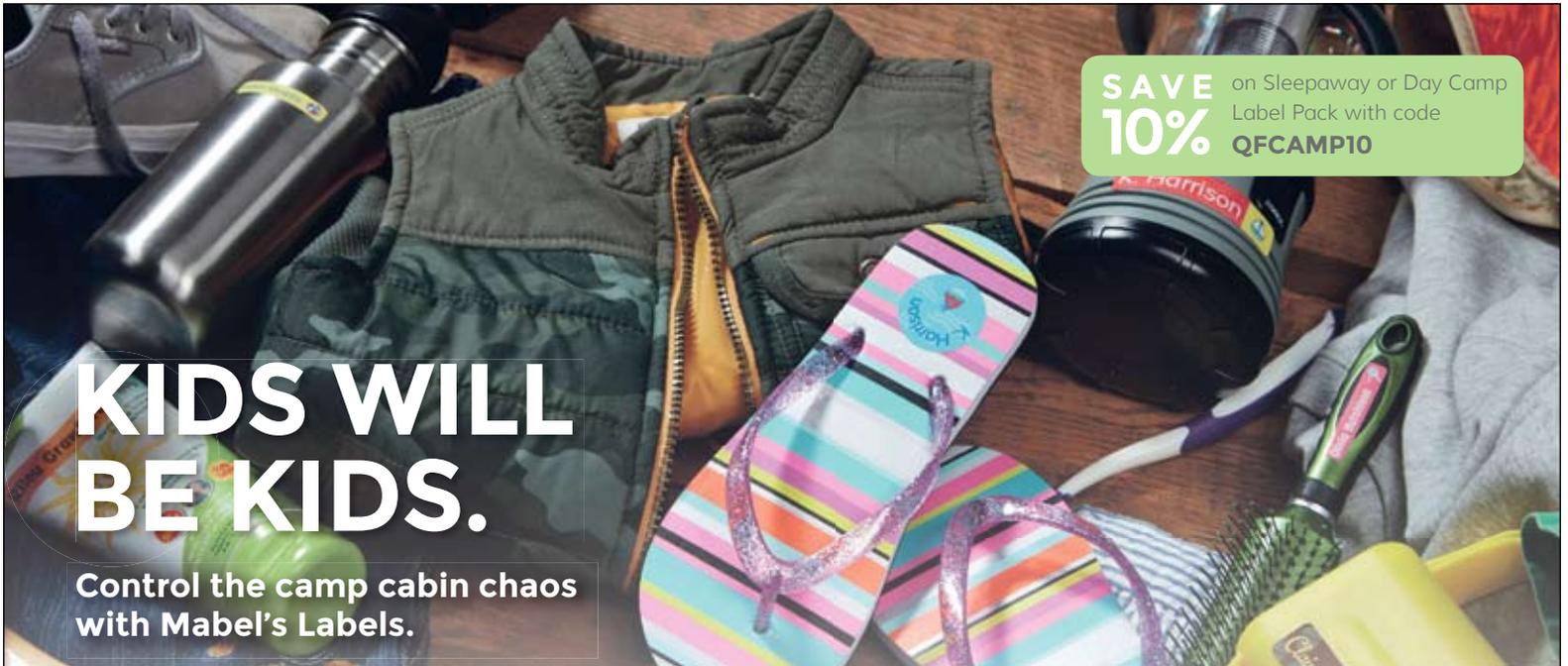
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First-time dads

Helping men
adjust to a
new addition
to the family

BY DENISE YEARIAN

When a child is born, much emphasis is placed on helping the new mother and baby adjust. But they aren't the only ones undergoing change. Most first-time fathers experience stress due to sleep deprivation, change in routines, and their own apprehensions about parenting.

"There are a myriad of emotions that come with being a new father," says Armin Brott, author of multiple books and one DVD on fatherhood. "Most often, it's a feeling of pride and excitement. At the same time there can be apprehensions — 'Will I be a good father?' 'Can we afford this?' 'How is this going to change our lives?'"

This was what David Wuttke found.

"When my son David Jr. was born, I had overwhelming feelings of anxiety and excitement all at once," he says. "I had been babysitting since I was 16, so my anxiety wasn't about child care. It was the reality of the responsibility that this was my son. And that sent a shock to my system."

Just knowing there's another person to care for can be a big stressor for first-time fathers. Couple that with the fact that many men don't initially know how to bond with their newborns.

"If a mother is nursing, it naturally brings her in contact with the baby," says Brott. "Dads don't have that same natural bonding method, so they often get stuck doing the

dirty work. But it shouldn't be that way."

Susan Maroto, licensed social worker and parent educator in prenatal care and postpartum adjustment, agrees.

"There are things moms can do to help dads feel competent in that role," she says. "Encourage them to take part in all areas of child care — feeding, bathing, reading, and putting the baby down. Just be

careful you aren't overly critical. Standing behind your husband and correcting his every move will only frustrate him. Show him what needs to be done, then let him develop his own style."

Fortunately for Wuttke, basic training occurred as a teen sitter and paid big dividends when his son was born. Soon after his wife Christine delivered, she enrolled in college and David was thrust into



Resources for new fathers

Books and DVDs:

- "Be Prepared: A Practical Handbook for New Dads" by Gary Greenberg and Jeannie Hayden
- "The Expectant Father: Facts, Tips, and Advice for Dads-to-Be" by Armin Brott
- "The Father's Almanac: From Pregnancy to Pre-school, Baby Care to Behavior, the Complete and Indispensable Book of Practical Advice and Ideas for Every Man Discovering the Fun and Challenge of Fatherhood" by S. Adams Sullivan
- "New Father Book: What Every New Father Needs to Know to be a Good Dad" by Wade F. Horn, Ph.D. and Jeffrey Rosenberg, MSW
- "Toolbox for New Dads: Because Babies Don't Come with Instructions" by Armin Brott (DVD)

Websites:

- www.newdads.com • www.mrdad.com

solo evening child care.

"I never had to think about how to take care of David. I just fell back on my babysitting days," says Wuttke. "If he was crying, I would say, 'Okay, let's guess what he needs?' Then I'd check his diaper. If that was okay, I'd try to feed him. If he wasn't hungry, I thought maybe he had gas or needed to sleep. One of those usually did the trick."

For Anthony Franco, the adjustment wasn't that easy. When his wife Lisa gave birth to twins, Franco seemed to be fine. But four months into it, things changed.

"I started experiencing panic attacks and didn't know why," he remembers. "I would be in the supermarket when all of the sudden I would get this overwhelming sense of dread and lightheadedness."

This went on for several months until Franco finally went to the doctor.

"He asked me where it was happening, and I told him it was when I was buying diapers, formula, and other things for the twins," he continues. "That's when he pinpointed the problem. He said this happens to a lot of new fathers. He prescribed a little anti-anxiety medication and then I was fine."

Brott believes it's important for men to have someone with whom they can share their stress.

"Some men have close friends they can confide in. But a lot don't, so they keep all of those concerns in and the stress level builds," he says. "They shouldn't be afraid to talk with other men and find out what they have gone through. Chances are they'll find others felt the same way, too."

One concern most new fathers share is fatigue. Franco and Wuttke both had a hard time with this.

"The one thing I really didn't expect was that time on a 24-hour clock had no meaning anymore," says Franco. "It became irrelevant after a while, and we just fit sleep in whenever we could."

The Wuttkes solved this problem by enlisting the help of relatives.

"There were times Chris and I said, 'We need a break,' and my mom would take David, so we could rest. We even called my grandparents, so we could have an occasional night out."

Extended family and friends can be a huge help or add significant stress, depending upon the dynamic of the relationship, say experts. This is where husbands can help their wives by setting boundaries.

"Dad should take the role of communicator outside the family, and if needed, limit visitors," says Maroto. "Encourage others to help in practical ways such as dropping off meals, running errands, or watching the baby for 20 minutes, so the couple can take a quick walk."

What's most important is to realize this is a period of adjustment and life does get easier.

"It's like anything new, it takes a little time," says Franco. "It took about 18 months before I became completely comfortable with the twins. Now we're pretty much inseparable."

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

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6 math projects that can make summer count

Simple games keep kids' minds sharp this season

BY DR. HEIDI SMITH LUEDTKE

Lazy summer days give kids a chance to unwind, but time out of school causes kids to forget academics. The National Summer Learning Association reports students lose an average of two months' worth of learning during summer break, and math concepts take the hardest hit. Losses are greatest for kids who are already struggling.

The good news? Fun, at-home math projects using inexpensive supplies can prevent summer learning loss — and you don't have to be a mathematical genius to supervise them. Let these easy ideas inspire you:

Age group: Preschool

1 Scavenger hunt

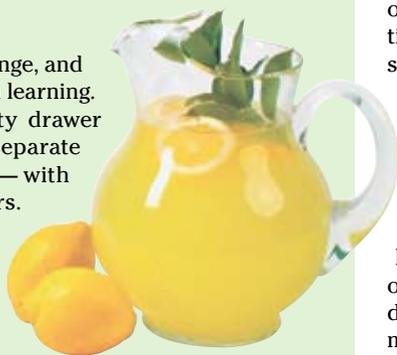
Take a hike with your child and collect a variety of items like pinecones and leaves, rocks, sticks, and feathers.

"Preschoolers learn best when they explore natural materials with their senses," says Master of Education Lorayne Carbon, Director of the Early Childhood Center at Sarah Lawrence College in Bronxville, N.Y.

Let them sell lemonade!

Measuring ingredients, making change, and counting the profits all reinforce math learning.

Stock kids' cash box — an empty drawer organizer or egg carton provides separate compartments for each kind of coin — with pennies, nickels, dimes, and quarters. At the end of the sale, kids can count and roll their coins to take to the bank or make life a little sweeter by donating profits to a local charity.



Let kids sort and display their finds. Your child might organize objects from smallest to largest or group them by texture or color. Sequencing skills take off in toddlerhood, and kids love arranging and rearranging special objects.

2 Sink or swim?

Collect a box of water-safe objects from around the house, such as apples, eggs, pennies, hollow and solid toy balls, Matchbox cars, and seashells. Use a large bucket of water or a backyard kiddie pool to experiment. Ask budding scientists to guess whether each object will sink or stay afloat. Record their predictions and the observed results in a simple chart to capture their learning.

Take care to keep electronics and books out of reach, though. Your preschooler may plop your cellphone into the pool and yell "sink!" before you can rush to the rescue.

Age group: Kindergarten to third grade

3 Measure up

Teach and reinforce measurement concepts including cups, pints, quarts, and gallons at the water table or in the sandbox. Provide a collection of measuring utensils of varied shapes and sizes and let kids explore how many cups are in a pint and how many pints are in a gallon. See whether tall, skinny vessels hold more than short, fat ones.

When kids' interest wanes, head back inside and show them how to build a measurement man out of colored paper. Find detailed directions at www.mathwire.com/measurement/measurementman.pdf. Visualization helps students

remember and apply measurement concepts when they're solving word problems at school or cooking up fun in the kitchen.

4 Fish out of water

Cut out and decorate paper fish or use goldfish-shaped snack crackers as game pieces. You'll need 20 fish for each player.

Give each child a clear glass bowl or print a game board from www.mathwire.com/games/fishoutofwater.pdf. Each player rolls a single die on each turn. The number rolled tells the child how many fish to return to the water and the first player to get all his fish back in the water wins the game.

