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Queens Family
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Twentieth year of publishing

This year we are entering the 20th year of publishing Brooklyn Family. At the time I was completely new to this business but extraordinarily enthusiastic about the idea of creating a parent guide that could help moms like me. My daughter was then 6 and in the first grade at a public school in the Boerum Hill section of Brooklyn where we managed to get her in on a variance and then win a place in the lottery. We wanted her to go there because they offered such a great multi-cultural program with a human rights core curriculum, things that were important to our family and important to me as a soon to be publisher.



So as a busy multi-tasking working Mom, I was also a parent seeking information about programs, schools, support groups, etc. that I hoped would be the backbone of the magazine I would cre-

ate. Additionally, I wanted it to be completely reflective of the whole of Brooklyn, not just “some neighborhoods” and set about to make sure it was distributed everywhere and that it didn’t cater to a readership of largely top-end parents.

Apparently it worked. With a lot of hard work, consistency and distribution in the right places, it flourished and was soon followed by a magazine in Queens, the Bronx and my original borough of Manhattan. The Special Child magazines came next, then NYParenting.com and now an Annual Guide and a soon to be published Summer/Camp Guide.

It’s been a real labor of love and I’ve had the pleasure of working with many talented and committed people over these years. Parenting small children united us all. Some of us don’t have “small” children anymore. Many of us have children who

are now taller than us and call us things like “little mommy” which is what my taller than me daughter sometime calls me. Whether taller or smaller, the parenting experience never really ends. They are our children forever just as we were to our parents.

2018. It’s amazing where the time and years go and how fast they move from one to the other. Hopefully, we’ll all have a great year and that our children will grow and flourish with the good nurturing that we, as engaged and concerned/loving parents will be giving them.

Thanks for reading! Happy New Year to all.

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Be vigilant about food allergies

BY JUDY M. MILLER

Growing up, I was not aware of any friend that was allergic to a food. However, upon becoming a parent, I quickly became aware of a number of children with food allergies, several so acute that I now routinely ask about food allergies prior to having any child in my care.

Food allergies in children have doubled in the past decade; www.foodallergy.org states that one in every 13 children under age 18 has a food allergy, and among preschoolers, the incidence is one in 10. More than one-third of children with food allergies are allergic to multiple foods. These numbers are alarming.

During a recent interview on NPR (<http://www.npr.org/2013/04/15/177319365/the-doctor-trying-to-solve-the-mystery-of-food-allergies>) Dr. Kari Nadeau, a scientist at the forefront of food allergy research, shared that it is suspected that the reason food allergies have exploded is multifactorial. In other words, there is no single reason or simple answer. She is conducting clinical trials on desensitizing children who have multiple food allergies. The results look promising.

The most common food allergens are tree nuts, peanuts, milk, eggs, soy, wheat, fish, and shellfish. These eight food sources account for 90 percent of food allergies. The U.S. Food and Drug Administration (FDA) does not require labeling on trace amounts (trace contaminants) up to 200 milligrams. Although 200 milligrams does not sound like a lot, it is roughly the equivalent of a peanut. But a parent of a child with a severe food allergy will tell you otherwise. Those 200 milligrams can throw their child into a severe reaction, anaphylactic shock or worse. These trace amounts can kill.

Sarah, mom to a middle-school-aged son who was diagnosed with a severe milk allergy when being weaned from breastfeeding at one year old, lives with this knowledge. She has had to learn how to manage her son's food allergies. She has

Learn More: Signs of anaphylaxis

Anaphylaxis is a life-threatening allergic reaction. It can occur suddenly and escalate quickly, usually within minutes of a person eating. Mild symptoms can be a runny nose, a funny feeling, or a sudden rash, but these can swiftly escalate to more serious issues, such as:

- Difficulty breathing
- Swelling, hives or swollen lips
- Hoarseness
- Constriction of the throat
- Nausea and vomiting
- Abdominal pain and cramping
- Diarrhea
- Low blood pressure
- Dizziness
- Fainting
- Rapid heartbeat
- Cardiac arrest



done a remarkable job, effectively advocating for her son and other children who have food allergies — educating her son, faculty and staff, students, and parents of students about the basics of food allergies, and how to manage them.

