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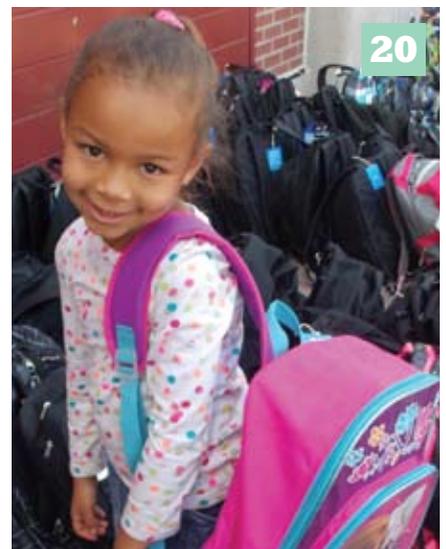
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Mid-summer musings

We're halfway through the summer already! How fast it goes. It's hard to believe, but only a few weeks are left of summer camp/summer programs for our kids. That said, the end of August seems to be one of the most popular times of the year for families to be traveling and I'm sure this year will be no exception.



One of the miracles of this time of year are all the fabulous fruits and vegetables that are now in season. Whether you're getting them at your local market, a farmer's market, a farm-stand on Long Island or upstate or in Jersey, the available produce is breathtaking. Corn, peppers, tomatoes, all kinds of greens, berries, melons, and more are presenting a color palette that any artist would find arresting.

This month, in addition to Christine Palumbo's regular Healthy Eating column,

we also have two interesting pieces on the importance of food in maintaining good health. Vegetarian blogger Kathyne Taylor has shared all kinds of healthy recipes and writer Sharon Zarabi has contributed an article on healthy snacks during your pregnancy. Sharing this kind of information is an integral part of our editorial policy. We have no doubt that you are what you eat. Planning meals and snacks for the family is a job with the highest priority and nothing to be taken lightly. Present and future health depends on it.

Summer is a time when lots of parents are confronting the challenge of finding quality day care. Not only for parents returning to work after childbirth, but also for the many new families who move into our communities over the summer months. Our writer Allison Plitt has a review of an excellent book, "Dear Daycare Parent" by

authors Jackie Rioux and Jo-Ann Parylak, that she says is a must read for every parent about to navigate the maze of options.

I would like to say that once again New York Parenting is a proud partner of Volunteers of America-Greater New York's Operation Backpack. In past years we have been instrumental in helping to put out the word about this organization's drive to outfit children living in homeless and domestic violence shelters with a new backpack and other academic necessities. We hope once again that we will be able to impact their success through our readership's generosity.

Thanks in advance and thank you for reading.

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Kid clothes for less

Finding today's children's fashion at an affordable price

BY KIMBERLY BLAKER

The end of the summer season marks the excitement of back-to-school shopping for kids — and back-to-school shopping battles for many parents. Because fashion is an important part of a child's self image, a new wardrobe often comes at a high cost.

But with advance planning, your kids can still get their look at a price you can afford:

Out with the old?

Keep costs down by making the most of your child's current wardrobe. Eliminate outgrown or outdated articles, and save basic or classic pieces that still fit.

Inspect these pieces and replace missing buttons, mend seams, patch tears, and remove stains.

If shoes still fit, increase their life by replacing worn heels, broken eyelets, and dingy shoelaces. Then freshen them with a good shoe cleaner and brightener or polish.

Style is important, so create new, fashionable outfits by pairing an old basic shirt with a new pair of jeans and stylish belt. Or mix a pair of old-but-good jeans with a shirt in one of this fall's new colors.

Determine what garments have something to match and which are incomplete, then carry a list of needs when you shop.

Secondhand savvy

Today, families in all income brackets are reaping the benefits of secondhand shopping. Depending on your child's age and personality, you may need to alleviate her fears and objections. Be sure your child understands no one will know the clothing is secondhand unless she discloses it. Also, point out the savings could result in a bigger, and possibly better, wardrobe.

When you shop secondhand, inspect clothing thoroughly for stains, tears, broken zippers and snaps, frayed pant cuffs, and other damage. Check for body odor and mildew smells that are unlikely to wash out.

And try on clothing before taking it

home because it may not be returnable.

Secondhand clothing can be found at garage sales, thrift stores, consignment and resale shops, and even online. Prices vary, so explore all the options in your area. Children's shirts typically range between \$2 and \$10 and jeans between \$4 and \$15 depending on size, condition, label, and the particular store.

A no-cost option is to form a back-to-school swap with several friends and neighbors. Each person should label the boxes of clothing according to size. Then get together for the exchange, and watch your child's new wardrobe grow.

Scouting for deals and other retail tips

Begin by changing old thinking patterns. The mark of the new school year is not always the most practical time to replenish your child's wardrobe.

If your kid didn't hit a growth spurt over the summer, wait until winter to shop after last year's clothing is fully outgrown.

The best back-to-school prices are found a couple of weeks later or beyond into the new school year. Since the beginning of the school year is often too warm

Clothes that last

Make your kid's new wardrobe last by following these tips:

Pay attention to washing instructions. This is especially important for teen girls' clothing. Some fabrics will shrink beyond recognition if not laundered correctly.

Boys are especially hard on knees. Give pants extra wear by sewing a fun patch on each knee (after you make sure your child is okay with it).

Have your kids approve all pur-



chases. That is, unless you're shopping for the less-choosy younger set. Otherwise, the duds will hang in the back of their closet.

Go up a size for some items. Purchase articles such as rain gear or dress shoes that will get seldom use one-half to a full size larger to get through an extra season. Regularly worn shoes should fit properly, though, for the sake of your child's feet. When selecting rain gear in this manner, choose a style that will not cause your child to trip or obstruct her view.

for the new fall wardrobe, your child's summer clothing — along with a couple of last year's pieces — should suffice until the best sales hit.

Before you shop, go over your list and explain the budget to your kids. If designer label battles start, offer your kids the option to pay the difference above what has been budgeted for that particular item.

Avoid buying clothing sets; instead,

select versatile pieces.

Look through flyers that come in the weekend edition of your metropolitan area newspaper. Learn what's on sale and compare store prices before heading out.

Kimberly Blaker is a realtor, author, and freelance writer. Her articles have appeared in more than 200 newspapers, parenting and women's magazines, and other publications throughout the U.S.

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Day-care maze

Better navigate it with tips from these experts

BY ALLISON PLITT

Are you considering returning to work but need advice on how to pick the right day care for baby? Have you ever wondered what really happens in a day-care center after you drop off your child, or what you could do to create a better relationship with the people who care for him?

In their book, "Dear Daycare Parent," authors Jackie Rioux and Jo-Ann Parylak combine their firsthand experiences as day-care staff with additional research about this country's day-care system to provide valuable tips on how parents can reap the most benefits from day care for themselves and their children.

The day-care system is growing exponentially: there were 740,000 childcare facilities operating in the United States in 2007, which is four times the number that existed 20 years earlier. Authors Rioux and Parylak maintain that pre-kindergarten childcare has many positive effects on children: "Children who attend high-quality preschool enter kindergarten with better pre-reading skills, richer vocabularies, and stronger basic math skills than those who do not."

Yet, with all of this convincing information about the benefits of quality pre-K at our disposal, our country's day-care industry has an uneven quality and poorly managed centers can negatively impact kids, their parents, and their employers. According to the authors, inadequate day care affects our economy; \$3 billion is lost annually, because of "employee absences due to lack of child care."

Running a day-care center is a costly endeavor with only 46 percent of services provided in their own buildings. Child-care facilities held in churches and other places of worship account for the other 20 percent of buildings where day-care programs are run.

"Dear Daycare Parent" reads like a numbered list of things parents should be aware of when choosing a day care and collaborating with its teachers. The book has amusing illustrations as well as a recommended reading list of children's and parenting books. Don't let the cute



pictures fool you, though. These two authors, who have both worked in early childhood education programs for more than 20 years, give invaluable advice for any parent who is about to embark on the journey of enrolling her child in a day-care program.

The book's pervasive theme is for parents to keep the communication open between themselves and all the people at the center who are looking after their child. Before starting the program, parents are encouraged to visit with their child to take a look around, learn the caregivers' names, and let them know anything important about you or your child that will make their day run easier.

For example, if the center needs to administer medication to a child, bring it in a Ziploc bag with your child's name and instructions on it. If your child has an allergy, the authors suggest bringing in a picture of your child with his name and a list of his allergies under it, and post it in an area of the center where all of the day-care workers will be able to view it.

If there is separation anxiety initially, the authors suggest the child bring in a blanket or stuffed animal from home to ease the transition. If the child cries when the parent drops him off in the morning, do not linger. Say something positive to your child and leave. If the center provides an enriching curriculum for its students, the child will eventually stop crying at morning drop-off.

It is important for parents to create a calm and reassuring routine every morning when they arrive at the center for drop-off. Likewise, when they come to pick their child up later in the day, the parent should not dawdle. They should tell their child to clean up their toys and assertively take their child by the hand and lead them out of the center.