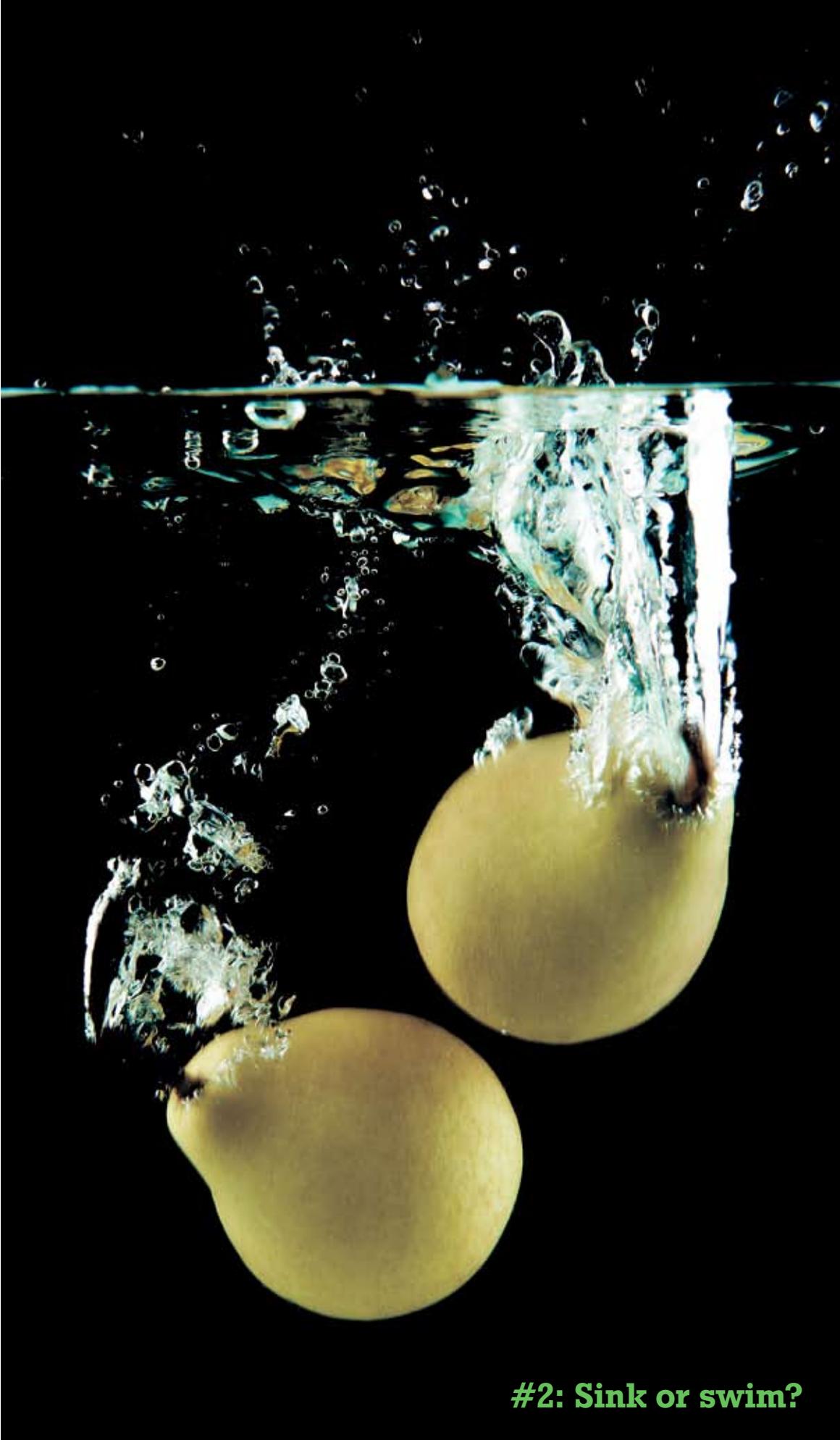
Make this more challenging by requiring players to get the exact number of fish remaining on their final roll (if they have only three fish left, they must roll a 3 to win). Ask the winner to count his fish for confirmation, so you're sure the winner didn't nibble her way to victory.

Age group: Fourth to sixth grade

5 Balloon rocket car race

Put engineering skills to work with some materials gleaned from the recycling bin. You'll need plastic water or soda bottles and lids, drinking straws, wooden skewers, balloons, and duct tape to make these cool rocket cars. Find detailed instructions and a video demonstration at www.hometrainingtools.com/a/balloon-rocket-car-project.

Give kids enough materials to make several cars, using different sized balloons and smaller or larger sized nozzles. Let them test how far their cars go on a flat surface like the driveway or sidewalk, using a



#2: Sink or swim?

Math resources for all ages

Need a few more ideas for summer math projects?

- Online practice for basic math facts: <https://www.xtra-math.org>

- Help kids change the way they solve math problems: “The Grapes of Math” (Scholastic, 2004) by Greg Tang takes a novel, humorous approach. (Second grade and up.)

- Loads of ideas and online games to keep math skills sharp, organized by grade level and topic: <http://everydaymath.uchicago.edu>.

tape measure and chalk to mark distances. Record results on a spreadsheet and have kids calculate the shortest and longest trials, the average length traveled, and the time it takes rocket cars to travel a set distance (kids need a stop watch and some help to do this). Go all out and host a neighborhood rocket car derby with prizes for best design and distance.

6 Million-dollar spending spree Give each kid a pretend bank balance of \$1,000,000 and challenge her to spend it in a specific period of time. Kids might finance a dream vacation, build or buy a new home, or create a financial plan to address an important social issue. Set spending rules that make this project fun and challenging for your child. You might require kids to donate 10 percent to a church or charity, or set aside a certain percentage for college education costs. See teacher’s ideas at www.proteacher.net (search for million-dollar spending spree).

Post the rules and put kids to work. By the end of the project period, each child should produce an itemized spending plan with a photo of each item and an expense tally. The million-dollar spending spree gets kids excited about research and engaged with numbers. It also facilitates great family conversations about values and decision making.

Dr. Heidi Smith Luedtke is a psychologist, former math teacher, and mom of two. She is the author of “Detachment Parenting.”

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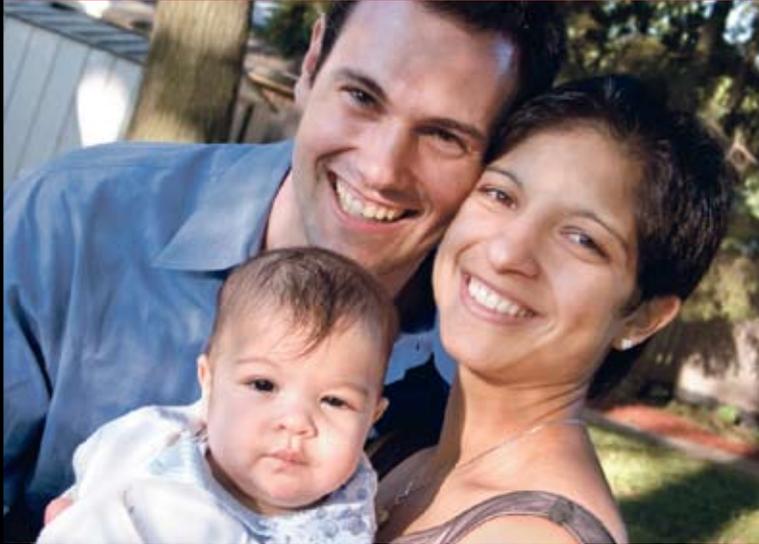
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Seeing red over the tampon tax

These New Yorkers led the fight against a discriminatory sales tax

BY TAMMY SCILEPPI

The end of the “tampon tax” is near.

A bill that would end sales tax on tampons and sanitary pads was approved by the state legislature in late May, and is expected to be signed into law by Gov. Andrew Cuomo.

And it all happened thanks to a lawsuit filed by five Manhattanites that claimed the four-percent tax collected by the state Department of Taxation and Finance on the products — which are not considered medical items under state law — “violates the Equal Protection Clauses of the United States and New York Constitutions.”

Margo Seibert, Jennifer Moore, Catherine O’Neil, Natalie Brasington, and Taja-Nia Henderson saw no reason why women should be paying the extra for the right to use these basic necessities.

New York is one of 40 states that levies a sales tax on pads and tampons.

More New Yorkers are finding it harder to afford the basics in the city, especially parents on a budget. And for low-income women, or women living in poverty, it’s much tougher. Sometimes, these women can’t even afford tampons and sanitary napkins, which the Electronic Benefit Transfer card (food stamps) doesn’t cover. Advocates say these women are the ones that are particularly hard-hit by the tax.

“The struggle of low-income women and sanitary products is a harsh reality. Additionally, students from low-income families cannot always rely on schools to provide them with tampons. This poses a serious potential risk to both the mental and physical health of young people in a school environment, who cannot otherwise access feminine care products,” plaintiff Catherine



Manhattanites, from left, Catherine O’Neil, Margo Seibert, and Natalie Brasington filed a Class Action suit against the taxation of feminine hygiene products related to menstruation in New York state.

O’Neil noted.

These products have always been taxed and for some reason, categorized as “general merchandise,” or surprisingly, “luxury items” that the state can make revenue off of, according to the Department of Taxation and Finance and its commissioner Jerry Boone. CNN Money states that the state makes about \$14 million per year from sales of tampons and sanitary pads.

Items that are considered a medical necessity, like adult diapers, and incontinence pads, foot powder, dandruff shampoo, Chapstick, and facial wash are not taxed, but medical items used only by women — tampons and sanitary pads (which the Food and Drug Administration considers a medical necessity) — have been.

This means that the average

woman buying those products has been spending about \$70 a year for 35 years, according to the court papers. That seems totally unfair considering that this extra money can be used for something else, like food or gas, say the advocates fighting to end the tax.

Freedom from shame

Plaintiff Margo Seibert believes that all women deserve “a shame-free relationship to their periods, regardless of socioeconomic circumstances.” She and Caroline Angell are two ladies on a mission: They aim to expose and eliminate menstrual taboos, and advocate for equal access to feminine hygiene products.

Seibert, an artist and working actor, co-founded Racket in 2015, an organization dedicated to provid-

ing low-income and homeless individuals who menstruate with the products they need, while working to combat “period shame.”

“The formation of Racket was inspired by my (and my co-founder’s) volunteer work with the homeless and the shock at hearing just how difficult the homeless period truly is — shelters are often unable to provide these products, and they are cost prohibitive,” she noted. “To top it all off, I then heard about the tampon tax through my friend and menstrual equality activist, Jennifer Weiss-Wolf, and it lit a fire within me.

Discriminatory tax

“These products are an uncontested necessity for half of the population, not a luxury. A tax code that exempts Chapstick, Rogaine, Viagra, incontinence pads, yet continues to tax sanitary pads and tampons is discriminatory, plain and simple,” Seibert said. “Jennifer connected me with the lawyers forming the Class Action lawsuit and I became a plaintiff for the case, meeting the other women of New York who were equally angry and ready to take action.”

Seibert said she knew that Rosenthal and Serino also introduced similar legislation earlier this year, so it seemed like this united front on “period policy” became harder and harder to ignore.

“Although the state Senate and Assembly have passed bills to end the tax on tampons and pads with bipartisan support, the tax has not yet been repealed,” Seibert explained. “In order for the Governor to sign off on the bill, it seems we are waiting on a compromise in language that will clarify which products will be exempt. We know he is supportive — right after we filed the class action lawsuit, there was a very supportive exchange via Twitter.”