One-third of kids with food allergies are bullied. Sarah's son is not. Her openness has encouraged other parents of kids with food allergies to join in. Together they have educated adults and children on how critical reactions to food can range from itchy throats and skin reactions to stomachaches, burning tongues, and signs of anaphylaxis. They have created a clear understanding of food allergy management and garnered strong support for kids with food allergies within the school population. My son is a close friend of her son and is hyper-vigilant and respectful about his friend's dietary restrictions. He is aware of what his friend cannot have and what is safe. He knows this because he has been taught.

Please teach your child about the seriousness and life-threatening truths about food allergies. If you do not know, ask a parent who has a child with food allergies. What is inconvenient for you — not having that food allergen in their presence or wiping your counters down before they visit your home — can be life-threatening

to another.

Writer and author Judy M. Miller savors time with her kids. She is a Certified Gottman Educator and the author of "What To Expect From Your Adopted Tween," "Writing to Heal

life-threatening nut allergies. She provides a broad range of ideas for being a proactive parent, or friend, of a child with any food allergy.

- ClinicalTrials.gov, a service of U.S. National Institutes of Health, lists the clinical trials in progress (active, recruiting) or completed. The results of the trials, if available, are posted when clicking on the links. <https://clinicaltrials.gov/ct2/results?term=food+allergie&Search=Search>

- "The New Nut-Free Mom: A Crash Course in Caring for Your Nut-Allergic Child" by Jenny Kales is available in an e-book format. The book is available for download to e-book devices through Amazon and Barnes & Noble, and via the Kindle and Nook apps for phones, tablets, Mac, and PCs.

- MedicAlert has medical IDs for all ages. They also provide services to protect people in the event of emergencies, worldwide. <http://www.medicalert.org>

Learn more: Great parent resources

- Food Allergy Research and Education (FARE) is a comprehensive site for becoming educated about food allergies and food allergy advocacy. It works on behalf of 15 million Americans with food allergies. www.foodallergy.org

- The Nadeau Lab in Stanford University School of Medicine's Immunology and Allergy Division provides research findings regarding food allergies, as well as other areas. Dr. Karen Nadeau is exploring the role of suppressor T cells (Tregs), a subpopulation of T cells that modulate immune systems, and tolerance mechanisms of allergic disorders. <http://nadeaulab.stanford.edu>.

- The Nut-Free Mom <http://nut-free-mom.blogspot.com>, an archived blog. Jenny Kales is a mom who shares her experience of having a daughter with

Adoption Grief: Making Connections & Moving Forward," and "For Families and Friends: Advice, Suggestions, and Honest Dialogue About How to Best Support Parents on Their Adoption Journey."

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Homework helper

Supporting their studies at home

BY JAN PIERCE

Whether you love it or hate it, homework is a component of your children's education. It is a given. In our busy lives with schedules full of sports, dance, music lessons, and the like, families may find it difficult to set educational responsibilities as a high priority. Although parents everywhere want their children to succeed in school, according to Sharon P. Robinson of the U.S. Department of Education, many parents err more on the side of slighting the importance of nightly homework than in giving too much help. There are those parents who make the mistake of doing the work themselves for a variety of reasons, but they are in the minority, and teachers will always spot such activity.

So what are the proper ways to deal with nightly homework assignments for our children? First of all, be sure that you understand the purpose of homework. It offers a number of benefits, but foremost are review and practice of new material, practice in independent research and study, developing good habits and attitudes toward learning, going further in a subject than can be done in limited class time, and preparing for the next step in learning which will be presented during the upcoming class session.

Once adults see the purpose of homework, it is easier to properly support it.

The amount of nightly homework should vary according to age. Most experts agree that for grades 1-3 there should be about 20-30 minutes of homework per night. For grades 4-6 it should increase to about 40 minutes to an hour, and from grade 7 and upward it may reach two hours or more.



Clearly, by age 11 or 12 children need to be able to do independent work and quite a lot of it. This is where parents can play a huge role in starting from the early years to support good homework habits.

The entire family should be on board with support of nightly homework routines. Here are some tips for setting expectations from the beginning of a school career:

- Set regular study times. You may need to be flexible, but never skip it.
- Provide a place to study with proper lighting, materials, and resources.
- Remove distractions. Some can study with soft music, but television, loud music, or other children playing will distract from quality work.
- Be a good example by reading and modeling a lifelong learning attitude.
- Monitor assignments, know what your child is doing, and check over completed assignments.
- Keep lines of communication open with teachers and schools.