If your child is having problems sleeping at home, let the teachers know, so at nap time, they can observe your child and his behavior. Sometimes children will mention something to a day-care worker, such as the child overheard something scary being said at home, so then the teacher can advise the parent of the possible cause of the sleeping problem.

Since toddlers do not have advanced communication skills, they will not give parents a detailed description about their day. Some parents would like to know what their child does on a daily basis. In this case, the authors suggest putting a notebook in the child's backpack where the teachers can write what happened at the school each day and how their child behaved.

Any change going on in the home environment should be reported to the day-care center immediately. If parents are separating or there are parents who are legally not allowed to see their child, the day-care center should be aware of this. All too often, these children's grandparents will be standing outside the center photographing their grandchild, so the parents are still able to see how their child is doing.

If you want to introduce new foods to your child (to see if she has an allergic reaction to anything), let the teachers know, so they will only feed your child the food you provide for her. It is easiest for the day-care center workers if parents cut up the child's foods at home, and if anything needs to be heated, place it in a microwavable container.

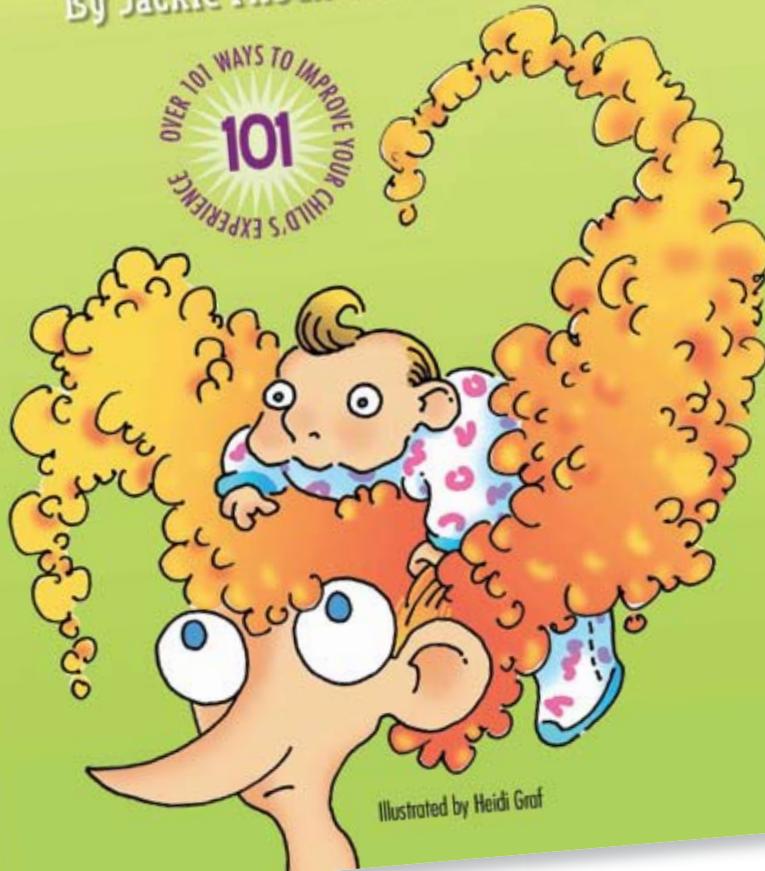
To avoid any confusion about the children's belongings, it is important to label everything your child brings into the center, which includes clothing and food containers. Since children at this age have not socially progressed to sharing

THE MUST-HAVE GUIDE TO DAYCARE FOR WORKING PARENTS

Dear DAYCARE PARENT

By Jackie Rioux and Jo-Ann Parylak

OVER 101 WAYS TO IMPROVE YOUR CHILD'S EXPERIENCE
101



their belongings, the authors recommend that children do not bring their toys to a child-care center. Instead, they recommend bringing in books and CDs which an entire group of children can enjoy.

Many child-care centers are on a tight budget, so if parents want to help out, the authors advise donating adult clothing because children love to play dress-up. Parents can also give the day-care center planting soil, pots, and seeds. Toddlers enjoy putting their hands into soil, planting seeds, watering them, and watching them grow, which provides the additional benefit of being an educational experience.

Day-care centers focus on the importance of toddlers playing with materials like clay for the development of their fine motor skills. Don't bring your child to day care in expensive clothing, because they will get stained in the course of an action-packed day. Instead, dress them in comfortable play clothes. If your child is learning to use the bathroom, make sure he is dressed in sweatpants, rather than pants with buttons, snaps, or zippers, to make it easy for him to use the bathroom.

The authors share their experience working in child-care centers, and those stories offer parents a valuable opportunity to understand the caregivers' point of view. Accounts of parents' indiscretions range from the believable to the

Our country's day-care industry has an uneven quality and poorly managed centers can negatively impact kids, their parents, and their employers.

laughingly implausible. Sometimes parents take these teachers' services for granted and do not follow the day-care center's rules.

If the day-care facility has a sign-in policy, parents should sign-in their children every morning (especially since the authors say these sign-in sheets have been used in court cases). It is equally important to telephone the facility and let them know if your child will not be at school that day.

Usually, most centers have bulletin boards with important information concerning the rules of the center as well as upcoming events. If you or your child misplace a message placed in his cubbyhole, the day-care center will usually have the information posted on the bulletin board. If it's a day to dress-up as a pirate at the center, and your child is dressed in his typical landlubber attire, he could feel left out.

Of course, parents bring sick children to day care, because they don't have a back-up plan if their child becomes sick. If the child is running a fever or gets sick at school, the parent typically has at least one hour to come and pick up their sick child.

Most importantly, do not yell at a day-care staff member in front of the children. If you need to speak to the teacher, find a mutually agreed upon time and place to talk.

If you are impressed with how much your child is learning at the center, let the director know, and if possible, give one of the teachers a recommendation. Since day-care workers put in long hours and are usually underpaid, they would appreciate receiving positive feedback about their job performance.

To join the online community of parents using day-care services, visit the book's website, www.deardaycareparent.com.

Allison Plitt lives in Queens with her daughter and is a frequent contributor to this magazine.

Healthy snacks for pregnancy

Move over pickles and ice cream, there are better things to eat!

BY SHARON ZARABI

Healthy babies begin with a nourished fetus, so what you choose to feed yourself can significantly impact fetus growth and have long-term nutritional implications. So, what to do when cravings hit? If only it was normal to binge on pints of Ben and Jerry's with pickles on top and still maintain a size 4 waistline.

Pregnancy cravings are no joke — an estimated 50–90 percent of U.S. women experience cravings for specific foods during pregnancy. It is no surprise to learn that some of the most commonly reported cravings were for sweets, pizza, or chips.

The reality is that most of these cravings usually leave baby still crying for nourishment because the processed “snacks” are void of any vitamins or minerals needed for development.

To snack or not to snack?

Snacks are defined as a small meal eaten between regular meals. Think of them as some extra fuel in between your meals, and when you find yourself going for that sweet-and-salty mixture, be creative with your choice of energy and keep it as close to nature as possible.

Ask yourself, what is my body really craving? Am I thirsty, or is it something salty, something sweet, or is it something

with a creamy texture? Maybe what you ate for lunch didn't contain the right balance of nutrients, so what you are actually seeking is nourishing calories, also known as “energy.” So when that overwhelming desire for a hamburger hits, it could be the body asking for more protein.

In times like this, outsmart the crav-

ing by finding a healthier version of that same food. Satisfy your craving and get the nutrients you and your baby need by keeping these three key nutrients in mind:

Protein

Usually found in animal products such as meat, fish, chicken, eggs, or vegetar-



When that overwhelming desire for a hamburger hits, it could be the body asking for more protein. Outsmart the craving by finding a healthier version of that same food.

ian sources including beans, nuts, veggie burgers, and tofu. Protein, like fiber, takes longer to be digested. It keeps you fueled for longer and also assists with hormonal balance, enzymatic activity, wound healing, and hair, skin, and nail growth.

When it comes to which proteins to choose, it's important to note that the recent U.S. Dietary Guidelines encourage a shift to fish for all Americans because of its health benefits and the fact that it's lower in saturated fats than some other animal protein sources. Seafood is especially important for pregnant and breastfeeding women since it is high in omega-3 fatty acids, which are critical for brain and eye development. I've included a tuna fish wrap recipe below that packs a powerful punch of protein and omega-3s.

Fiber

Fiber is the non-digestible part of plants that usually takes longer to be

broken down and helps you feel full longer. It also helps clean out the pipes by maintaining a normal flow through the digestive tract. Think dark, leafy green vegetables, fruits with a thick skin, seeds, nuts and cereals made from bran or oats.

Calcium

Calcium is needed to maintain mother's bone development, but even more so, baby's heart muscles, nerves, teeth and bone formation. Good sources of calcium include milk and other dairy products like Greek yogurt and cottage cheese, along with dark, leafy green vegetables and sardines. Try to opt for 1,300 mg of calcium daily taken in separate doses.