The five activists feel that taxing products that are biologically necessary is an archaic model that inherently supports further stigmatization of menstruation.

Jennifer Moore has a 13-year-old daughter and says the tampon tax is discriminatory and wrong.

“I’m fortunate enough that buying feminine hygiene products isn’t a hardship for me, personally, now, but there was a time in my life when I had to watch every penny I spent and we were just barely making it from paycheck to paycheck. For women in that circum-

stance, it just isn’t right or fair that they pay a tax on something as necessary as tampons, while rich men can buy Rogaine, tax-free. Women shouldn’t be taxed for being women,” she said.

Tampon refund?

“We’re thrilled to see that our lawsuit helped bring this issue to the forefront of the legislative agenda. We look forward to the end of this discriminatory tax in New York once and for all. Our case also seeks a refund for the millions of women who have had to pay this illegal tax,” said Manhattan-based attorney Zoe Salzman of Emery Celli Brinckerhoff & Abady LLP, who is one of the lawyers on the case.

And they’re not the only ones fighting against taxing women.

A proactive city councilwoman from Queens recently discussed the menstrual inequality issue on radio station WNYC. Council Member Julissa Ferreras-Copeland represents the 21st Council District in Queens and is the head of one of the finance committees. It seems many low-income women in her district have been having a hard time accessing tampons and sanitary pads.

Thanks to her efforts, the nation’s first free dispenser of pads and tampons was installed at a public high school — the High School for Arts and Business in Corona, Queens — last September. And, she hopes to make feminine hygiene products available in public schools city-wide, along with homeless shelters and correctional facilities.

Waiting on Cuomo

This lawsuit and new legislation could start a revolutionary across the country. So far, only three or four states don’t tax tampons. With the success of the suit, the five activists may find themselves as the new leaders of the national movement to end this unfair taxation.

“On behalf of the New York City Council, I call on Gov. Cuomo to sign without delay this amendment to the tax law, and join New York to those states and nations that have seen the light and acknowledge menstrual hygiene products as essential to a person’s health and well-being,” said Ferreras-Copeland.

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting.

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Is your tween ready to be home alone?

BY JUDY M. MILLER

Need to run a few errands? Get out of the house for a while for some mental health time or exercise?

Around the time your child reaches the pre-tween (tween) years, staying home alone may be

use their own discretion.

Few states in the U.S. have regulations regarding the age a child must be before he or she can be legally left home alone. Latchkey-Kids (www.latchkey-kids.com/latchkey-kids-age-limits.htm) provides this information and links to all states.

Further resources for parents

Safekids (www.safekids.org/frequently-asked-questions) recommends that all children reach the age of 12 before being left alone at home, but the organization also recognizes that every child is different and encourages parents to

an option. But, how do you know if your child is ready?

The following points will help you determine if your child is equipped to do so:

Your tween indicates he wants to stay home alone

Your child is seeking more independence and has asked you to leave him by himself. He is not anxious when you are gone and he can keep himself occupied safely.

Your tween follows your directions and rules

Your child has shown you that he can follow your expectations, even when you are not present.

You've witnessed your child

making good choices without your input. He adheres to the guidelines you have set in place about having a friend over, watching TV or a movie, playing video games, and time spent outdoors.

Your tween is reliable and self-sufficient

Daily chores are done with little to no reminders. Your child can safely prepare simple snacks when he is hungry. He knows how to properly use the microwave and toaster. You can rely on him to use only the appliances you've agreed to let him use.

Your tween uses the phone properly

Your child answers the phone

Ask yourself...

Parents should know the answers to before making the decision to leave their tweens at home alone:

Is your neighborhood a safe one? Do you have neighbors that your child knows and trusts, people he can turn to if he needs help?

Is your child truthful with you? Does he regularly confide in you? Does he share his concerns and problems with you?

Does your child demonstrate good decision-making and judgment? Does your child understand basic safety procedures? Will he make the decision of safety first?

Can your child tell time? Can he calmly provide your home phone number and address and give directions to your house in case of emergency?

Does your child know your cellphone number? Be sure he knows this, 911, and any other emergency numbers.

Can your child lock and unlock your windows and doors? Does your child know the garage door code or alarm system code and password, if this applies?

Does your child stay calm when the unexpected happens? Can he stop and think rationally before letting his emotions overcome him?

Have you made "dry runs" with your child, allowing him to practice being home alone? This will give both of you confidence in your tween's ability to stay home alone.

Do you have more than one child you will leave home alone? Can they resolve their conflicts without physical altercations and adult intervention?

appropriately. He recognizes why it is all right to fib in this instance — when you are away from the house — saying you are unavailable, and how to take a message correctly.

Your tween understands safety

He is familiar with basic first-aid and knows what to do in case of a fire or other emergency. He knows to call 911 and other emergency numbers if necessary.

He knows what he can and cannot do when you are not at home. He understands that knives cannot be used without your supervision. He knows not to open the door while you are gone and what neighbors to call or go to if he needs help. He knows the "safe" meeting spot, to find you or be found, in case anything should happen. He knows where the flashlights and extra batteries are.

Although your child may know the emergency numbers, keep a list of emergency contacts and numbers in an easy-to-view place. Make sure all of your numbers are there as well. When panic or worry sets in, the brain can flood and we struggle to remember what we do know.

Have a simple chart of first aid tips close to the emergency

contacts and numbers. (In our home a brightly binder labeled EMERGENCY, with our address and home phone number below, it holds contacts, emergency numbers, and basic first-aid procedures. This binder remains by the kitchen phone and comes in handy for any babysitter we hire.)

Begin slowly, leaving him alone for five to 10 minutes the first few times and build from there.

What else can you do to help your tween?

Give him something to do to structure his time. This helps alone time pass quickly.

Check in with your tween while you are gone.

Call to see if he is comfortable, has any questions, and also to keep him updated on when you will arrive back home.

This is an exciting time for your tween as he establishes more independence, with your confidence that he will do well.

Judy M. Miller, a mother of four, is training her tween son on how to be safely home alone. She is a certified Gottman-Institute Educator and the author of "What To Expect From Your Adopted Tween" and "Writing to Heal Adoption Grief: Making Connections & Moving Forward."

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Kitchen nightmare

How one mom survived meal-planning mayhem — just barely

BY LISA A. BEACH

To make life easier, some people follow the once-a-month meal planning and cooking approach, where you basically buy, prepare, and cook a month's worth of meals in one day and then freeze them until you need them.

I am not one of those people.

I like the idea of stockpiling 30 days of ready-to-heat dinners in my freezer like an end-of-the-world underground bunker. But that would require way more planning than I'm capable of.

And a Costco-sized freezer.

Besides, even my best-laid plans usually fall apart with my family's hectic schedule. Top that off with the typical craziness of the meal-prep witching hour and you can

understand why I shy away from once-a-month cooking.

But I figured I could handle seven days of meal planning. So I buckled down one Sunday afternoon to tackle the weekly chow plan. I knew that weeknights would run smoother when I planned what to make for dinner and stocked my kitchen with all the necessary ingredients.

Sounds simple enough.

But the reality of meal planning took a turn for the worse mid-week, as my carefully crafted meal plan morphed into a meal ban, one dreadful dinner at a time.

Here's how it all went down:

Meatless Monday

I make a no-fail vegetable soup for veggie-haters, falsely believing

that my take-no-prisoners recipe will convert my meat-loving-men to healthier eating at least once a week. My carnivore clan (less than thrilled with the lack of a dead animal in their entrée) immediately start dissecting their soup. My husband stealthily pushes all the carrots to one side hoping no one notices. In between looks of disgust, the boys pick out the onions while asking, "Ew! What's that green stuff floating next to the potato?"

I lie and call it parsley, knowing I will burn in hell for trying to conceal chopped kale. After much cajoling and a few spoonfuls later, my finicky teens push their half-empty bowls away and claim they're both "full" as they grab a couple more slices of bread and bolt upstairs.

Day One: Fail.

Between my family's hectic schedule and the typical craziness of the meal-prep witching hour and you can understand why I shy away from once-a-month cooking.

Tasty Tuesday

Tonight, I tempt taste buds with gourmet cuisine, taking my cue straight from the Barefoot Contessa herself.

I channel my inner Ina Garten as I whip together an elegant meal of chicken with Asiago cheese and basil, oven-roasted dill carrots, and penne pasta with roasted red peppers, garlic, and sun-dried tomatoes. It's piping hot and ready to serve — until family plans go awry.

My husband Kevin needs to work late, my older son Trevor has to help with a group project at school, and my younger son Parker has his soccer practice rescheduled. After an extra two hours of keeping dinner warm, my epicurean entree and sumptuous side dishes meld into charred chow.

I'm 0-2.

Win-them-back Wednesday

I attempt to appease everyone's picky palate with a family favorite: a Crockpot full of chili simmering all day. I toss a couple pounds of beef in the slow-cooker, add some chopped onions, herbs, and diced tomatoes, and we're good to go — perfect for our super busy day ahead.

Eight harried hours later, we walk through the door, anticipating the spicy aroma of chili to welcome us home. Strangely, we smell nothing. I head to the kitchen and see the cord dangling next to the Crockpot like a lifeless snake. Crap! I forgot to plug it in before we all left today.

The opposite of last night's overcooked dinner, tonight's meal sits raw and bloody in my cold Crockpot, practically mooing when I crack open the lid. I grab a bag of tortilla chips, dump salsa in a bowl, and dub it a Tex-Mex appetizer.

I suck at meal planning.

Thankless Thursday

After three failed attempts, I'm cursing the meal plan and popping open cans of condensed soup, wondering if anyone will even notice it's not homemade. Trying to make me feel better, Parker and Trevor both remark how delicious the soup is and encourage me to "make this more often."

Yeah, I'll hold on tight to that Campbell family recipe.

Dear God, why do I even try?

Free-for-all Friday

With everyone on a different schedule tonight, I ditch the idea of a home-cooked meal together. Trevor eats at the mall food court with his friend before they see a movie.

Parker eats a peanut butter and jelly in the car on the way to his soccer game, while I chug some water, grab a cheese stick, and pop a few pretzels in my mouth as I drive him there. Kevin (if he remembers to bring cash) hopes to eat a concession-stand hot dog at halftime.

My meal plan is dying a slow and painful death.

Suck-it Saturday

By the weekend, the boys are fighting, Kevin's cursing his way through a plumbing project, and I'm crying into my cookbook as I throw frozen fish sticks at the kids and run for the front door, pretending not to hear their pleas for "just one more chance."

Sanity-saving Sunday

Tonight I'm dining alone with a glass of wine and my head buried in a copy of Erma Bombeck's "Aunt Erma's Cope Book," reminding myself that I cannot divorce my family or just opt-out of dinner for the rest of my life. I eye-up the stack of menus on the counter and realize it's time we start supporting the small businesses in our community.

I pick up the phone, dial, and hear the words that bring joy to my ban-the-meal-plan heart: "China Wok, may I help you?"

Lisa Beach is a freelance writer, mother of two teenagers, and former stay-at-home-mom and homeschooler. She also writes the humor blog Tweenior Moments, blog about mid-life, family, friends, and all the baggage that goes with it. Follow Tweenior Moments on Facebook, Twitter, and Pinterest.