Success in training children to become independent learners begins at an early age with parental interest and support. The difference between supporting and

doing too much for children is really quite easy to determine. It is appropriate to review information with children by asking them questions and listening to their answers. It is helpful to step in when children are "stumped" and discover together where they need help. It is helpful to train them to break large assignments into smaller chunks. It is fine to allow them to take a break when the going is tough and then try again. But it is never fine to do their assignments for them.

If homework is a problem for any reason, it is a good idea to talk with teachers quickly before the problem grows. Perhaps together you can work out the problems of too much work, assignments that don't seem to challenge, or any other problem which may arise. Teachers have a purpose for their homework assignments, and teacher-parent cooperation helps children realize you think it's important, too. Setting sound homework practices now will pay dividends for years to come.

*Jan Pierce is a retired teacher, reading specialist, and a freelance writer. She is the author of *Homegrown Readers and Homegrown Family Fun*. Find Jan at www.janpierce.net.*

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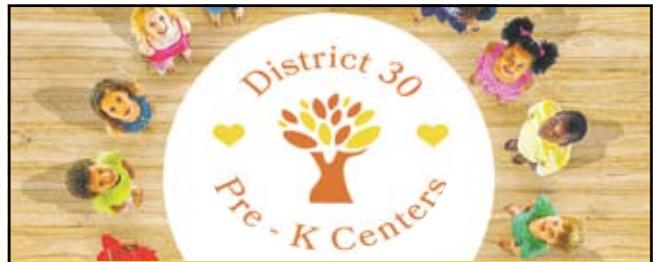
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The value of Catholic schools

Why parents choose this thriving, effective alternative

BY CANDI SPARKS

St. Patrick's Cathedral is a world-famous New York landmark, known for its neo-Gothic architectural style. Built in 1879, this structure embodies a long-standing tradition of Catholic faith, ministry, and education that is very much alive today.

At a time when New York City public schools are undergoing massive restructuring with struggling schools slated to close, working families have an alternative in the Catholic school system. The neighborhood Catholic school is a pillar of strength and culture in many communities, offering a wide variety of services, from financial aid, to academics and sports, as well as spiritual development.

The Catholic education model, combining faith-based development and future-focused education, has historically offered many a way out of poverty. During the early-to-mid-20th century, neighborhood public schools were largely overcrowded and not necessarily providing top-notch education. In the early days of the immigration wave, it was primarily Irish and Italian immigrants that sent their children to Catholic schools. To ensure that their children would be taught their values, they opted for a parochial school education.

This reasoning resonates today with many parents in search of a "good school." Joe and his wife send their children to Sacred Heart in Queens. In his words: "I feel that Catholic schools offer more of a family and community-oriented atmosphere. The smaller class sizes and smaller student body ensures that everyone knows each other and can form relationships. The principals and teachers know all of the students and therefore can make more in-

formed decisions for each individual."

The Catholic school demographic has shifted with each new wave of immigrants, and one didn't necessarily have to be Catholic to choose this option. As a result, many Catholic schools have continued as an integral part of our citywide school landscape of ethnic, cultural, and religious diversity.

"Catholic schools are not just meant for the faithful. We are here to grow faith by building community and reaching out to those in need," says Tom O'Brien of the Brooklyn Diocese, which is involved in raising scholarship funds to help families offset tuition costs.

"But not every Catholic school family is in great economic need," O'Brien said. "Our demographic is changing. We have seen an influx of middle income families who choose Catholic school because of the class size, excellence in education, and for a safer environment than what most parents think the neighborhood public school would offer."

Patty, a public school teacher from the Bronx, sends her son Ronald to a Catholic elementary school.

"The environment stresses academics and doing the right thing," she says. "The teachers set high standards for the children. They are expected to do well and they rise to the occasion."

Many Catholic school students are the first in their families to graduate from college. In low-income neighborhoods, this means that the school is providing the lion's share of educational support for children who do not have access to private tutoring or help at home.