Below are a few of my favorite go-to snack options that will help satisfy cravings as well as keep baby happy:

Tuna fish wraps: We know that seafood will help with baby's brain and eye development. As an added bonus, using

canned tuna is a convenient, affordable way to help you reach your two-to-three-seafood-meals-a-week goal. Grab a can of tuna, mix in a quarter of an avocado for a double dose of healthy fats, a few sliced cherry tomatoes, and wrap in lettuce. Here you get a blend of salty, crunchy, and refreshingly good dose of vitamins without the guilt.

Fruit parfait: Not only great for a quick and easy breakfast, but the combination of berries and cottage cheese will help satisfy that sweet tooth and give you a healthy dose of antioxidants, which can help ward off disease. The calcium from dairy can assist with strengthening bones.

Almond butter and carrot sticks: Nut butters are a versatile spread that are chock full of healthy fats and a great source of protein. Try two teaspoons of your favorite nut butter with carrots or apples.

Sharon Zarabi is a registered dietitian, certified dietitian nutritionist, and certified personal fitness trainer whose love of food was born as a child surrounded by a large family who would gather on a regular basis for dinner. As the Bariatric Program Director of Lenox Hill Hospital, she consults with patients looking to better their lives through healthy eating.

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Training for life

How to keep your body moving and stay healthy

BY CAROLYN WATERBURY-TIEMAN

During summer vacation, three years ago, we rented bikes. I had not been on a bicycle for more than 20 years. Fortunately, the old adage “it’s just like riding a bike” held true. Indeed, I remembered how to ride, but I’d forgotten the exhilaration of pumping the pedals, getting into a rhythm, body and machine working in synchrony. Nostalgia returned me to the day I learned to ride, and the hours spent cycling up and down our steep, quarter-mile long, gravel driveway. I rediscovered an activity that combined pleasure and exercise.

Upon returning home, I found a bike with a comfortable seat and started riding regularly. Uncertain of my ability to maneuver in traffic, I decided to stick with laps around the neighborhood park. Over several weeks, I incrementally increased the distance and resistance to a level I could maintain for the time set aside to bike. It felt fantastic!

Neighbors started calling out the number of laps as I went past. After a few more weeks, they started asking, “What are you training for?” Surprised that they automatically assumed I was training for an event or competition and unsure how to respond, I simply smiled and kept going. After hearing that question repeatedly, I started saying, “Old age,” which got a lot of laughs.

Then after my older son got married, I changed my response to, “Grandparenthood,” which prompted more laughter. But lately, having considered the benefits gained from being physically active throughout the years, I cheerfully reply, “I’m training for life!”

Reactions to that statement were completely unexpected. People flag me down to ask what I mean. Anxious to be obliging and neighborly, I tell them. My body is made to move. In order for it to function optimally, it needs to be exercised. Since I want it to continue working well, I take it out and exercise it every day. I vary the activity so that none of the muscle groups are ignored. I use fuel that allows my body to work smoothly and prevents blockages that could clog its systems. I attempt to maintain a weight that it does not find taxing. I make sure it gets the rest it needs.



In order to do all the things I want to do, my body has to be healthy. Keeping it healthy is my responsibility. Since I want to continue being able to do things with my husband, my kids, and eventually, with any luck, my grandkids, I keep moving. That’s what I mean when I say, “I’m training for life.”

This explanation has resulted in some lengthy, fascinating sidewalk conversations. So often, people will begin by making excuses for why they are not physically active. They don’t have a bike. They don’t have the right shoes. They can’t afford to take the time. They don’t feel like it.

They are surprised when I counter their excuses with: You don’t have to bike, you could walk. You don’t have to have special shoes, they just need to be comfortable. You can’t afford not to make time to take care of your body. There are all kinds of

ways to add physical activity into your day, no matter what you are doing. (Having an exercise psychophysicologist for a husband comes in handy when making suggestions.) And doing anything is better than doing nothing. There are lots of times I don’t feel like walking, working out, biking, swimming, or whatever, but I do it anyway. Over the years, I’ve discovered that doing it feels so much better than not doing it. Usually, just getting started is all it takes.

If we want our children to adopt lifestyles that contribute to long, healthy lives, guess what? You got it. It starts with us. So:

Get ready. Evaluate your current fitness level. If necessary, get a physical to determine your readiness.

Adopt an activity. The possibilities are endless. Choose an activity that you are most likely to stick with and make it a part of your daily routine.

Find a partner. Becoming physically active can be a challenge, but having an ally can be motivating for both parties.

Start slow. Every January I see new faces out running — red-faced, breathing hard, struggling with every step. By the second week of January, they are nowhere to be seen. Set realistic goals and ease into the new routine.

Think of food as fuel. A college friend told me, “I eat to live. I don’t live to eat.” Establishing a practical attitude toward food can be empowering.

Focus on health benefits. Increased energy, improved sense of well being, and reduced stress are all associated with physical activity. These aren’t measured on a scale or reflected in a mirror.

Normalize exercise. Make physical activity as routine as brushing your teeth. Commit your family to training for life!

If you won’t take my word for it, perhaps you’ll listen to Dick Van Dyke who, at 90, goes to the gym every morning whether he feels like it or not. According to Van Dyke, when it comes to the body, you use it or lose it. Bottom line — keep moving!

Carolyn Waterbury-Tieman has been married for 29 years and has two sons. For 15 years, she worked as a family therapist and parent educator, and she has written extensively on the topic of parenting. To contact her, please e-mail parent4life@yahoo.com.

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Our thoughts can impact our health

How do you react to negative situations?

Some say it is not what happens to you but how you look at what happens that determines happiness and fortitude. No one goes unscathed in this life, and each of us inevitably experience heartbreak, disappointment, and stress.

We all know those people who lose their minds when their train is late, they find themselves on a long line, or forget something. Similarly, we all know those who face down a scary medical crisis or a heartbreaking loss and somehow manage to keep a positive outlook, and not take down everyone in their path with their fraught disposition.

Late author and motivational speaker Wayne Dyer said, “If you change the way you look at things, the things you look

at change.” If you see doom and gloom in every circumstance, you will not only place unnecessary stress — not to mention health risks — on yourself, but in all likelihood, you won’t find much peace or happiness.

Let’s face it. Happiness is an inside job. We all know it, but we all forget it. Life will throw everyone curve balls, and whether we let those annoy us, destroy us, or empower us is solely up to us.

But how do we get there? Here are some actionable tips:

1. Keep it positive. When we find ourselves heading down the negative trail, change course. Remember that words matter. What we say to ourselves creates our reality, so try to keep your thoughts positive. This includes avoiding gossip



HEALTHY LIVING

DANIELLE SULLIVAN

and joining in the circle of friends who endlessly complain.

2. Sleep. Yep, sleep. It is incredibly easier to look at the world along with all of its challenges in a better light when we feel sufficiently rested. Being recharged also enables us to tackle problems more efficiently. Sleep helps our bodies repair and rewires our cells for strength and stamina. Make it a priority.

3. Delegate. We don’t have to fix everything ourselves. In fact, by off setting tasks to our partners, employees, and children, we are helping them feel included. In the case of our kids, we are teaching them responsibility and the value of hard work, along with the idea that mom does not have to do it all alone. So instead of doing it all and feeling resentful, delegate away, and enjoy some downtime.

4. Check your health. Sometimes moodiness, restlessness, and depression can signal a thyroid problem, hormonal imbalance, or other medical issue. If you find yourself feeling unlike your normal self for several weeks, see your doctor. And don’t forget to schedule your own regular check-ups.

Many times, having and maintaining a good attitude comes down to self-care. When we take care of ourselves, especially as busy parents, we help build up the strength necessary to deal with life’s problems, big and small.

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

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Teaching your kids to fight fairly

BY MYRNA BETH HASKELL

Conflicts seem to invariably arise when you are in the middle of making dinner or completing a presentation for work. The scenario might unfold like this: You hear your kids arguing over who gets to choose the next game on the Nintendo console. This doesn't seem to be a big deal to you, but it is definitely a big deal to them. Their voices escalate, they're wrestling for the control stick, and calling each other names. Perhaps you didn't hear, but a few minutes prior, one of your children bragged about being champion of all games while his sibling called him an ugly snot nose.

Even adults find it difficult to stay calm during a heated argument, and often allow disagreements to cause long-term rifts in relationships. Parents need to examine their own behaviors when it comes to arguments with their spouse or other adults, because ultimately, they are their children's strongest role models.

Teaching children to have healthy disagreements should be taught at a very early age. This will help them navigate both personal and professional conflicts in the future.

Dealing with conflict

Dealing with conflict can be a daunting process for children, because they are impulsive and egocentric. The first step is for children to be able to state what the problem is and to be forthcoming about what has transpired. Therefore, children need to feel safe about expressing their feelings.

Dr. Alice Sterling Honig, a licensed psychologist specializing in parenting and child development and professor emerita of child development at Syracuse University, advises, "Teach children how to solve their own problems. Give power to them to understand what they are feeling, and the dignity to say how they feel about it."

Honig says that parents should avoid putting those involved in "time out" as a quick solution.

"Instead, parents should create an environment where children feel safe to talk to you about it," she urges.