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TIPS FOR FEEDING KIDS

CHEF JOANNA DEVITA

Get grillin' for Dad

One of my favorite days of the year to cook is Father's Day. Whether it's at the park, beach, or backyard, a big family barbecue is an all-day activity that everyone can enjoy! I like to set up water activities and games for the kids, cold beverages for the dads, and a hot grill for myself. Here are a few tips on hosting a fun family cookout:

Invest in a grill basket for cooking veggies. Avoid loosing all that produce into the grill by purchasing a metal basket that is made for vegetables. You will be surprised how many vegetables taste great on the grill. You've heard of grilled peppers and onions, but have you tried grilled green bean or potato slices?

It's garlic scape time! During just a few weeks in late spring and early summer, the tops of garlic plants produce garlic scapes. These trimmings off the garlic plant are widely available at green markets and produce retailers during their brief season. They taste like garlic, just sweeter, juicier, and less pungent. They are amazing on the grill, finished with some good sea salt, a squeeze of lemon, and a drizzle of high-quality olive oil.

Keep the kids occupied with a healthy snack. Grilling for a crowd takes time. Kids usually get hungry and antsy before dinner is done. I like to keep them fed with some hot, fresh quesadillas. I always pack corn tortillas and our favorite cheese when cooking out. In between veggies and proteins on the grill, I sneak on a few quesadillas for the kids. This way they get a substantial snack to hold them over until dinner.



Try grilling a whole fish. Though it may seem intimidating, grilling the whole fish is not so hard, once you've given it a try. The grill must be very hot and well oiled. Place some thin slices of lemon, herb sprigs, and salt and pepper inside the cavity of the fish (trout, sea bass, snapper, and sea bream all work well for this). Rub the skin of the fish with oil, salt, and pepper. Grill, without moving it, for about five to 12 minutes per side, depending on the size of the fish and the

heat of the grill. The fish is done when you put the tip of a paring knife into the thickest part, near the top of the head, and leave it there for a few seconds. If the tip meets no resistance when piercing the flesh and comes out still hot, the fish is cooked through. Allow the fish to rest for a bit, then serve. Make sure to have a butter knife, spoon, and extra bowl when serving the fish so you are able to fillet it at the table.

Use a rub on your steak instead of a marinade. Dry rubs can help make your grilled meats tender, juicy, and flavorful! I like to use skirt steak with my favorite rub (recipe follows). Skirt steak can be sliced thin and goes really well with warm corn tortillas!

Joanna DeVita is executive chef at Léman Manhattan Preparatory School. She is the mother of two children and loves nothing more than spending time with them outdoors and sharing with them her love and respect for nature, good ingredients, and the joy of cooking.

Grilled skirt steak with dry rub

Serves 6

DRY RUB INGREDIENTS:

- 3 tbs kosher salt
- 1 tbs granulated garlic or garlic powder
- 1 tbs smoked paprika
- 2 tsp freshly ground black pepper
- 2 tsp brown sugar

DIRECTIONS: Mix all dry rub ingredients together in bowl. Rub three pounds of trimmed skirt steak with enough of the dry rub to coat well. (Save the rest of the rub for another use.) Let the meat marinate overnight in the fridge in an airtight container. Preheat grill to medium high. Allow the meat to sit outside the refrigerator for about an hour before grilling to take the chill off.

Make sure the grill is well oiled. Grill the skirt steak on medium high for about 7-12 minutes on each side, depending on how rare you like your steak. After removing it from the grill, allow meat to rest for at least 10 minutes before slicing.

Cut steak against the grain with a sharp knife into thin slices. Sprinkle sliced steak with flaky sea salt and a squeeze of lime.



JUST WRITE MOM

DANIELLE SULLIVAN



Reaching the ninth inning of parenting

I've been a mother now for more years than I've not been a mother. While I don't consider myself old yet (and still feel about 25 on the inside), I know that the time in which my kids will need my hands-on mothering is quickly drawing to a close. Back when I was 20 and my oldest daughter was a newborn, I was a bright-eyed rookie marveling at this new role of mother. I recall saying "my daughter" and having it sound so fantastically novel. Ten years later, hearing myself utter the words "my son" also sounded peculiar to me after 10 years of mothering two girls, but I was still so eager to learn all I could, firmly implanted in the batter's box.

This month, that baby boy will graduate from middle school and head off to high school, and I am feeling for the first time in 23 years that my mothering is taking a backseat to my life. Even writing that feels bizarre, honestly.

For 23 years, I proudly wore the uniform with capital MOM on the back. It was my heyday, collecting runs in the form of sweet milestones, homers made up of achievements, and grand slam memories of laughs and love.

Of course, I was also the wife and daughter, writer and editor, friend

and dog owner, but my daily schedule revolved around when I had to drop off or pick up kids, take them to a doctor or a practice, or help with homework or make dinner. Of course, my youngest still has the dreaded teen years to get through before heading to college, but it still is a different era for me. Now if I'm not there, each of my kids can handle things themselves.

It's not that I didn't know this was coming; yet it still feels surreal. I've watched countless movies with the mother wondering who she is after raising a family. I always thought I would not even notice when the time came, because I would be so thrilled to have the long-awaited independence that I hadn't had since I was practically a kid myself.

It's true, the freedom alone is amazing. I can barely remember the days when I couldn't shower, sleep at night, watch my favorite show, or even read a book whenever I wanted. At the time, I thought those long, busy days would never end. But I was so completely enthralled and fascinated by these little people that I gave it my all, and reveled in it — even the mess. And when I was overwhelmed, I cried and confided in friends and wrote out my feelings, and then recouped and

started all over again. That's what moms do.

I suppose if I had had a single adult life before marriage and kids, I would not find this feeling so foreign, but I didn't. I married young, and had my babies young, and I am for the first time finding out what it means to be me, without the uniform.

Of course, I'll always be a mother and my teenage and adults kids still need me, just as I need them, but this third shift of parenting, this breezy ushering into managing rather than playing is supremely satisfying. It has arrived so swiftly, and so sweetly, it feels like a TV series medley in which they play a heartfelt tune while showing how all the characters have grown. Now it's time for me to coach and advise, knowing my players won't always take the advice, and that is absolutely fine. I'll never retire my number, and I'll proudly enjoy watching my rookies take their place in the dugout, knowing I'll be right on the sidelines when they need me.

Danielle Sullivan, a mom of three, is a writer and editor living in New York City. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blog, Some Puppy To Love.

The pacing father

Twelve years ago, I was waiting for my daughter to be born



BY PATRICK HEMPFING

In a few weeks, I'll be celebrating my 12th Father's Day. I remember the evening I became a father and held my baby girl for the first time in the hospital delivery room. A different kind of delivery — cupcakes — made me realize that fathers spend a lot of time waiting, often under stressful conditions.

The day before my daughter's last birthday, she and I went to the bakery department of our local store and ordered 48 cupcakes — a dozen vanilla and three-dozen chocolate.

Jessie asked for buttercream icing, sprayed with rainbow colors and topped with sprinkles. I emphasized, "Please have them ready by 9:30 tomorrow morning."

My job was to deliver the cupcakes to Jessie's school by 10:45 am, so she could share them with her friends at recess. I arrived at the bakery at 9:45 am. The employee behind the counter was decorating a cake.

"Good morning. I'd like to pick up the cupcakes I ordered yesterday. It's under Patrick Hempfing."

"Oh, I was getting ready to call you. I couldn't read the writing on the order form. How many dozen did you want?"

My heart sank. She didn't even start yet? I calmly explained my order from the previous day and asked, "Would you please, please hurry? I need to be out of here no later than 10:10."

She looked at me sternly and said, "I'm finishing this cake order now. The cupcakes are made; I only need to decorate them."

I paced up the aisle past the muffins and pies. I paced down the aisle alongside the donuts and bread. The thought of snacking on a donut for comfort crossed my mind.

I kept walking by the bakery to monitor the progress.

Finally, the decorator grabbed four clear-plastic containers and filled each slot with a cupcake. She put white icing in her cone-shaped pastry bag and squeezed a swirl on each cupcake. I complimented her

CHERISH THE MOMENTS

for doing it quickly, trying to motivate her to finish as soon as possible. The clock was ticking.

As I paced, it occurred to me that 11 years ago to the day, I paced outside of my wife's operating room. Mattie had a C-section and I had to wait in the hall while they put in the epidural. I vividly remember walking back and forth in front of the door, trying not to puke. Apparently, little has changed.

On one of my strolls past the cake decorator, she asked what colors I wanted. By this time, it didn't matter.

"How about pink, yellow, and green?" she asked. I gave a quick approval and paced some more. A few times I stopped and peeked over the counter to check her progress. Then something else hit me.

Eleven years ago, I could have looked over the blue paper that divided Mattie's top half from her bottom half where they were working on the C-section.

That time, instead of monitoring the progress, I opted to remain firmly in the chair by Mattie's head. There was no way I was going to peek over at that.

At 10:07 am, I finally stood in the checkout line with four-dozen cupcakes. They weren't cheap. Again, I thought back 11 years — the cupcakes were a lot less expensive than the hospital bills that followed Jessie's birth.

I rushed home to pick up Mattie, and the plates, napkins, and drinks. We made it to Jessie's school a few minutes early, and the knots in my stomach began to loosen.

Jessie's friends enjoyed the cupcakes, though vanilla was more popular than we expected, and I worried we'd run out and be left with just chocolate. How could cupcakes be so stressful?

But I didn't pace, and we left the school playground with two vanilla cupcakes and lots of chocolate ones. Eleven years earlier, I left the operating room with one beautiful baby girl.



That beautiful girl now bakes me something special each year for Father's Day. When she's creating masterpieces in the kitchen, she usually requests, "Don't look." If she asks that this year, I'll try not to pace or peek at what's going on, even if my kitchen becomes a sprinkle-covered disaster zone. Instead, I'll make every effort to relax and reflect on the joy of being a father. I'll remember that when Jessie was born, I didn't look over that blue-paper divider, where I'm sure things were pretty messy, but I sure have enjoyed what came out.

Until next month, remember to cherish the moments. Happy Father's Day!

Patrick Hempfing had a 20-year-long career in banking, accounting, and auditing before becoming a father at age 44. He is now a full-time husband, stay-at-home dad, and author of the book MoMEnts: A Dad Holds On, available at Amazon.com Follow him at www.facebook.com/patricklhempfung and on Twitter @PatrickHempfung.



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Hearing loss & headphones

What parents need to know for young ears

BY PURO SOUND LABS

One in five American teens now suffer from some form of hearing loss, according to a study by the Journal of the American Medical Association. In 1994 that rate was roughly one in eight.

Much of this rise in teen hearing loss is attributed to noise-induced hearing loss, a form of loss that develops when the mechanisms of the inner ear are damaged by prolonged exposure to harmful sound levels.

Hearing loss in adolescents and teens can be caused by common activities including concert going, hunting trips, or listening to headphones too loudly, wrote Dr. Megan Moreno in the journal *Pediatrics*.

Moreno singled out headphones in particular, saying, "The increase in hearing loss may be partly due to the popularity of headphones used by adolescents."

It's important to note that headphones themselves are not the culprits, but rather, common headphone usage, especially among young people.

Listening to music that is too loud for too long can damage hair cells in the inner ear that help the ear translate a sound wave into an electrical signal the your brain.

But for parents, the question is, "How loud is too loud?"