There is a 99 percent graduation rate for Catholic high schools, compared to the 41 percent public high school graduation rate. And 97 percent of Catholic

high-school students go on to graduate college. Overall, Catholic school seems to outperform public school and is a viable, less-expensive system of education in the private sector.

In fact, in 2011, only two private schools in New York State were designated by the U.S. Department of Education as "Blue Ribbon," a program that honors public and private elementary, middle, and high schools whose students achieve at high levels, or schools that make significant progress in closing the achievement gap. Both were both Catholic schools in the Archdiocese of New York — St. Ignatius Loyola School on E. 84th Street and St. Ignatius on Mott Street, both in Manhattan.

The incentives for getting a Catholic school education are different than what they used to be, and this is changing the demographics of Catholic school students.

"Families that don't have money don't usually have many choices. We needed to find a school with the right mix for Benny," says Elizabeth, a Brooklyn mother of two, who chose to send her son to a Catholic school with solid academics and a baseball program. "He really wanted to play baseball. The only school that we could find to bridge the gap was a Catholic school."

Likewise, Patty, of East Harlem, sends her daughter Amber to a bilingual Catholic school.

"My daughter goes to a school that gives her [education] in both languages," says Patty. "Sure, they speak the same languages in the public school around the corner, but it is unofficial. The public school does not have the same structure."

Amber's Catholic school is also closely related to other parish activities and offers bilingual Masses, events, and service



projects for the community. This makes the Catholic school a great way for Patty and Amber to meet people of similar backgrounds and build a community.

Unfortunately, keeping these schools open has become a challenge. The Catholic school sector is no different than any other, and closings have been publicized. In response, Catholic schools are researching and developing new educational business models. Some Catholic schools have closed their doors, only to reopen as academies.

For example, in South Ozone Park, the Nativity of the Blessed Virgin Mary School and St. Stanislaus Bishop and Martyr School closed, only to be succeeded by the Divine Mercy Catholic Academy. Because the school involves more than one parish, it is called an academy, to differentiate it from a single-parish school. Since 2005, the Brooklyn Diocese has opened many Catholic academies in Brooklyn and Queens.

The Brooklyn Diocese has also implemented the program “Preserving the Vi-

sion.” The name means exactly what it says: preserving what has always been an integral part of Catholic life — the education of children. This vision includes developing schools that will be better able to meet the diverse and changing needs of students and parents.

The Archdiocese has also initiated the “Pathways to Excellence” program, aimed at professional development for principals, teachers, and staff at schools that already do outstanding work. Because of the diverse population, there is still more than can be done to close the achievement gap. The program is aimed at raising standardized test scores and providing teachers with new classroom tools, such as the digital teaching program for fourth and fifth grade math, “Time to Know,” which provides online learning, data collection, and feedback for the school.

For families who are interested in learning more about Catholic education and whose children are (or will be) in grades pre-K through grade eight, New York City Catholic schools are hosting “Touring

Tuesdays” from January through April. Look up the schedule online at <https://catholicsschoolsny.org>. Or, for those families who would like to apply, you may do so online at www.ApplyCatholicSchoolsNY.org as well as by phone at (646) 794-2885, between 9 am and 5 pm Monday through Friday. The applications include financial aid for qualified applicants.

Personally, I am proud to share that my fondest childhood memories revolve around a humble beginning, in a humble neighborhood. My siblings and I attended a Catholic elementary school, Our Lady of Victory, for eight years. I am pleased that Catholic schools are committed to remaining vibrant institutions for generations to come.

Candi Sparks is a licensed financial professional and the author of children's books about money including “Can I Have Some Money? Educating Children About Money,” “Max Gets It!” and “Nacho Money.” She is a Brooklyn mother of two and is on Facebook (Candi Sparks, author) and Twitter (Candi Sparks, author). Her website is www.candisparks.com.

Private/Independent School Guide



NYParenting.com

Catholic Schools

DIRECTORY

Divine Wisdom Catholic Academy

Douglaston
45-11 245 Street, 718-631-3153
www.dwcaonline.org

The academy offers an education grounded in Catholic values, morals, and traditions, promoting science, technology, and arts. Our new extension includes a warm, nurturing Nursery classroom, Music Conservatory, and dedicated space for STEM, Robotics, and Teaching Planetarium. This complements an already rigorous academic program incorporating enrichment programs in art, music, computer, physical education, Spanish, and middle school electives. Technology abounds with a Computer lab, Chrome books, iPads, SMART boards, and a 3D printer. Extracurricular programs, including Mad Science, Bricks for Kidz, band, drama, chess, Aquinas, Leo's, NBA Math Hoops, tennis, dance, and CYO sports round out the academic experience.