Teaching communication skills and empathy

The Peace Rose Method of Problem Solving (a Montessori method): Allows children to express their feelings while still respecting another's. When a conflict arises, one child holds the "Peace Rose." While holding the Peace Rose, the child can express his opinion about the conflict. When he is done, he passes the rose to the other child.

Emotion charades: Write down "feeling" words on pieces of paper. Children take turns picking a slip of paper and acting out the feeling (e.g. anger). This teaches an understanding of body language and facial expressions.

Staying on topic: Pick a theme (like happiness), then ask kids to think of a word that fits that theme starting with A and continuing throughout the alphabet.

For more social skills activities similar to above, browse friendshipcircle.org.

The Name Game: Teach young children to get someone's attention before they speak. Children sit in a circle. One child is given a ball, then asked to name someone in the circle and roll the ball to that child once she makes eye contact.

Additional games to play with children and teens to teach communication, connection, and empathy: Parentingscience.com.

Parents should then help children work through the process of evaluating what caused the conflict in the first place.

Dr. Linda S. Lucas, a licensed psychologist and assistant professor in the department of human services at Beacon College in Leesburg, Fla., urges parents to start early.

"Preschoolers are learning how to regulate their emotions, so this is a critical period for parents to use teaching opportunities when conflicts arise. Parents need to teach moral reasoning, how to identify the wrong behavior and what is wrong about it, and the impact it has on others."

Lucas also instructs parents to allow children to voice their feelings and to cope with the problem.

"Teach children to use their words to express what they believe the problem is. Parents need to listen to the child's perspective and help the child understand the conflict involved. The key to a child's problem-solving is the development of their coping responses."

Let cool tempers prevail

Arguments get out of hand in the adult world all of the time — even some political leaders need to learn a thing or two about keeping disagreements civil. So, teaching children at an early age to fight fairly and with respect for another's feelings is an important life skill.

If parents use derogatory slurs when they have disagreements, children will pick up on this and use the same tone — or language — when they have a conflict.

"It has never worked for parents to think that they can tell their children to do what they say if it is not consistent with what they do," Lucas reminds.

Licensed social worker Katie Hurley, a child and adolescent psychotherapist, parenting expert and author of "The Happy Kid Handbook" asserts, "Kids don't enter this world equipped with conflict resolution skills. I encourage parents to help children learn to cope with conflict as it arises. Don't solve the problem for them; help them hit the reset button and figure out what to do."

"In my house, we have a simple 'fight fair' rule. We talk about our feelings and discuss why we're hurting so that we don't repeat the same hurtful behaviors."

Empathy first

First and foremost, children need to learn to put themselves in another's shoes. This will not only help them become a caring adult, but will also help them understand both sides of an argument.

Honig points out that you have to teach empathy to children starting in preschool. She advises parents to help children see another point of view and perspective by asking, "How would you feel if this happened to you?"



Hurley counsels, “Kids often get stuck in their own personal needs and forget to think about the other person. It’s important for kids to learn that we all make mistakes, and sometimes we hurt others because we’re not empathizing, but we can learn from those experiences and make better choices the next time.”

Honig recommends that parents read stories about kindness, loyalty, and caring to children on a regular basis, such as “Horton Hears a Who” by Dr. Seuss. “Good News, Bad News” by Jeff Mack and “The Invisible Boy” by Trudy Ludwig are also good choices. (Browse Common Sense Media for other books that teach empathy: www.common sense media.org/lists/books-that-teach-empathy).

No name calling

Calling someone an idiot is not an appropriate debate tool. It doesn’t get your point across. It only escalates the conflict. Children stoop to name calling, because they are frustrated and don’t know how to express their feelings.

Hurley advises, “The first step is to help kids calm down. When emotions run high, kids tend to hyper-focus on their own needs and fail to tap into reasoning skills. Encour-

aging three deep breaths to calm the physical and emotional response in their bodies is a great first step. Next, teach ‘I statements,’ such as ‘I feel sad...’ This reduces the tendency to blame, which fuels arguments.”

She also says “teaching the stoplight is useful for little kids, too.”

Here’s how it goes:

Red = STOP: Take a break from the action and breathe.

Yellow = THINK: Consider the other person’s feelings. Choose your tone and words wisely.

Green = ACT: Share your feelings without blaming and talk about solutions.

Listening skills

“I always teach kids to listen for the sake of listening, not to craft a retort,” Hurley reports. She recommends making a listening skills cheat sheet to post on your fridge:

Eyes: Look the talker in the eyes.

Ears: Listen to what the talker is saying.

Mouth: Ask follow-up questions or statements to show that you understand.

She also suggests that a squeeze ball works well for young children. Each child squeezes a ball while listening to the other person’s point of view.

Focus on the this conflict

Have you ever brought up previous conflicts to make a point? I know that I do it quite frequently with my husband. However, bringing up old disagreements does not keep the focus on the problem at hand. Parents need to remind children that they are not fighting about past grievances and that the current problem is the one that needs their attention.

“If you and your partner bring up old hurts every time you argue, your kids will learn to do the same,” Hurley cautions. She suggests that parents ask kids to restate the problem from both sides to clarify.

“Then, ask each child to think about the problem for five minutes (set a timer) and come back with three possible solutions.”

Conflict resolution

Children need to be taught how to formulate solutions and how to forgive if the situation has turned ugly.

Lucas explains that parents should discuss possible solutions and give children the opportunity to create a better way to solve the conflict without anger or aggression.

If siblings are fighting over who gets to sit in the front seat of the car, Honig suggests asking, “How do you feel? Can you think of a way you both get to sit in the front seat?” She then instructs parents to wait for an answer. Honig says it’s imperative to avoid describing a child’s idea as stupid or wrong. Instead, a parent should ask, “Can you think of a different way to solve the problem?” Parents should keep asking questions until an agreeable solution is reached.

Hurley recommends role playing. Ask the children to come up with scenarios that are typical problems they have with one another, such as whose turn it is to set the table. Scenarios are chosen at random.

“Practice solving the problem for five minutes, then switch roles. The more kids practice and verbalize their feelings, the better they are at accessing these skills when conflict arises.”

Hurley also proposes using a white board for brain storming.

“Kids tend to think of one solution and get stuck there. If a child comes up with a solution, he might truly believe it’s the only possible solution. Using a whiteboard to brainstorm helps kids visualize different ideas and solutions.”

Myrna Beth Haskell is an award-winning author, columnist, and feature writer. Her work has appeared in national and regional publications across the U.S. as well as internationally (www.myrnahaskell.com). She is also co-founder and managing editor of “Sanctuary” (www.sanctuary-magazine.com).

Operation Backpack

Annual drive outfits kids with supplies and confidence

BY JAMES HARNEY

Ready ... or not?

The start of a new school year is quickly approaching, and hundreds of thousands of New York City schoolkids will soon shop for a new backpack — and the pencils, pens, notebooks, binders, and other must-have supplies that go in it.

But thousands of others won't.

More than 22,000 children — most of them school age — live in homeless and domestic violence shelters across the city, and right now, they don't know if they will be ready with a new backpack and other academic necessities on the first day of school. That's where Operation Backpack comes in.

Now in its 14th year, the community service initiative of Volunteers of America–Greater New York aims to outfit every child living in a city shelter with a new, high-quality, school-supply-filled backpack in time for the start of the school year. The organization's immediate goal: to collect 20,000 donated backpacks at 15 drop-off sites around the city — and another four in New Jersey — by Aug. 4.

"The sad fact is that more than 20,000 homeless children, right here in New York City, cannot afford even the most basic school supplies. This puts them at a devastating disadvantage," says Volunteers of America–Greater New York vice president Rachel Weinstein, the founder of Operation Backpack. "This campaign is helping prepare these deserving kids for success in school. With help from everyday New Yorkers, they will walk into the classroom with a fully stocked backpack, just like their classmates, ready to face the school year with hope and dignity and without the stigma that comes with being a child in need."

Weinstein said that through donations from individuals, corporations, schools, and houses of worship, Operation Backpack has given backpacks to more than 140,000 students in pre-K through 12th grade living in shelters across the city — including 19,000 last year alone.

"The average cost to fill a backpack is \$87, an expense very few families in shelters can afford," she said. "The younger the child, the less expensive the backpack; the older the student, the higher the cost, as their backpacks include a USB drive, geometry kit, scientific calcu-



A happy little girl is beaming after choosing a colorful backpack full of school supplies from a pile of hundreds collected in the Volunteers of America-Greater New York Operation Backpack drive.

lator, full-size dictionary and thesaurus, and student planner along with all of the usual supplies."

Corporate donors such as HSBC, Walgreens–Duane Reade, and JPMorgan Chase have signed on to contribute to this year's Operation Backpack effort, but Weinstein encouraged private individuals and families to participate by going online to www.OperationBackpackNYC.org to find lists of drop-off sites and grade-specific items to put inside donated backpacks. Financial donations

can be made at www.crowdrise.com/OperationBackpackNYC.