Sound above 85 decibels, roughly the level of a lawn mower, is considered damaging. Below 75 decibels, akin to the din of heavy traffic, is considered safe for long-term exposure, according to the National Institute on Deafness and Other Communication Disorders.

Most headphones max out at roughly 105 decibels. Also, the decibel scale is exponential in terms of intensity, meaning sounds at 105 decibels are 100 times more intense than sounds at the safe cutoff of 85 decibels.

However, while the volume difference may be noticeable, the effects may not be. The early signs of hearing loss may be unnoticeable, said Gordon Hughes of the National Institute of Deafness.

This is especially true in children.

"It's more difficult for kids to perceive the noxious effect of pollution noise," said Hughes.

While the culprits contributing to teen hearing loss are commonplace, the condition is extremely preventable.

Moreno recommends inserting earplugs at concerts, earmuffs for loud outdoor activities, and headphones that limit volume at or below 85 decibels.

Puro Sound Labs is a San Diego-based headphone startup created when the founder's daughter developed noise-induced hearing loss. Its headphones for children limit volume at 85 decibels. The headphones can be found at puro-sound.com or on Amazon.





ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

You bought property together. What now?

My spouse and I bought an apartment together before we were married. The deed states that we own it as "joint tenants with rights of survivorship." Is our apartment protected from creditors? What happens to our ownership interests if one of us dies or we get divorced?

There are three general methods to categorize ownership in real property in New York State: tenancy in common, joint tenancy with rights of survivorship, and tenancy by the entirety. A provision in the statutory law makes ownership of shares in a cooperative apartment equivalent to real property interests.

Tenancy in common

A tenancy in common means that each person has a share of interest in the property. It can be in 50-50 shares or any other allocation.

Joint tenancy with rights of survivorship

In a joint tenancy with rights of survivorship, a joint owner's interest can be sold or encumbered during his or her lifetime with the consent of the other joint tenants, however, his or her share cannot be devised in a will before or after death. Instead, it passes to the surviving joint tenants — hence the "right of survivorship."

Put another way, the last man standing takes full ownership to the property.

Tenancy by the entirety

A tenancy-by-the-entirety is a heightened form of tenancy available to married spouses who take title to the property. Since the passage of the Marriage Equality Act in New York State in 2011, this is available to all spouses, whether opposite-sex or same-sex. It affords not only survivorship rights, but also certain creditor protection rights.



A tenancy-by-the-entirety affords greater creditor protection to the surviving tenant. It is only available to those who are married at the time they take title. If you take title before you are married, as joint tenancy with rights of survivorship, and later marry, the tenancy-by-the-entirety does not automatically spring into effect or convert the joint tenancy with rights of survivorship to tenancy-by-the-entirety.

Rather, you would need to execute a new deed reflecting the change in ownership status. Even if you closed on the apartment the day before your wedding and the deed says "as husband and wife," if you were not legally married when you received title, the title would likely be deemed by a court of law as joint tenancy with rights of survivorship. In more recent years, attorneys more frequently use the phrase "as spouses" to appropriately reflect the legal changes to the definition and scope of marriage.

These rules only apply to transactions that occurred after 1975. If the real property at issue was purchased before 1975, and the deed states that the parties were married when in fact the parties were not married or the

validity of the marriage is later challenged, the ownership will be deemed a tenancy in common, which does not provide for survivorship interest.

If the property at issue is a cooperative apartment, the rules described above only apply since 1996. Prior to 1996, shares in cooperative apartments were not deemed to be the equivalent of real property and could not be held as tenants-by-entirety.

As noted above, tenants-by-the-entirety are afforded extra creditor protection on their home that is not available to joint tenancy with rights of survivorship tenants. For example, if your husband has judgment creditors, that creditor cannot satisfy the judgment against the apartment while you continue to own it with your husband as a tenant-by-the-entirety. If you hold the property as joint tenants, the creditor may enforce the judgment against your husband's interest in the apartment. Although it is limited to your husband's indivisible one-half interest in that case, it could force a sale of the apartment.

There are many more elements to consider when assessing ownership of property, and every situation is different. It is always a good idea to review titling to your assets upon the occurrence of any life change — whether marriage, death, divorce, or the birth of a child or grandchild, and to update your documents to ensure they continue to meet your goals and objectives. You should always consult with your attorney before undertaking any changes.

Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists new and not-so-new parents with their estate planning needs. Her firm assists clients in Manhattan, Brooklyn, Queens, Nassau, and Suffolk Counties. You can find Alison Besunder on Twitter @estatetrust-plan and on her website at www.besunderlaw.com.

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THE BOOK WORM

TERRI SCHLICHENMEYER

Start dreaming of 'someday' right now

In the new book "Trombone Shorty" by Troy "Trombone Shorty" Andrews, illustrated by Bryan Collier, we learn that dreams can come true at any age.

Troy Andrews loved the trombone. He hoped to be a musician some day.

Each year, when Mardi Gras rolled through Tremé, Troy and his neighbors would dance along with the bands in the parades.

That also made Troy want to become a musician even more, so he and his friends created instruments from odds and ends they found around Tremé; Troy was happy to find a beat-up trombone, and he fixed it up good. That's the best part of being a musician: you can make music from almost anything.

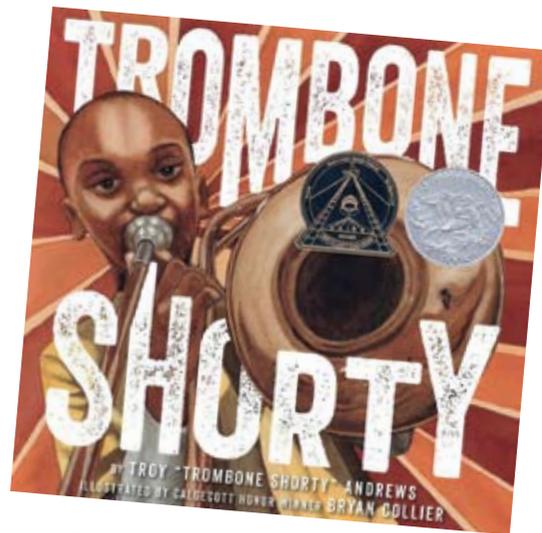
At the next parade, he grabbed his trombone, jumped in, and started marching with the band. Because he was a little guy and the trombone is a big instrument, Troy's brother gave Troy the nickname of "Trombone Shorty," which is what every-

body called him from then on.

He even took it to the New Orleans Jazz and Heritage Festival, and he played along with the musicians. He was so loud and so good that Bo Diddley called Trombone Shorty on stage and asked him to jam. Trombone Shorty knew then that he could have his own band, so he did.

Every day after school, his band practiced their music until they were able to perform – and they still perform today! Lately, you've played air guitar to a Prince song, and were a drummer on your kitchen table. If your kids caught your love of music, they might likewise dream the dreams found inside the award-winning "Trombone Shorty."

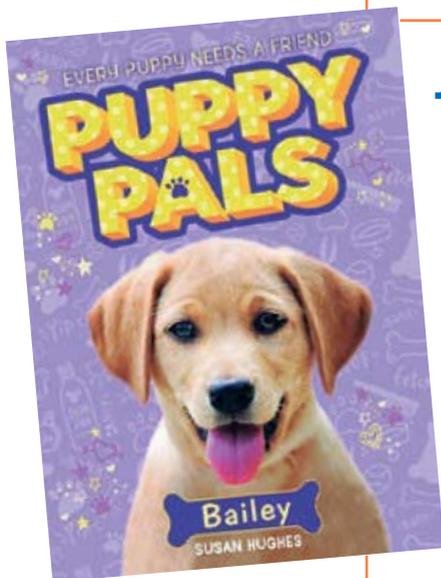
With the same *laissez les bon temps* vibe you get from merely standing on a New Orleans sidewalk, author Troy Andrews tells of coming up poor and



find-ing riches in his city's songs. It's a story that'll make children want to dance with music they can almost hear from the pages of this book; those silent songs are underscored by illustrations from Collier, himself an award-winner.

Be sure to check out the author's notes. Show your kids the pictures. While you could surely read this tale aloud to a 2-year-old, I think kids ages 4-to-7 will like it better. If they love music, especially, "Trombone Shorty" will be a book they won't be able to wait for.

"Trombone Shorty" by Troy "Trombone Shorty" Andrews, illustrated by Bryan Collier [40 pages, \$17.95].



A girl and her puppy

You're always looking for things to add to it, and your friends and family know what you need to fill in the blanks. Holidays are particularly special because you usually get gifts to go with your collection, which is always fun. And in "Bailey: Puppy Pals" by Susan Hughes, two girls start collecting something unusual.

Kat Reynolds wanted a puppy. Kat. Loved. Dogs but, sadly, neither her parents nor the parents of her best friend, Maya, would let either girl get a puppy.

Puppy love wasn't the only thing Kat and Maya had in common. They'd been friends forever and, until this year, they'd even been in the same classroom. Maya was in another fourth-grade room now, which made things difficult: two mean girls kept teasing Kat about some boy, and having Maya in the same room

would've helped a lot.

That drama couldn't compare to Kat's good news: her Aunt Jenn had started a dog grooming business! So when Kat and Maya saw a chance to spend time with Aunt Jenn's first boarder, a yellow Lab puppy named Bailey, they volunteered! They could get pictures of Bailey, and add them to their scrapbook!

Grateful for the help, Jenn made sure both girls knew how to take Bailey out of the kennel and pick him up. She made sure Kat and Maya knew what was safe for Bailey to play with. And she warned both girls that they were not supposed to take Bailey outside in the backyard. But Bailey was such a cute little guy and he was so active! What would it hurt if the girls took him out back for just a minute? Jenn would never know... would she?

Kids and dogs create their own mutual Fan Club every time. So wouldn't a kids' book about dogs – a

book like "Bailey: Puppy Pals" – be perfect? The answer is "yes." There's a certain sense of timeless-but-modern innocence and nostalgia to author Susan Hughes' story; her main characters are not into drama, fashion or gadgets, and they like boys as friends but they like dogs better. Parents will be happy to note that both girls are good kids who act responsibly, which is part of the storyline and which seems to get kids ready for the next book in the series. Readers who like Kat and Maya and won't have to stop spending time with them.

While there's no reason for boys to avoid this book, it's really best for girls ages 7-to-10, especially those who are new to chapter books. If that's your girl and she loves dogs, "Bailey: Puppy Pals" is a great tale for her collection.

"Bailey: Puppy Pals" by Susan Hughes [112 pages, 2016, \$5.99].

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



HEALTHY LIVING

DANIELLE SULLIVAN

ID'ing a different type of food allergy

Feeding your baby solids for the first time can be a nerve-racking time if allergies run in your family. New moms and dads look out for the typical allergy signs of rashes and itches when introducing new foods, but not all food allergies present the same way, and some are very difficult to diagnose. One very specific type of food allergy, food protein induced enterocolitis syndrome, affects the gastrointestinal system and can cause severe distress in babies and children.

Dr. Purvi Parikh, an allergist and immunologist with Allergy and Asthma Network (www.allergyasthmanetwork.com), filled us in on this not widely known syndrome:

What exactly is it? How does it differ from a typical food allergy?

Food protein induced enterocolitis syndrome is a food allergy that involves the gastrointestinal tract and leads to profound vomiting, diarrhea, lethargy, and dehydration. The child may have a low blood pressure as a result of her symptoms, and often the allergy is misdiagnosed as an infection or sepsis.