The Mary Louis Academy

Jamaica Estates
176021 Wexford Terrace
718-297-2120, www.tmla.org
Principal – Sister Kathleen McKinney

Our school offers an array of intellectually challenged courses that provide an academic foundation. Each student develops her program incorporating honors and advanced placement courses focusing on her strengths and interests and leading to a Regents Diploma with Advanced Designation. SMARTBOARD Technology is used throughout the school. Over 100 computers are available for student use. Guidance Counselors offer personal and academic counseling beginning in the first year. TMLA has a unique and extensive college program which focuses on acceptance to top level colleges and universities. Student talents are developed and interests cultivated through participation in more than 50 extracurricular clubs and activities.

Our Lady of Hope Catholic Academy

Middle Village
61-21 71st Street
718-458-3535, www.olhca.org
Our mission of in is to provide a Catholic education that fos-

ters the spiritual and academic development of each child. The responsibility for academic and spiritual growth is a shared endeavor among students, parents, faculty and administration. Academically, Our Lady of Hope focuses on inspiring a love of learning in its students. The school offers art, music and foreign language classes as well as a variety of academic and social development clubs after school. Aside from a full academic and religious program for kindergarten through eighth grade, the school also has a nursery and prekindergarten program, as well as affordable morning care and after school programs to assist parents with child care. The school enrolls over 600 students and benefits from a diverse national population. Class sizes range from 18 to 30 students, and 90% of graduates started as pre-K or kindergarten students.

Our Lady of the Snows Catholic Academy

Floral Park
79-33 258th St., 718-343-1346
www.olscaf.org

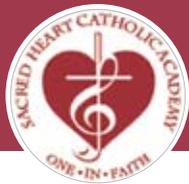
Continuing the legacy of The Sisters of Saint Joseph, our mission is to move with the Spirit to bring about God's reign and seek to promote justice, to live lives of non-violence and to respond to the needs of our time – uniting all in God's love. We believe it is our responsibility to recognize and develop the unique gifts of each child entrusted to us as we welcome children of all religions and cultures to our school community, and we reach out to them with understanding and respect.

Sacred Heart Catholic Academy

Cambria Heights
115-50 221st St., 718-527-0123
www.shcach.org

Our students learn the values and traditions of Faith as we incorporate them in each and every academic and extracurricular activity. We will endeavor to instruct our children in the basic skills, to serve as tools, in the development of their God-given talents and gifts. As we teach the children these academic and physical skills, we wish to provide them with opportunities to develop their fullest potential and to honestly evaluate their own efforts

Continued on page 16



Sacred Heart Catholic Academy
 115-50 221st Street
 Cambria Heights, New York 11411
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Sunday, January 28 | 11am-2pm

Monday, January 29 – Friday, February 2
 9am-11:30am

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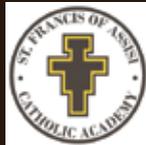
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CATHOLIC SCHOOLS WEEK

OPEN HOUSE:
 Sunday, January 28th
 12:30-1:30pm

SCHOOL VISITS:

Mon., Jan 29th 8:30-9:10 am - All Grades
 Thurs., Feb. 1st 8:30-9:10 am - All Grades

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www.sfaacademy.org

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 from 9:30-10:30am

On-going appointments are available

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8405 78th Ave., Glendale, NY 11385
 (718) 456-6636

sacredheartglendale.org

Digital CAMP GUIDE 2018

Check it out
on nyparenting.com



NEW YORK
Parenting

Catholic Schools

DIRECTORY

Continued from page 14

and accomplishments through daily challenges. These efforts will also be measured through timely municipal, local, and school evaluations. The faculty and staff recognize and respect the role of the parents/guardians as the primary educators of their children. We look forward to their deep involvement in these efforts.