"A new backpack and school supplies can make the difference between a child being excited to go to school and not wanting to go at all," Weinstein said. "It can help restore normalcy to their otherwise chaotic lives, make them look and feel more like their classmates, and help them start the school year prepared and confident in the knowledge that their education is important and that someone believes in them."



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Fresh delights

Healthy recipes even picky eaters will love

BY KATHRYNE TAYLOR

Parents of picky eaters, take heart! I was the pickiest of eaters when I was young. I went through a peanut butter sandwich phase — no crust, hold the jelly, white bread only. I would only eat canned green beans — certainly not my grandmother’s garden-fresh beans. I always loved pizza, and still do, of course. Fortunately, my mom always offered salad and fresh fruit at the dinner table. I’m pleased to report that my palate has expanded exponentially since I left for college.

The fresh ingredients on the table back then generally came from the produce section of a grocery store. These days, I enjoy picking up my produce at farmers’ markets whenever possible. I like to talk to the vendors and find out more about the food they’re selling. It’s also fun to watch kids find their favorites and ask questions about fruits or vegetables they haven’t seen before. They’re more likely to try new foods when they’ve helped pick them out!

My parents never would have guessed that I would grow up to become a food blogger and write a cookbook.

If you’re wondering what to cook up with your surplus farmers’ market finds, here are a few of my favorite recipes from my new cookbook, “Love Real Food: More Than 100 Feel-Good Vegetarian Favorites to Delight the Senses and Nourish the Body.”

Kathryne Taylor is the personality behind the hugely popular blog Cookie and Kate (<http://cookieandkate.com>), named after her crumb-catching dog, Cookie. In six years, the vegetarian and all-natural food blog has grown from a hobby to a full-time project, and now garners more than two million visits per month. Her cookbook “Love Real Food” is published by Rodale.



Roasted strawberry basil and goat cheese crostini

Makes about two dozen crostini

INGREDIENTS:

- 4 to 5 ounces goat cheese
 - 1 pound strawberries, hulled and cut into bite-size pieces
 - 2 tablespoons honey
 - 2 tablespoons extra-virgin olive oil
 - 1 whole-grain baguette or small loaf of crusty whole-grain bread (about 14 ounces), cut into ½-inch slices
 - Small handful of fresh basil leaves, torn into little pieces
 - Freshly ground black pepper
- Tip: If you don’t love goat cheese, alternatives include mascarpone, cream cheese, or ricotta.

DIRECTIONS: Preheat the oven to 350-degrees Fahrenheit with racks in the

middle and upper third of the oven. Line two large, rimmed baking sheets with parchment paper for easier cleanup. Set the goat cheese on the counter to soften up a bit.

On one baking sheet, toss the strawberries with the honey, then spread the strawberries into a single layer. Bake on the upper rack until the fruit is tender, juicy, and collapsing on itself, 20 to 25 minutes, tossing halfway. Watch the fruit on the edges of the pan, as the honey can burn quickly.

Meanwhile, on the remaining baking sheet, brush the olive oil lightly over both sides of each slice of bread. Bake on the middle rack until the toasts are golden on top, 10 to 12 minutes.

Once the toasts are cool enough to safely handle, top each one with a smear of goat cheese, followed by a spoonful of roasted strawberries and their juices. Finish off the crostini with a sprinkling of torn basil and black pepper. Crostini are best served immediately.

Green goddess hummus

Makes 1¾ cups

INGREDIENTS:

- ¼ cup tahini
- ¼ cup lemon juice (from 1 1/2 to 2 lemons)
- 2 tablespoons extra-virgin olive oil, plus more for serving
- 1 clove garlic, roughly chopped
- ½ teaspoon fine sea salt
- ½ cup lightly packed, fresh, flat-leaf parsley (some stems are okay)
- ¼ cup lightly packed, fresh, tarragon leaves, basil, or cilantro
- 2 tablespoons roughly chopped, fresh chives or green onions
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1½ cups cooked chickpeas
- Chopped fresh herbs (whatever you have left), for garnish

DIRECTIONS: In a food processor or high-powered blender (i.e., Vitamix or Blendtec), combine the tahini, lemon juice, olive oil, garlic, and salt. Process for about 90 seconds, pausing to scrape down the sides as neces-

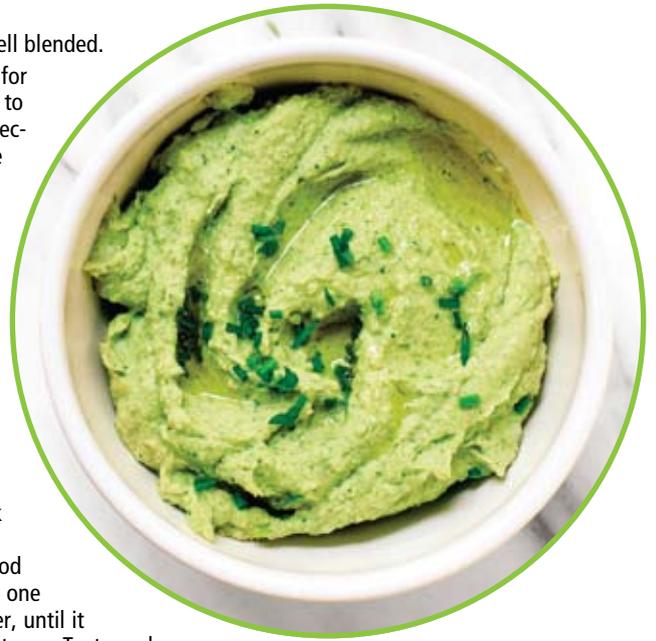
sary, until the mixture is well blended.

Add the herbs and process for about one minute, pausing to scrape down the sides as necessary, until the herbs have blended into the mixture and the mixture is nice and smooth.

Add half of the chickpeas to the food processor and process for one minute. Scrape down the bowl, then add the remaining chickpeas and process until the hummus is thick and quite smooth, one to two minutes more.

If your hummus is too thick or hasn't yet blended into creamy oblivion, run the food processor while drizzling in one to two tablespoons of water, until it reaches your desired consistency. Taste and season with additional salt, if necessary.

Scrape the hummus into a small serving bowl. Lightly drizzle olive oil over the top and



sprinkle with some chopped herbs. Leftover hummus keeps well, chilled, for four to six days.

Almond-Blueberry Cake

Makes one loaf cake (about eight slices)

INGREDIENTS:

- 2 cups (8 ounces) plus 1 tablespoon packed almond meal
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon fine sea salt

- ¼ teaspoon ground cinnamon
- 4 eggs
- 2/3 cup maple syrup or honey
- ¼ cup extra-virgin olive oil
- ½ teaspoons grated lemon zest (from two medium lemons, preferably organic)
- 1 cup blueberries (6 ounces), fresh or frozen
- Lemon-Maple Glaze
- 2 tablespoons lemon juice
- 2 teaspoons maple syrup or honey

DIRECTIONS: Preheat the oven to 325-degrees Fahrenheit. Generously grease a 9-by-5-inch loaf pan, and dust it with almond meal to prevent sticking.

In a large bowl, combine two cups of the almond meal, the baking powder, baking soda, salt, and cinnamon. Whisk to blend.

Crack the eggs into a medium bowl and beat with a whisk until the yolks and egg whites have blended together.

Add the maple syrup, olive oil, and lemon zest and whisk to blend. Pour the wet ingredients into the almond meal mixture and stir

until there are just a few clumps remaining. In a small bowl, toss the blueberries with the remaining one tablespoon almond meal. (This helps prevent the blueberries from sinking to the bottom of the cake.) Gently fold the blueberries into the batter.

Scrape the batter into the prepared pan. Bake until the cake is deeply golden brown, the center is firm to the touch, and a toothpick inserted in the center comes out clean, about one hour and 10 minutes to one hour and 15 minutes.

Meanwhile, to make the lemon-maple glaze: In a small bowl, whisk together the lemon juice and maple syrup until blended. (If you're using honey and having a hard time blending it into the lemon juice, place the bowl on top of your stove to warm it up while the cake bakes, or warm it briefly in the microwave until you can whisk them together.)

Once the cake is out of the oven, place the cake, pan and all, on a cooling rack. While the cake is warm, use a pastry brush to brush the glaze over the top of the cake. It should soak right in. Let the cake cool for at least 30 minutes before carefully inverting it onto a serving plate or cutting board. Carefully flip it back over, then use a bread knife to cut it into 1-inch-thick slices.

Store any remaining cake in the refrigerator, covered, for up to four days.

Time warning: This cake is very simple to make, but requires about one hour and 45 minutes combined baking and cooling time.



Calendar

AUGUST



Todd Naraswan/WYSCI

Birds out of hand

The greatest video game ever is coming to the New York Hall of Science with the US premier of the hands-on exhibit *Angry Birds Universe: The Art and Science of Global Phenomenon*, now through Aug. 27.

The exhibit uses hands-on activities to explore mass, energy, simple machines, architecture, and other science topics. Twenty hands-on exhibits place museum visitors inside the world of the *Angry Birds* games. Using giant slingshots, kids and adults of all ages can propel balls adorned with the images of the characters to test structures.