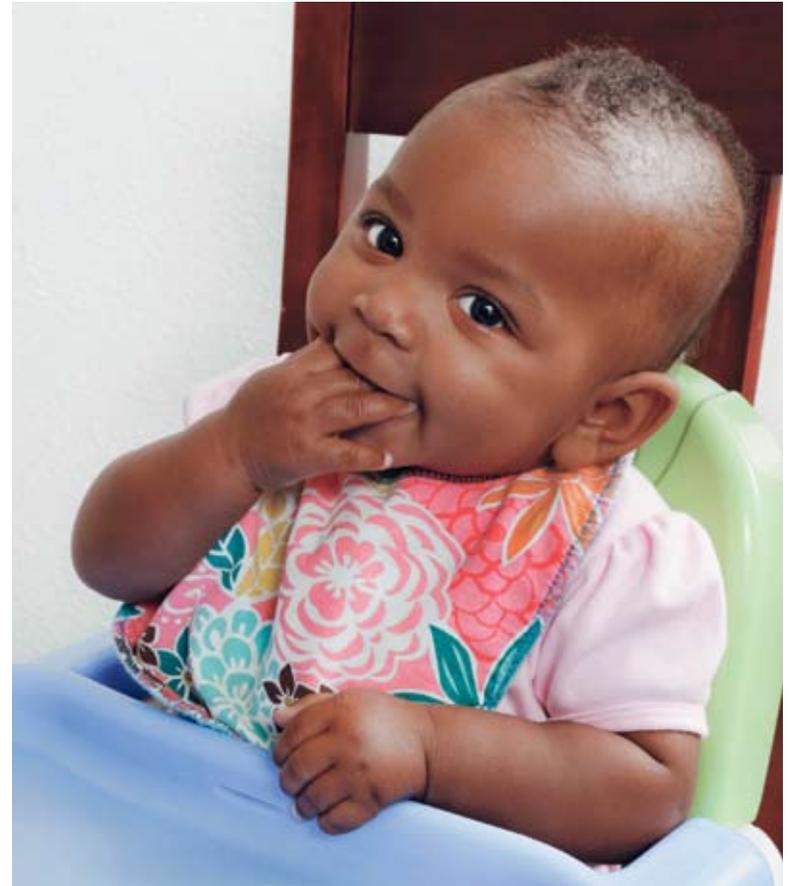
This is different from typical food allergy in that there is not usually rash, hives, or breathing abnormalities. Also, typical food allergies occur within an hour of eating, while food protein induced enterocolitis syndrome is a delayed food reaction that can occur hours after ingesting the allergen.

How common is it?

Food protein induced enterocolitis syndrome is overall a rare disease. Exact worldwide incidence is unknown, but some studies have pointed around .35 percent incidence. But it is on the rise as all allergic and immunologic conditions are.

What should parents be on the lookout for?

Initial symptoms are vomiting, diarrhea, and lethargy within a few



hours of feeding. Babies can also take on a pale complexion from dehydration. If symptoms persist more than a few days, likely it is not an infection and is a chronic condition that should be investigated.

How is it diagnosed?

Food protein induced enterocolitis syndrome is a clinical diagnosis. We do not have good allergy testing that is standardized for this syndrome since it is a delayed allergic reaction and most of our current allergy tests can only assess immediate allergic reactions. This is why clinical history is extremely important.

How is it treated?

Food protein induced enterocolitis syndrome is treated by avoiding

the offending allergen and usually all symptoms resolve. The good news is there is a chance your child may outgrow it after some years, but re-introduction of the food should be done in a supervised setting with intravenous access in the event another reaction occurs.

These reactions can be very severe and life threatening, so re-introduction should not be attempted without a doctor's guidance, preferably, a board certified allergist or immunologist.

For more information about the allergy, visit FPIES.org.

Danielle Sullivan, a mom of three, is a writer and editor living in New York City. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blog, Some Puppy To Love.

Calendar

JUNE



Celebrate Family Day

Let's celebrate — Family Day comes to Rufus King Park on June 11. Gather up the kids, load up the car, and join Councilman Rory Lancman for a day full of fun and activities, including games, popcorn, inflatables, and a whole lot

more! The Nature Company will be stopping by too.

Family Day, June 11 from 1 pm to 4 pm; free.

Rufus King Park [153rd Street and 90th Avenue in Jamaica, (718) 393-7370; www.nycgovparks.org].

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Calendar

Submit a listing

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

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

THURS, JUNE 2

IN QUEENS

"Jazz on a Summer's Day": Corona Golf Playground, 46th Avenue and 111th Street; (718) 393-7370; www.nycgovparks.org; 8:30 pm to 10:30 pm; Free.

Documentary about the Newport Jazz Festival. Don't forget to bring your blankets, chairs, and popcorn.

FRI, JUNE 3

IN QUEENS

Dance workshop and screening: Brookville Park, Brookville Boulevard and 144th Avenue; www.CityParksFoundation.org; 7 pm; Free.

Learn African dance with Edge School of the Arts followed by a screening of "Kirikou and the Wild Beasts" (rated G).

"Minions": Lost Battalion Hall Recreation Center, 93-29 Quenns Blvd.; (718) 393-7370; www.nycgovparks.org; 8:30 pm to 10:30 pm; Free.

"Despicable Me" 's minions get their very own spin-off. Bring a chair, blanket, and popcorn.

SAT, JUNE 4

IN QUEENS

Aloha to Summer: Smokey Oval Playground, 95th Avenue and 125th Street; (718) 393-7370; www.nycgovparks.org; Noon to 4 pm; Free.

Join in for an afternoon of crafts, games, inflatables, music, and more! All ages welcome!

Family Day: Playground 75, 160th Street and 75 Road; (718) 393-7370; www.nycgovparks.org; 1 pm to 4 pm; Free.

Join city Parks and Councilman Rory Lancman for a day of crafts, games, popcorn, a reptile exhibition, inflatables, music, and more! All ages welcome!

Science in the Park – Exploring the bay: Bay area at Little Bay Park-



SummerStage is back

SummerStage, hosted by the City Parks Foundation, is back in season with a fun workshop and movie screening on June 3 at Brookville Park.

Families enjoy learning the steps of African dance with Edge School of the Arts and then are treated to a screening of "Kirikou and the Wild Beasts," a French

2005 animated film that tells the tale of a boy (Pierre-Ndoffé Sarr) who uses ingenuity and wit to outsmart a wicked witch threatening his African village.

Workshop and movie on June 3 at 7 pm; free.

Brookville Park (Brookville Boulevard and 144th Avenue in Rockaway, www.CityParksFoundation.org).

Comfort Station in Ft. Totten Park, Totten Avenue and Underhill Road; (718) 352-4793; nycgovparks.org; 1 pm to 2:30 pm; Free.

Participants grab a seining net and learn about all the creatures that live in the sea. Pre-registration required.

Science in the Park: Alley Pond Comfort Station, Little Bay Park; (718) 352-4793; 1 pm to 2:30 pm; Free.

Join Alley Pond Environmental Center for free, fun hands-on science programming. We will grab a seining net and learn about creatures that live in the bay. Registration required.

Family Day: Hockey Rink, Beach 108th Street and the Rockaway Beach Boardwalk; (718) 318-4000; www.nycgovparks.org; 2 pm to 5 pm; Free.

There will be bounce houses, an obstacle course, arts and crafts, face painting, music, popcorn, snow cones, a playmobile, and carnival games.

Picture Dots Storytelling: New York Hall of Science, 47-01 111th St.;

(718) 699-0005 X 353; www.nyscience.org; 3 pm to 4 pm; Free with admission to the hall.

Children ages 4-6 and their parents use an iPad app to add colorful dots, text, sounds and their own voices to a story. They'll bring a part of the story home with them by creating with everyday materials. Pre-registration required.

"The Incredibles": Electric Playground, 164th Street and 67th Avenue; (718) 393-7370; 8:30 pm to 10:30 pm; Free.

That fantastic superhero family is back for a screening under the stars. Don't forget the blanket, chairs and popcorn.

SUN, JUNE 5

IN QUEENS

Hawk watching: Flushing Meadows Corona Park, Unisphere; (718) 352-1769; www.nycgovparks.org; 10 am to 11:30 am; Free.

The Urban Rangers lead you to the best spots to view the raptors. Bring your binoculars and field glasses, or ask a Ranger to borrow.

Little Makers: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 10:30 am to 12:30 pm; \$8 per family (\$5 members) plus Hall admission.

Kids ages 18 months and older mix and mold household ingredients to create their own bouncy balls.

Community Day: Noguchi Museum, 9-01 33rd Rd. at Vernon Boulevard; (718) 204-7088; www.noguchi.org/about/calendar; 11 am to closing; Free with standard admission.

The Noguchi Museum celebrates its neighbors by offering this annual series of Community Days, with free admission all day, and special programming and activities along with an open studio with a drop in program for families (11 am to 2 pm).

Science in the Park: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 1 pm to 2:30 pm; Free.

Join Alley Pond Environmental Center and New York Hall of Science for a hands-on science programming in Alley Pond Park. Pre-registration is required.

Tinker it Sundays: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 1:30 pm -3 pm and 3:30 pm to 5 pm; Free with admission to the Hall.

Tinker It Sundays Kids can build, explore and create at these free workshops.

FURTHER AFIELD

Awards ceremony: Walt Whitman Birthplace State Historic Site, 246 Old Walt Whitman Rd., Long Island; (631) 427-5250 X 113; Noon to 2 pm; Free.

The winners of the 30th annual Young Poets Contest for students in grades three through 12 will be announced at a gala event, in front of teachers, parents, guests. The poems will be read by the writers and prizes will be distributed at the Walt Whitman Birthplace Historic Site.

WED, JUNE 8

IN QUEENS

Children's Music Hour: Highland Park Children's Garden, Jamaica Avenue and Ashford Street; (718) 235-4100; www.nycgovparks.org; 5:30 pm to 6:30 pm; Free.

Meet well-known children's performer Darlene Graham and get your kids singing and swaying.

"Inside Out": Flushing Meadows Corona Park, Unisphere; (718) 760-6560; www.nycgovparks.org; 8 pm to

Calendar

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

Continued from page 29

10 pm; Free.

Riley is a happy, hockey-loving 11-year-old Midwestern girl, but her world turns upside-down when she and her parents move to San Francisco. Riley's emotions — led by Joy — try to guide her through this difficult, life-changing event. However, the stress of the move brings Sadness to the forefront. When Joy and Sadness are inadvertently swept into the far reaches of Riley's mind, the only emotions left in Headquarters are Anger, Fear, and Disgust. Bring your own chair.

FRI, JUNE 10

IN QUEENS

"Puss in Boots": Laurelton Playground, 137th Ave. and Brockville Boulevard; 311; cityparksfoundation.org; 4 pm to 5 pm; Free.

Presented by CityParks PuppetMobile, this is the old tale — with a twist.

"Inside Out": Crocheron Park, 35th Ave. and Cross Island Parkway; (718) 393-7370; www.nycgovparks.org; 7 pm to 10:30 pm; Free.

Riley is a happy, hockey-loving 11-year-old Midwestern girl, but her world turns upside-down when she and her parents move to San Francisco. Riley's emotions — led by Joy — try to guide her through this difficult, life-changing event. However, the stress of the move brings Sadness to the forefront. When Joy and Sadness are inadvertently swept into the far reaches of Riley's mind, the only emotions left in Headquarters are Anger, Fear, and Disgust. Kids craft activities begin at 7 pm, followed by the movie at sunset. Don't forget a blanket, chair and popcorn.