Visitors can also build and race hand-held vehicles, discover bird characteristics such as egg sizes and wingspan lengths, and create their own stop-motion animations.

Angry Birds Universe, now through Aug. 27. Weekdays, 9:30 am to 5 pm; Saturday and Sunday 10 am to 6 pm. Free with general museum admission of \$16 adults, and \$13 children, students, and senior citizens. Free on Fridays from 2 to 5 pm and Sundays from 10 to 11 am.

New York Hall of Science [47-01 111th St in Flushing/Corona, (718) 699-0005; www.ny-science.org].

Never miss a great event!

Sign up for our FREE newsletter and get twice-a-week ideas for you and your family right in your mailbox. NYParenting.com

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!

WED, AUG. 2

IN QUEENS

"Madagascar:" Highland Park, Jamaica Avenue and Elton Street; (718) 235-4100; www.nycgovparks.org; 6:30 pm to 8 pm; Free.

Enjoy a live performance from Plaza Theatrical Productions of this comedy adventure. Bring a blanket or low chair.

FRI, AUG. 4

IN QUEENS

Make it Friday: New York Hall of Science, 47-01 111th St. (718) 699-0005 X 353; www.nyscience.org; 2:30 pm to 5 pm; Free with museum admission.

Join us in Maker Space Friday afternoons to explore different materials, concepts, and ideas while making and tinkering with your family. Activities cover a wide range of topics including simple circuits, wind-powered racers, hand sewing, and much more.

Camping: Fort Totten Visitor's Center, Ordinance Road at Shore Road; (718) 352-1769; www.nycgovparks.org; 6 pm to 7 am; Free.

Camping affords 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. Registration required.

SAT, AUG. 5

IN QUEENS

Constellation Poetry with Carol Ferrucci: Socrates Sculpture Park, 32-01 Vernon Blvd. (718) 956-1819; www.socratessculpturepark.org; Noon to 3 pm; Free.

Engage your senses and create your own galaxy at Socrates! Using simple writing and drawing prompts, participants will observe their surroundings and create constellations based on what they see, hear, and remember. Connecting our different constellations to each other using string, we will create our own mini-galaxy!

Hands on History: King Manor Museum at Rufus King Park, 150-29 Jamaica Ave.;



Summertime is play time!

Beat the heat, play games, and stay fit at the Police Athletic League Play Streets throughout the borough now through Aug. 10.

Play Streets provides a safe space to play in the League-designated closed streets.

Children will have the opportunity to exercise and follow a healthy living lifestyle, with a focus on combating childhood obesity, through citywide fitness challenges.

The league's nutrition education

program teaches participants about healthy food choices and alternatives while encouraging them to log their daily water consumption for a site-based challenge.

Play Streets Monday through Friday, 11 am to 4 pm, now to Aug. 10. Free. Visit www.palnyc.org or call (212) 477-9450.

•Park of the Americas (42nd Avenue and 104th Street in Corona)

•Rufus King Playground (153rd Street and Jamaica Avenue in Jamaica)

(718) 206-0545; www.nycgovparks.org; 1 pm to 4 pm; Free with museum admission.

Explore farming firsthand by planting your own crop in King Manor's backyard. Families with children are welcome.

Omar's block party: Fantasy Forest Amusement Park, Flushing Meadows Corona Park, 111th Street and Corona Avenue; (718) 788-2676; www.nycgovparks.org; 2 pm to 3 pm; Free.

At this party hosted by Omar Olusion, come celebrate the holiday weekend with live DJ music, dance contests, fun games, and magic shows.

Music in the Garden: Queens Botanical Garden, 43-50 Main St.; (718) 886-3800; info@queensbotanical.org; www.queensbotanical.org; 4 pm to 5 pm; \$6 seniors; \$4 students & children 4 to 12; \$2 for children under 3 and free for members.

Jam Samba New York! as the cast performs and dances to joyful music inspired by the fa-

mous samba schools of the Rio Carnaval in Brazil.

SUN, AUG. 6

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 plus museum admission (\$5 for members).

Discover new tools to make bubbles of all sizes. Design and make your own bubble-making tool from everyday objects and materials. Recommended for children ages 18 months and older. Sometimes creativity can get messy, so dress your little maker (and yourself) in old clothing that can be splattered with things like paint, ink, and oobleck.

Drop in Workshops: Queens Museum of Art, New York City Building, Flushing Meadows Corona Park; (718) 592-9700; www.queensmuseum.org; 1:30 pm to 4:30 pm;

Calendar

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

Free.

The Queens Museum invites children 5–12 and their adult companions to explore drawing from different sources of inspiration each week. Children with special needs welcome, adaptations available. No fee or advance registration required. Just show up and stay for as long as you like. Enjoy guided tours in English and Spanish.

Adventure Course: Alley Pond Park Adventure Center, Alley Pond Park; (718) 217–6034; www.nyc.gov/parks/rangers; 1:30 pm to 3:30 pm; Free.

The outdoor adventure fosters trust, communication, and team building. The program includes both low and high elements. The Adventure Course is open to individuals, small groups of friends, and family, ages 8 and up. Minors must be accompanied by an adult. Valid photo identification is required. You must wear sneakers. Registration Space is limited and participants are chosen by lottery.

Phineas the Clown: Fantasy Forest Amusement Park, Flushing Meadows Corona Park, 111th Street and Corona Avenue; (718) 788–2676; www.nycgovparks.org; 2 pm to 3 pm; Free.

Phineas is an award-winning clown and juggler. He has been trained by members of the Big Apple Circus Clown Care Unit, world juggling champion Tony Duncan, and the NY Goofs under the direction of former dean of Ringling Bros. and Barnum & Bailey Clown College, Dick Monday. Come see his show to see what he'll juggle next!

WED, AUG. 9

IN QUEENS

"Alice in Wonderland:" Highland Park, Jamaica Avenue and Elton Street; (718) 235–4100; www.nycgovparks.org; 6 pm to 9 pm; Free.

Enjoy this classic fairy tale with a modern twist presented by Patty Cake Theatre.

FRI, AUG. 11

IN QUEENS

Make it Friday: 2:30 pm to 5 pm. New York Hall of Science. See Friday, Aug. 4.

SAT, AUG. 12

IN QUEENS

Learn to ride: Laurelton Playground, 136th Avenue and Brookville Boulevard; (718) 393–7370; bike.nyc/education/classes/learn-to-ride-kids, 11 am to 1 pm; Free.

Bring a bike, a child, and a helmet for this free fun event! Show your kids, ages 5 and older, how to ride a two-wheeler. Pre-registration required. For accessibility information.

Phineas the Clown: 2 pm to 3 pm. Fantasy Forest Amusement Park. See Sunday, Aug. 6.



Dancing in the streets

Bounce on over to the fourth annual Uptown Bounce block parties on Aug. 2 and 9 at the Museum of the City of New York and El Museo del Barrio.

The joint venture is a series of summer festivals featuring musical performances, leading New York City DJs, gallery talks, art-making workshops, and dancing lessons for all ages and skill levels.

Uptown Bounce takes place on the front terraces of both museums on Fifth Avenue, and throughout the gal-

leries of each institution. The block parties are open to visitors of all ages.

Uptown Bounce on Aug. 2 and Aug. 9 from 6 to 9 pm. Free, advanced reservations required.

The Museum of the City of New York [1220 Fifth Ave. at 103rd Street on the Upper East Side, (212) 534-1672; www.mcny.org].

El Museo del Barrio [1230 Fifth Ave. at 105th Street on the Upper East Side, (212) 831-7272; www.elmuseo.org].

SUN, AUG. 13

IN QUEENS

Little Makers: 10:30 am to 12:30 pm. New York Hall of Science. See Saturday, Aug. 6.

Get Fit: Beach playground, Beach 59th Street and the Boardwalk; 311; www.nycgovparks.org; 1 pm to 4 pm; Free.

The Friends of Beach 59th Street Playground Association will be hosting its "Back to School and Visioning Event," partnering with the Dream Team Leaders in the playground. There will be jump rope and a dance contest, along with other fun activities and giveaways.

Drop in Workshops: 1:30 pm to 4:30 pm. Queens Museum of Art. See Sunday, Aug. 6.

Adventure Course: 1:30 pm to 3:30 pm. Alley Pond Park Adventure Center (APPAC). See Sunday, Aug. 6.

Captain Faust: Fantasy Forest Amusement Park, Flushing Meadows Corona Park, 111th Street and Corona Avenue; (718) 788–2676; www.nycgovparks.org; 2 pm to 3 pm; Free.

Come see his slight-of-hand tricks and amazing illusions that is sure to leave guests in awe.

WED, AUG. 16

IN QUEENS

Community Day: Highland Park, Jamaica Avenue and Elton Street; (718) 235–4100; www.nycgovparks.org; 5 pm to 8 pm; Free.

Enjoy an evening of music, games, inflatables, face painting, and much more!

THURS, AUG. 17

IN QUEENS

A morning of music with Darlene Graham: Alley Pond Park, 76th Avenue and

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Springfiled Boulevard; (718) 352-4793; www.nycgovparks.org; 10:30 am to 11:30 am; Free.

Darlene Graham entertains children of all ages with her interactive and exciting performance.

FRI, AUG. 18

IN QUEENS

Make it Friday: 2:30 pm to 5 pm. New York Hall of Science. See Friday, Aug. 4.

SAT, AUG. 19

IN QUEENS

Storytime: Socrates Sculpture Park, 32-01 Vernon Blvd.; (718) 956-1819; www.socratessculpturepark.org; Noon to 2 pm; Free.

There's nothing like a good story to get the imagination working. Join The Queens Bookshop Initiative every third Saturday from June through September for Storytime in the Park! They will begin with traditional storytime, reading children's books that explore the joy of art and creativity, with some even written by local Queens authors.

Seining: Fort Totten Visitor's Center, Ordinance Road at Shore Road; (718) 352-1769; www.nycgovparks.org; 1 pm to 2:30 pm; Free.

Catch-and-release fishing is a great way to get outdoors and discover nature just a few blocks from home. Our experienced Rangers teach the ethics of fishing and the ecology of our waterways on every fishing program. Get ready to get your hands wet as seining programs use nets to catch fish. All equipment provided; this program is recommended for ages 8 years and older. Participation is first-come, first-served.

Cido the Clown: Forest Park Carousel, Forest Park Drive at Myrtle Avenue; (718) 788-2676; www.nycgovparks.org; 2 pm to 3 pm; Free.

From his red nose to his big feet, Cido is a professional clown to the fullest. This clown magic show is sure to be fun for all!

SUN, AUG. 20

IN QUEENS

Little Makers: 10:30 am to 12:30 pm. New York Hall of Science. See Saturday, Aug. 6.

Drop in Workshops: 1:30 pm to 4:30 pm. Queens Museum of Art. See Sunday, Aug. 6.

Adventure Course: 1:30 pm to 3:30 pm. Alley Pond Park Adventure Center (APPAC). See Sunday, Aug. 6.

The Great Miguelino: Fantasy Forest Amusement Park, Flushing Meadows Corona Park, 111th Street and Corona Avenue; (718) 788-2676; www.nycgovparks.org; 2 pm to 3 pm; Free.

Miguelino's tricks will leave some guests in awe while making other guests laugh. Volunteers from the audience will be chosen to



Daniel Avila

Set course for adventure

It's the great outdoor Adventure Course at Alley Pond, Sundays from Aug. 6 to Aug. 27.

Children can try their hand at conquering this obstacle course while learning trust, communication, and team building. The program includes both low and high elements.

The Adventure Course is open to individuals, small groups of friends, and family ages 8 and up. Minors must be accompanied by an adult. Valid photo identification is required. You must

wear sneakers.

Space is limited and participants are chosen by lottery. Please visit the Urban Park Rangers' Events Registration page to enter your name in the lottery. We recommend that people who receive a response arrive a half-hour early before each program.

Adventure Course; Aug. 6, 13, 20, and 27 from 1:30 pm to 3:30 pm. Free.

Alley Pond Park Adventure Center [Alley Pond Park in Little Neck, (718) 217-6034; www.nyc.gov/parks/rangers].

help him with his spectacular magic tricks.

TUES, AUG. 22

IN QUEENS

"Cinderella Samba": Dry Harbor Playground, Myrtle Avenue and 80th Street; www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2; 10:30 am to 11:30 am; Free.

This contemporary twist on the classic "Cinderella" fairy tale is presented by The CityParks PuppetMobile and sets the timeless tale in the lush landscape of Brazil, where, thanks to the help of her fairy godmother, Cinderella attends Rio de Janeiro's biggest Carnival gala and dances the samba with Prince Paulo himself.

"Cinderella Samba": Alley Pond Park, Cross Island Pkwy & Grand Central Pkwy;

Calendar

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(718) 217-4685; www.nycgovparks.org;
10:30 am to 11:30 am; Free.

FRI, AUG. 25

IN QUEENS

Make it Friday: 2:30 pm to 5 pm. New York Hall of Science. See Friday, Aug. 4.

SAT, AUG. 26

IN QUEENS

Camping: Alley Pond Park, Cross Island Parkway and Grand Central Parkway; (718) 217-4685; www.nycgovparks.org; 6 pm to 7 am; Free.

Camping affords 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. Registration required.

SUN, AUG. 27

IN QUEENS

Little Makers: 10:30 am to 12:30 pm. New York Hall of Science. See Saturday, Aug. 6.

"Cinderella Samba": Travers Park, 77th Street and 34th Avenue; www.cityparksfoundation.org/event/cityparks-puppetmobile-presents-cinderella-samba-2; 11 am to noon; Free.

Drop in Workshops: 1:30 pm to 4:30 pm. Queens Museum of Art. See Sunday, Aug. 6.

Adventure Course: 1:30 pm to 3:30 pm. Alley Pond Park Adventure Center. See Sunday, Aug. 6.

Presto Pete & Incredulous Chris: Fantasy Forest Amusement Park, Flushing Meadows Corona Park, 111th Street and Corona Avenue; (718) 788-2676; www.nycgovparks.org; 2 pm to 3 pm; Free.

Presto Pete and Incredulous Chris of Pete and Chris Amusements are New England's ONLY Two-Man Kid's Magic Show! They give an ULTRA high-energy performance that capture's kid's attention and doesn't let go! They are two brothers who have been performing around the east coast for the past five years making kid's not only laugh, but also giggle and guffaw!

LONG-RUNNING

IN QUEENS

Angry Bird's Universe – The Art and Science of Global Phenomenon: New York Hall of Science, 47-01 111th St. (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Sun, Aug. 27; Free with general hall admission.

This U.S. premiere of the exhibit uses hands-on activities to explore mass, energy,

These teens can move!

Young Dance-makers comes to three locations in Manhattan on Aug. 2, 3, and 5.

The company is comprised of 17 teens from New York City public high schools — including Business of Sports School, Frank McCourt High School, Lower Manhattan Arts Academy, Northside Charter High School, Repertory Company HS for Theatre Arts, School for Human Rights, Talent Unlimited HS, The Brooklyn International HS, University Neighborhood HS, and Wadleigh Secondary HS — who will perform a concert of their original choreography plus an excerpt from Limon's "A Choreographic Offering," taught by Kristen Foote.

All performances end with the lively "Dance With Us," in which audience members with dancing feet are invited onto the stage to improvise with the dancers.

Show times are:

- Aug. 2 at Symphony Space at 2 pm.
- Aug. 3 at University Settlement Society of New York at 2 pm.
- Aug. 5 at Ailey Citigroup Theater on Aug. 5 at 7:30 pm (This is a concert and reception event).

All three are free; reservations rec-



ommended for Aug. 2 and 3 performance and required for Aug. 5 event.

Reservations and information at: (718) 329-7300 X 3358; aliceteirstein@mail.com.

Symphony Space (2537 Broadway at W. 94th Street on the Upper West Side; www.symphonyspace.org)

University Settlement Society of New York (184 Eldridge St. in Bowery; www.universitysettlement.org)

Ailey Citigroup Theater (405 W. 55th St. at Ninth Avenue in Hells Kitchen).

simple machines, architecture, and other science topics. Twenty hands-on exhibits place museum visitors inside the world of the Angry Birds games. Using giant slingshots, kids and adults of all ages can propel balls adorned with the images of Angry Birds characters to test structures.

Rocket Park Mini Golf: New York Hall of Science, 47-01 111th St. (718) 699-0005 X 353; www.nyscience.org; Daily, 10 am to 4pm, \$6 plus admission to the Hall.

Putt your way through a nine-hole miniature golf course that teaches the science of spaceflight. Players will explore key science concepts such as propulsion, gravity, escape velocity, launch window, gravitational assist, and more.

Play Streets: (212) 477-9450; palnyc.website.siplay.com; Weekdays, 11 am to 4 pm, until Thurs, Aug. 10; Free.

• Rufus King Playground, 153rd Street and Jamaica Avenue

• Park of the Americas, 42nd Avenue and 104th Street

Children are provided a safe space to play in the Police Athletic League designated closed streets; the fit challenges, children have the opportunity to exercise and follow a healthy living lifestyle, with a focus on combating childhood obesity, through citywide fitness challenges. PAL's nutrition education program teaches participants about healthy food choices and alternatives while encouraging children to log their daily water consumption for a site-based challenge.

Activity table: Queens Botanical Garden, 43-50 Main St.; (718) 886-3800; info@queensbotanical.org; www.queensbotanical.org; Saturdays and Sundays, 2 pm to 4 pm, until Sun, Aug. 27; Free with garden admission.

Every weekend from 2 pm to 4 pm, please stop by our activity table to create something new. Activities are appropriate for all ages!

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

FURTHER AFIELD

Take the Hudson Loop: Pier 11 NY Waterway Ferry, Wall Street, Pier 11, Manhattan; www.nywaterway.com/HudsonLoop.aspx; Daily, various times, until Mon, Sept. 4; Fees apply.