"Inside Out": Frederick B Judge Playground, 111th Ave. and 134th Street; (718) 393-7370; www.nycgovparks.org; 8 pm to 10 pm; Free.

Riley is a happy, hockey-loving 11-year-old Midwestern girl, but her world turns upside-down when she and her parents move to San Francisco. Riley's emotions — led by Joy — try to guide her through this difficult, life-changing event. However, the stress of the move brings Sadness to the forefront. When Joy and Sadness are inadvertently swept into the far reaches of Riley's mind, the only emotions left in Headquarters are Anger, Fear, and Disgust. Don't forget a blanket, chair and popcorn.

SAT, JUNE 11

IN QUEENS

Community Day: Hunter's Point South Park, 51st Avenue and Center Boulevard; (212) 360-8163; www.nycgovparks.org; 11 am to 12:30 pm;



City kids dancing to poetry

"Words with Wings" flies into the New York University Skirball Center for the Performing Arts for two performances on June 12 and 13. Presented by the National Dance Institute, the event highlights poetry to benefit the school's programs. Featuring more than 200 students from

New York City public schools as they dance to choreography and music inspired by the writings of Dr. Seuss, Shel Silverstein, Maya Angelo, and others. Guest poet Aja Monet will be performing among a host of others.

"Words with Wings," June 12 at 2 pm and 5 pm and June 13 at 6:30

pm; Tickets are \$20 in advance; \$25 at the door.

NYU Skirball Center for the Performing Arts [566 LaGuardia Place between W. Third Street and Washington Square South in Greenwich Village, (212) 226-0083, www.nationaldance.org].

Free.

"Meridian (Gold)", a temporary public art project by Mika Tajima, will be installed and on display through Sept. 25. The public is invited to celebrate the project at a Community Day, featuring family activities, refreshments, and remarks by the artist and local elected officials.

Family Day: Rufus King Park, 153rd Street and 90th Avenue; (718) 393-7370; www.nycgovparks.org; 1 pm to 4 pm; Free.

Join city Parks and Councilman Rory Lancman for a day of games, popcorn, inflatables, a visit from The Nature Company, and more!

Story Time and Craft: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; info@queensbotanical.org; www.queensbotanical.org; 2 pm to 3:30 pm; Free with admission.

Bring your little nature lovers for a relaxing afternoon featuring nature-inspired stories, followed by a botanically themed craft activity. Generously sponsored by the World Flower Children's Foundation.

Picture Dots Storytelling: 3 pm to 4 pm. New York Hall of Science. See Saturday, June 4.

"Inside Out": Manton Playground, Manton St. and 83rd Avenue; (718) 393-7370; www.nycgovparks.org; 8:30 pm to 10:30 pm; Free.

Riley is a happy, hockey-loving 11-year-old Midwestern girl, but her world turns upside-down when she and her parents move to San Francisco. Riley's emotions — led by Joy — try to guide her through this difficult, life-changing event. However, the stress of the move brings Sadness to the forefront. When Joy and Sadness are inadvertently swept into the far reaches of Riley's mind, the only emotions left in Headquarters are Anger, Fear, and Disgust. Don't forget a blanket, chair and popcorn.

SUN, JUNE 12

IN QUEENS

Little Makers: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 10:30 am to 12:30 pm; \$8 per family (\$5 members) plus Hall admission.

Kids ages 18 months and older can create spirograph-inspired paintings and practice using different tools to make colorful circular patterns.

World's Fair History Tour: Flush-

ing Meadows Corona Park, Unisphere; (718) 760-6437; www.nycgovparks.org; 11 am to 2 pm; Free.

Meet us at the Unisphere and listen to the stories behind the Unisphere, New York State Pavilion, Hall of Science, the Queens Zoo aviary, the carousel, and more. Tours are led by Flushing Meadows Corona Park's volunteer docents. First-come, first-served.

Print Making Workshop: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 1 pm; \$5 (free for members.)

Older children will learn from artist Vijay Kumar, who will demonstrate two printmaking techniques (drypoint and monotype), which participants will then use to make their own prints. All materials will be provided, including a small printing press.

Science in the Park: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 1 pm to 2:30 pm; Free.

Join Alley Pond Environmental Center and New York Hall of Science for a hands-on science programming in Alley Pond Park. Pre-registration is required.

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

Tinker it Sundays: 1:30 pm – 3 pm and 3:30 pm to 5 pm. New York Hall of Science. See Sunday, June 5.

TUES, JUNE 14

IN QUEENS

Flag Day celebration: Cross Bay Boulevard, E. 16th Road to E. 18th Road; (718) 318-4000; www.nycgovparks.org; 5 pm to 8:30 pm; Free.

Celebrating the American flag! There will be bounce houses, a giant obstacle course, face painting, arts and crafts, refreshments, music, and entertainment.

THURS, JUNE 16

IN QUEENS

"Puss in Boots": Katzmann Playground, 68th Ave. and 108th Street; 311; cityparksfoundation.org; 10:30 am to 11:30 am; Free.

Presented by CityParks PuppetMobile, this is the old tale — with a twist.

After school festival: Rochdale Park, Guy R. Brewer Boulevard and 137th Avenue; (718) 393-7370; www.nycgovparks.org; 2:30 pm to 6:30 pm; Free.

Join us for some fun activities such as sports, face painting, inflatables, games, music, giveaways, and more!

"Splash": LIC Landing Events Space, Borden Ave. and Center Boulevard; (917) 282-4123; www.nycgovparks.org; 8:30 pm to 11 pm; Free.

A wonderful, romantic comedy about a man and a mermaid who fall in love for each other. Starring Tom Hanks and Daryl Hannah, this New York City movie will bring a smile to all who attend.

FRI, JUNE 17

IN QUEENS

"Puss in Boots": Buz O'Rourke Playground in Crocherson Park, 214th Place and 33rd Road; (718) 352-4793; www.cityparksfoundation.org; 10:30 am to 11:30 am; Free.

Presented by CityParks PuppetMobile, this is the old tale — with a twist.

"Ant-Man": MacNeil Park, Poppenhusen Avenue and 119th Street; (718) 393-7370; www.nycgovparks.org; 8:30 pm to 10:30 pm; Free.

A con artist named Scott Lang (Paul Rudd) gets a shot at redemption when his mentor (Michael Douglas) asks him to protect a superpowered suit. Donning the stunning technology, which shrinks him down to minuscule size, he fights off villains seeking to steal the invention. Rated PG-13. Bring a blanket or chair and don't forget the popcorn.



Cat with the answers

The CityParks PuppetMobile is driving into the Cunningham Park on June 24 with a fun puppet show.

"Puss in Boots," presented by CityParks PuppetMobile, is the old tale — with a twist.

Once upon a time there lived a young man named Ferguson Mundingle. Ferguson has just the bare essentials in life — a roof over his head, the clothes on his back, and his ever faithful pet cat. One day while lamenting his poor lifestyle, Ferguson is astounded when his cat stands up, begins talking, and introduces himself

as Puss. Puss reveals to Ferguson that he is very intelligent and well traveled, and even has an idea to help Ferguson improve his situation. With that in mind, Puss dons a snazzy pair of boots and sets off on an exciting magical journey. Despite his reputation as a sly trickster, Puss soon proves himself a caring friend to all, willing to help at any cost!

"Puss in Boots," June 24 from 4 to 5 pm. Free.

Cunningham Park [73rd Avenue and Francis Lewis Boulevard in Fresh Meadows; www.cityparksfoundation.org].

cityparksfoundation.org; 2:30 pm to 3:30 pm; Free.

Presented by CityParks PuppetMobile, this is the old tale — with a twist.

Custom Wood LEGO Heads: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 2:30 pm and 4 pm; \$3, \$1members - plus hall admission.

Visitors learn to create wooden LEGO Minifig heads in this one-hour workshop. Held in the museum's Maker Space, participants learn to use hand tools like files, rasps, saws and sandpaper. Minifig bodies not included. Recommended for ages 6 and older.

Picture Dots Storytelling: 3 pm to 4 pm. New York Hall of Science. See Saturday, June 4.

Camping: Alley Pond Park, Cross

Island and Grand Central parkways; (718) 217-4685; www.nycgovparks.org; 6 pm to 8 am; Free.

Camping affords us the opportunity to unplug from the diversions of everyday life and to laugh and play with our families. The Urban Park Rangers celebrate the tradition of camping and we look forward to welcoming your family. Space is limited and families are chosen by lottery. Pre-registration required.

"Minions": Utopia Playground, 177th Street and Utopia Parkway; (718) 393-7370; www.nycgovparks.org; 8:30 pm to 10:30 pm; Free.

"Despicable Me" 's minions get their very own spin-off in this summer tentpole from Universal Pictures. Pierre Coffin and Kyle Balda co-direct this animated comedy featuring the voices of Sandra Bullock and Jon Hamm. You should come early to get a spot and bring a chair or blanket. All ages are welcome!

SUN, JUNE 19

IN QUEENS

Little Makers: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 10:30 am to 12:30 pm; \$8 per family (\$5 members) plus Hall admission.

Kids ages 18 months and older make their own colorful crayons to make bath time fun.

Science in the Park: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 1 pm to 2:30 pm; Free.

Join Alley Pond Environmental Center and New York Hall of Science for a hands-on science programming in Alley Pond Park. Pre-registration is required.

Family Day: Albert H Mauro Playground in Flushing Meadows, Park Drive East and 72nd Road; (718) 393-7370; nycgovparks.org; 1 pm to 4 pm; Free.

Join city Parks and Councilman Rory Lancman for a day of carnival games, popcorn, a visit from The Nature Company, a caricaturist, inflatables, and more! All ages welcome!

Story Time and Craft: 2 pm to 3 pm. Queens Botanical Garden. See Saturday, June 11.

Custom Wood LEGO Heads: 2:30 pm and 4 pm. New York Hall of Science. See Saturday, June 18.

FRI, JUNE 24

IN QUEENS

"Puss in Boots": Cunningham Park, 73rd Ave. and Francis Lewis Bou-

Continued on page 32

Calendar

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

Continued from page 31

leopard; 4 pm to 5 pm; Free.

Presented by CityParks PuppetMobile, this is the old tale — with a twist.

“The Avengers”: Springfield Park, 146th Road and 184th Street; (718) 393-7370; www.nycgovparks.org; 8:30 pm to 10:30 pm; Free.

When an unexpected enemy emerges that threatens global safety and security, Nick Fury, director of the international peacekeeping agency known as S.H.I.E.L.D., finds himself in need of a team to pull the world back from the brink of disaster. That team includes superheroes Iron Man, Captain America, Thor, Hawkeye and The Hulk. You should come early to get a spot and bring a chair or blanket. All ages are welcome!

SAT, JUNE 25

IN QUEENS

Family Day: Pomona Playground, Kisses Boulevard and 65th Avenue; (718) 393-7370; www.nycgovparks.org; 1 pm to 4 pm; Free.

Join city Parks and Councilman Rory Lancman for a day of games, popcorn, a photo booth, inflatables, music, and more! All ages welcome!

The Uni Project: 1 pm to 5 pm. Astoria Heights Playground (JHS 10). See Saturday, June 18.

Custom Wood LEGO Heads: 2:30 pm and 4 pm. New York Hall of Science. See Saturday, June 18.