Kids under 12 years old ride free on all NY Waterway ferries, including those serving The Hudson Loop, a 10-mile biking and walking trail. Visit urban waterfronts — the West Side of Manhattan and the Hudson County waterfront in Weehawken, Hoboken, and Jersey City, linked by NY Waterway ferries. The Loop runs from Battery Park City in Lower Manhattan, north on the Hudson River Park walkway/bikeway to the W. 39th Street Ferry Terminal, where service is available to Port Imperial in Weehawken. NY Waterway ferries run every 10 minutes during weekday rush hour and every 20 minutes off-peak, seven days a week.

Drones – Is the Sky the Limit?: Intrepid Sea, Air & Space Museum, Pier 86 (46th Street and 12th Avenue), Manhattan; www.intrepidmuseum.org; Weekdays, 10 am to 5 pm, Saturdays and Sundays, 10 am to 6 pm, until Thurs, Aug. 31; \$33 (\$31 seniors; \$24, children 5–12; Free children under 5 and retired and active duty military).

The exhibit explores pilotless aircraft and the history of drone technology. Visitors can fly actual drones and explore the use of drones in police and fire departments, fashion, and art.

Nature Trek: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220–5103; www.bronxzoo.com; Weekdays, 10 am to 5:30 pm, Saturdays and Sundays, 10 am to 4:30 pm, until Mon, Oct. 23; Included in the Total Experience Ticket: \$36.95 (\$26.95 children 3–12; \$31.95 seniors over 65).

This new event at the zoo is a fully-netted bridge-and-tower course and nature play area geared toward children and families. Coca-

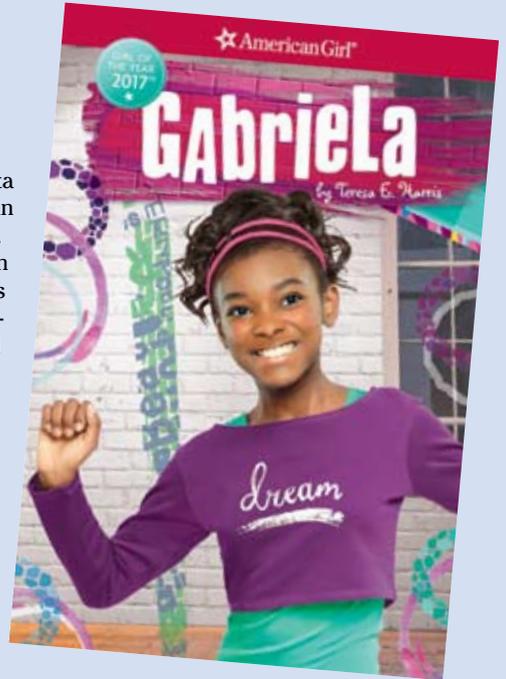
Meet the authors

Teresa E. Harris and Jen Calonita come to American Girl Place for an author meet-and-greet on Aug. 12.

Inspire your girl's imagination by introducing her to the authors who brought American Girl's newest characters to life! Girls will have a chance to meet Teresa E. Harris, who wrote "Gabriela" and "Gabriela Speaks Out," and Jen Calonita, who penned "The Real Z." Be sure to bring your books for autographs!

Meet and greet on Aug. 12 from 1 pm to 3 pm. Free.

American Girl Place [609 Fifth Ave. at E. 50th Street in Midtown, (877) 247-5223; www.americangirl.com/retail/new_york.php]



Cola is the presenting sponsor Nature Trek as well as dedicated educational programming encouraging the exploration of the natural world through play.

"The Princess, The Emperor, and the Duck:" Swedish Cottage Marionette Theater, W. 79th Street and West Drive, Manhattan; (212) 988-9093; Tuesdays – Sundays, 10:30 am and 2 pm, until Sun, Sept. 17; \$12 (\$8 for children under 12).

The Swedish Cottage Marionette Theatre presents three classic tales from Hans Christian Andersen "The Princess and the Pea,"

"The Emperor's New Clothes" and "The Ugly Duckling." For children ages 3 to 9.

Art Island Outpost: Governors Island, New York Harbor, Manhattan; (212) 274-0986; www.govisland.com; Saturdays and Sundays, 11 am to 3 pm, until Sat, Sept. 30; Free.

Young artists will be inspired and challenged to explore big projects utilizing found objects and traditional mediums. This is a space to invent, adapt, and transform your relationship to art and the art making process. Hosted by the Children's Museum of the Arts.

the Marketplace

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Eating right to protect your sight

Back-to-school season can be an important time for enhancing the quality of a child's diet. While an abundance of research supports the critical role of good nutrition in brain development and academic achievement, little is said about nutrition and a child's eyesight.

Do you recall the joke, "Have you ever seen a rabbit wearing glasses?"

Certainly carrots — rich in beta carotene — help promote good vision and healthy eyes.

But rabbits don't maintain their glasses-less face on a diet of only carrots. There are other delicious, nourishing foods that help maintain healthy eyes both now and over a lifetime.

No surprise, the same diet that helps maintain optimal vision also helps keep the cardiovascular system in tip-top shape. A diet low in saturated fat and rich in fruits, vegetables, and whole grains can keep not only your heart in good shape, but also your peepers.

Consider these tips:

Eat leafy green vegetables

They're rich in the nutrient lutein. Lutein protects the eye by forming pigments in the macula, which lies in the center of the retina. The pigments help with vision by filtering out harmful blue light wavelengths that can damage the eye.

The best greens are kale, spinach, romaine lettuce, dandelion greens, collards, and turnip greens. If the kids balk at these, throw some baby spinach or kale into a

smoothie. They don't need to consume much; just one teaspoon of green leafy veggies with a bit of fat raise blood lutein levels by almost 90 percent, according to a study in the *American Journal of Clinical Nutrition*.

'Process' your veggies

While you've undoubtedly heard that food processing is undesirable, chopping, pureeing, and cooking actually help the body absorb veggies' nutrients. Cooking them in oil or serving them with fat (think dip or dressing) in the meal also boosts nutrient absorption.

Go fish

People who eat fatty fish — such as salmon, sardines, mackerel, sardines, halibut, or tuna — just once a week have only half the risk of developing age-related macular degeneration compared to those who eat fatty fish less than once a week.

Age-related macular degeneration is the leading cause of adult blindness in the U.S. Fatty fish is rich in DHA, which scientists believe help protect the macula or center of the eye with its antioxidant and anti-inflammatory properties. Having adequate levels of DHA is also linked to preventing dry-eye syndrome.

Seek out vitamin C

A diet high in vitamin C — citrus fruits, kiwi, berries, peaches, bell peppers, and tomatoes — helps eyes function properly. It also reduces the risk of developing age-re-



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

lated macular degeneration down the road.

Eat foods with a low glycemic index

People who do have the lowest risks of age-related macular degeneration. Food with a lower glycemic index include vegetables, fruits, and whole grains. Many "white foods" such as white bread, mashed white potatoes, white rice, and white flour are higher on the glycemic index scale.

Get zinc

In addition to lean red meat, poultry, and fortified cereal, zinc can be found in legumes of all kinds. These include black-eyed peas, kidney beans, lima beans, and peanuts.

Zinc is an essential trace mineral that's found in high concentration in the eyes and may help protect them from the damaging effects of light.

Run and play

For every hour kids play outside in natural light with far-away horizons, they reduce their risk of nearsightedness by two percent, according to researchers at the University of Cambridge.

And what about those carrots? Along with sweet potatoes, mangoes, apricots, cantaloupe, and pumpkin, carrots are rich in beta-carotene — a precursor to vitamin A — a nutrient that helps you see in the dark.

Find more healthy vision tips from the National Eye Institute at NEI for Kids, <https://nei.nih.gov/kids>.

Christine Palumbo is a Naperville-registered dietitian nutritionist. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.



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St. Joseph Catholic Academy

Serving the Parishes of St. Joseph, Most Precious Blood, Corpus Christi, Our Lady of Mt Carmel, St. Patrick, and St. Rita

Registration for September Classes

August 14, 15, 16, 17, 28, 29, 30, 31
Between 9 a.m. and 11 a.m.

- Nursery, Pre-K for All, Kindergarten, Grades 1 to 8
- Extended Day: Mornings at 7:15am, After School until 5:45pm
- Religious Instruction with Emphasis on Gospel Values and Service to Others
- New York State Standards (ELA, Mathematics, Social Studies, Science)
- New STEM lab (**S**cience, **T**echnology, **E**ngineering, **M**athematics) Offering Hands-on Instruction to all Students in K-8
- Coding Instruction Available in K-8 for 21st Century Career Readiness
- Spanish, Mandarin, Art, Music, Physical Education, Yoga and Mindfulness
- High School Regents Courses at Monsignor McClancy HS for Qualifying 8th Graders



- Newly Renovated Science Lab/Classroom and Computerized Library
- Resource Room and Title I Remedial Services in Reading and Math, P/T Social Worker
- Full Time Guidance Counselor and Nurse
- Small Classes, Co-curricular Clubs and Activities, CYO Sports Program
- SMARTBoard Interactive Technology in ALL classrooms (Nursery to Grade 8)
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