Picture Dots Storytelling: 3 pm to 4 pm. New York Hall of Science. See Saturday, June 4.

Family Sleepover: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 6:30 pm to 9 am; \$99 per person (\$85 per person for members).

Families can sleep among the exhibits at the New York Hall of Science during this new overnight program. The evening includes science activities where families can explore the 450-plus museum exhibits and a pajama party, where kids can snuggle in their pajamas while watching a 3D movie at the museum's theater. The next morning includes a continental breakfast and time to explore the museum before it opens to the general public. Includes admission, parking, science activities, 3D theater show, a snack of milk and cookies, continental breakfast, and Science Playground entry (weather permitting). Families must bring their own sleeping bags. Recommended for children ages 6-12.



On a boat with Laurie

Set sail for a day of great music from Laurie Berkner aboard the Circle Line boat on June 25.

The musician performs a live concert for the preschool set and shares her Greatest Hits solo album.

Laurie Berkner Solo on June

25, boarding begins at 10:30 am. Tickets range from \$39 to \$99, plus all applicable fees.

Circle Line Cruises [Pier 83 at W. 42nd Street and the Hudson River in Hell's Kitchen, (877) 987-6487; www.ticketfly.com/purchase/event/1177649?utm_medium=bks].

SUN, JUNE 26

IN QUEENS

Little Makers: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 10:30 am to 12:30 pm; \$8 per family (\$5 members) plus Hall admission.

Kids create a small batch of healthy homemade ice cream in this workshop for kids ages 18 months and older.

Summer Festival: Flushing Meadows Corona park, Unisphere; 311; www.nycgovparks.org; 1 pm to 8:30 pm; Free.

Head to Flushing Meadows Corona Park for the Only In Queens Summer Festival, presented by Borough President Melinda Katz. Tour historic buildings, including the New York State Pavilion, Queens Theatre, Queens Museum, and more. Enjoy exhibits and memorabilia from the 1939 and 1964 World's Fairs, and food and crafts from the Queens International Night Market. At 4:30 pm, City Parks Foundation's SummerStage will present a concert, featuring Ginuwine, Mack Wilds, & Kid 'n Play, with music from Queens' DJ Camilo.

Science in the Park – Exploring the bay: 1 pm to 2:30 pm. Bay area at Little Bay Park-Comfort Station in Ft. Totten Park. See Saturday, June 4.

Science in the Park: 1 pm to 2:30 pm. Alley Pond Comfort Station. See Saturday, June 4.

Custom Wood LEGO Heads: 2:30 pm and 4 pm. New York Hall of Science. See Saturday, June 18.

MON, JUNE 27

IN QUEENS

School's Out Festival: Sunrise Playground, 149th Avenue and 253rd Street; (718) 393-7370; www.nycgovparks.org; 3 pm to 6 pm; Free.

Kick off the summer with fun activities such as sport.

TUES, JUNE 28

IN QUEENS

“Ant-Man”: ARROW Community Center, 35-30 35th St.; (718) 393-7370; www.nycgovparks.org; 8:30 pm to 10:30 pm; Free.

A con artist named Scott Lang (Paul Rudd) gets a shot at redemption when his mentor (Michael Douglas) asks him to protect a superpowered suit. Donning the stunning technology, which shrinks him down to minuscule size, he fights off villains seeking to steal the invention. Rated PG-13. You should come early to get a spot and bring a chair or blanket. All ages are welcome!

WED, JUNE 29

IN QUEENS

School's Out Festival: Alameda Playground, Beach 65th Street and Beach Channel Drive; (718) 393-7370; www.nycgovparks.org; 3 pm to 6 pm; Free.

Schools out! Celebrate by joining us for some fun activities such as games, sports, inflatables, music, giveaways, and more!

School's Out Festival: Police Officer Edward Byrne Park, 135th Avenue and 130th Place; (718) 393-7370; www.nycgovparks.org; 3 pm to 7 pm; Free.

Schools out! Celebrate by joining us for some fun activities such as games, sports, inflatables, music, giveaways, and more!

“Puss in Boots”: Lower Highland Playground, Jamaica Ave. and Elton Street; (718) 235-4100; <http://www.cityfoundation.org>; 4 pm to 5 pm; Free.

Presented by CityParks PuppetMobile, this is the old tale — with a twist.

THURS, JUNE 30

IN QUEENS

“You're a Good Man, Charlie Brown”: Buddy Monument in Forest Park, Park Lane South and Myrtle Ave.; (718) 235-4100; www.nycgovparks.org; 6 pm to 7:30 pm; Free.

enjoy a live performance from Plaza Theatrical productions. Please bring a blanket or low chair.

LONG-RUNNING

IN QUEENS

“The Grand Tour”: Cunningham Park, 73rd Avenue and Francis Lewis Boulevard; (800) 922-3772; www.big-applecircus.org; Tuesdays – Sundays, 11 am to 6:30 pm, Now – Sun, June 12; \$25-\$69.

Big Apple Circus returns for the company's 38th season in Queens featuring high-flying acrobats, lovable clowns, the Wheel of Wonder, ponies, puppies and more! This all-new show transports audiences to the advent of the modern travel era, when the most adventuresome began touring the world in ships, planes, trains, and automobiles. Be amazed by world-class entertainers as they perform breathtaking acts from the four corners of the globe. Clowns, jugglers, acrobats, and aerialists from Africa, Asia, Australia, Europe, and North and South America set off on a whirlwind adventure, accompanied by the live, seven-piece Big Apple Circus Band at each performance.

Summer Sports: Playground For All Children, Corona Avenue and 111th Street; (718) 393-7370; www.nycgovparks.org; Weekdays, 3:30 pm to 5:30 pm, Now – Sat, June 4; Free.

Children learn about sports and play basketball, soccer, track and field and street hockey!

Sculpture Workshop: Socrates Sculpture Park, 32-01 Vernon Blvd.; 718-956-1819; www.socratessculpturepark.org; Saturdays, Noon to 3 pm; Free.

Saturday Sculpture Workshops are designed for kids (ages 5 to 13) and their families. Participants will work with a different artist each week, exploring innovative art mediums and a variety of subject matter.

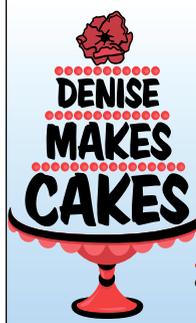
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New & Noteworthy

BY LISA J. CURTIS

Skeeter beater

Normally, I'm a peace, love, and cookies kind of a mom, but with the news reports of increasing numbers of Americans contracting the Zika virus, I was overcome with a murderous impulse — to lay waste to the swarms of mosquitoes that summer brings to my backyard!

So I hung Stinger's 5-in-1 Mosquito Kill System at the end of my yard furthest from my house, because it works by luring the mosquitoes before it electrocutes them. Ideally, it should be operating near mosquito hangouts such as shrubs and trees, shady areas, and standing water.

The 5-in-1 Stinger doesn't take up too much real estate (18-inches by 10-inches), and the manufacturer boasts that it will de-skeeter an entire acre with its five deadly features: black UV light, green LED lights, thermal lure, clog-free kill grid, and one NOsquito octenol lure (which lasts for 30 days. Refills can be purchased separately.).

The Stinger's sundown sensor automatically turns the unit on at dusk and turns it off at dawn, or for a serious infestation, you can switch it to 24-hour mode. To prevent fires, the dead insects should be brushed away from the unit frequently. However, the carnage demonstrates that the unit is working, and that's a



cheerful thought. And here's one more: when you're using the Stinger, there's no need for applying bug repellent to your family's skin.

Stinger Mosquito 5-in-1 Kill System, \$79.99, www.target.com.

The way to his heart

The way to the heart of dad is through his sweet tooth, so make this Father's Day a little bit sweeter with treats from Dancing Deer Baking Company. The Dad Loves Choco-



late Gift Medley is sent in a Shaker-style gift box filled with "triple chocolate chip" cookies, chocolate chunk brownies, and caramel pecan brownies. And the box's "ribbon" is a re-purposed, donated necktie.

The Father's Day Favorite Goodies Gift Basket is a woven burgundy box filled with eight cinnamon-rich Snickerdoodle cookies and eight chocolate chunk brownies. It's also festooned with a recycled necktie.

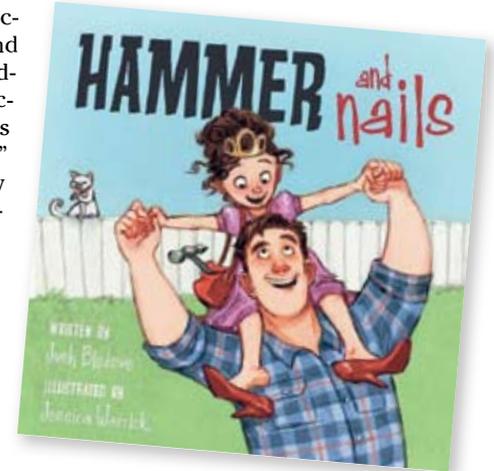
Pair the box of goodies with a handcrafted card from the kids!

Dad Loves Chocolate Gift Medley, \$34.99, Father's Day Favorite Goodies Gift Basket, \$32.99, www.dancingdeer.com.

Daddy-daughter time

Josh Bledsoe's new picture book "Hammer and Nails" is required reading for Father's Day. Recommended for kids ages 4-8, "Hammer and Nails" tells the story of how Daddy and his daughter, Darcy, combine his list of chores with her plans for a scuttled play date to make a lovely day together. Each of them ventures beyond their comfort zones as Darcy wields a hammer, and Daddy plays nail salon. (Of course, Dad also makes sure they squeeze in a nap!)

Jessica Warwick's illustrations bring depth and humor to the charming story. It's easy for parents to get caught up in tackling to-do lists, but Bledsoe gently



reminds his adult readers that slowing down to teach our kids how to accomplish tasks — and opening our hearts so we can learn from them — is time well spent.

"Hammer and Nails" book by Josh Bledsoe, \$17.95, www.amazon.com.

Sounds like 'Camp'

Clarinets, kazoos, and banjos, oh my!

Generate some excitement for the long days of summer vacation with KB Whirly's new CD, "Camp Songs: Volume 1." On some of these tracks, Whirly's gravelly voice hints of early Tom Waits, and the arrangements by Patrick Hanlin (of Josh & the Jamtones fame) of many of the classic and

original songs are reminiscent of Randy Newman's "You've Got a Friend in Me." Boston-based Whirly will celebrate the release of his joyous, humorous album with a show in Manhattan's Madison Square Park on June 16.

On "Ricky Ticki Toomba," Whirly passes the microphone over to the Holliston Crew Chorus, whose lively a cappella rendition of this camp song is accompanied by the delightfully evocative sounds of a crackling campfire.

There's so much to love about Whirly's celebration of the joys (ghost stories! clapping games!) and pitfalls (bugs! poison ivy!) of the great outdoors, that we can't wait to hear s'more!

"Camp Songs: Volume 1" CD by KB Whirly, \$9.49, www.KBWhirly.com.



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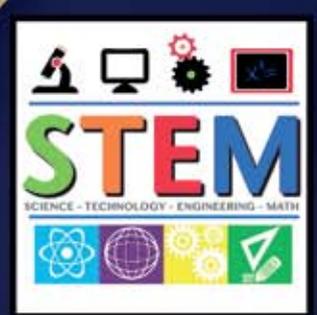
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