Sacred Heart Catholic Academy of Glendale
Glendale
8405 78th Ave., 718-456-6636
sacredheartglendale.org

The choice of your child's educational experience could not be more important. Our mission is to motivate, educate and empower academically, spiritually and socially our students for the challenges of tomorrow with the support of our community. We work to provide a caring atmosphere where students can develop self-esteem and resiliency while succeeding educationally. Our success is evident in everything from the many students who attain honor roll, to scholarship winners, to superior test scores, to a desire for further education and eventually successful careers. Our competent and qualified faculty is committed to Catholic education and the well-being of every student. We welcome any interested families to visit us— we think you will be pleased with Sacred Heart.

St. Francis of Assisi Catholic Academy

Astoria
21-18 46th St., 718-726-9405
sfaacademy.org
Principal – Anne Stefano

Proud to be celebrating over 65 years of providing high-quality Catholic education to students. At SFA, Success For All, is our ultimate goal.

"The child is a veritable image of becoming, poised to reach towards what is not yet, towards a growing that cannot be predetermined or prescribed. The potential is there, and it is up to us to create the learning environment in which it can prosper and succeed." We consider it a great privilege to help a child, with all their God-given gifts and talents, grow and flourish! Our school is deeply committed to the ministry of Catholic teaching and giving our students the good example, guidance, and love required to

develop in them an active life of faith, skilled academic competence, and a keen global consciousness.

St. Joseph Catholic Academy

Long Island City
28-46 44th St., 718-728-0724
www.sjcalic.org

Committed to the development of students of diverse backgrounds and faiths from nursery through eighth grade by providing a well-rounded foundation for future learning and life. In addition to religion class and religious activities, we offer a rigorous academic program, complemented by classes in music, art, library, physical education, Spanish, Mandarin, and yoga/mindfulness. The children are also exposed to co-curricular activities that include dance, theatre, film making, chorus, and band. All instructional areas are equipped with SMARTBoard computer technology, and students have access to a portable notebook lab, and a newly renovated computerized library containing twenty-five upgraded computer PCs.

St Sebastian Catholic Academy

Woodside
39-76 58th St., 718-429-1982
www.stsebastianschool.org
Principal – JoAnn Dolan

Our school serves 440 girls and boys in nursery through eighth grade. Each grade level has approximately 25-30 students who are heterogeneously grouped. All levels of ability are reflected in our student population. We are a multicultural school with over 40 nations represented throughout the student body. A strong sense of family pervades our school community. Our Academy provides a Catholic learning atmosphere in which students may develop spiritually, intellectually, physically, and socially. Each student is recognized as a unique individual with special talents and abilities. We strongly encourage daily prayer, Sunday worship, and responsible moral conduct. For more than eighty years, this Catholic School of Excellence has prepared young people to move into leadership positions and service in the Church, national and local governments, medicine, education, finance, business and many other professions.



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GRADES NURSERY – 8

OPEN HOUSE

Tuesday, January 30th – 9 AM until 10:30 AM

Thursday, February 1st – 9 AM until 10:30 AM

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- Smart Board
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- Internet Based Symphony Math Program
- Newly Renovated Library/Media Center
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- Physical Ed./Health
- Math Strategies Grades 5/7
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- Title I Service in Reading and Math
- Guidance
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The Mary Louis Academy is sponsored by the Sisters of St. Joseph of Brentwood, New York. Accredited by the Middle States Association of Colleges and Schools and Chartered by the State of NY.

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What to know before you adopt an adolescent

BY JUDY M. MILLER

Are you an adoptive parent or considering adoption? Has your child reached adolescence or coming close to it? Here are some insights about parenting adopted adolescents.

Loss is always part of adoption

Regardless of circumstance or age, be it minutes or years old, the child who joins their family through adoption, has suffered profound loss. The initial loss is separation from the child's birth mother, and that loss expands outward to encompass birth family, culture or origin, and birth history.

Loss is the "hub" of the inherent issues in adoption.

Loss must be considered, understood, and honored by parents so that they can support their child as they navigate from

childhood into adulthood. Loss accumulates, one layer stacking upon another.

The hub can be quite deep

Varying degrees of grief, guilt, and shame, rejection, identity, intimacy, and control are often experienced throughout the adopted person's lifetime. These feelings tie into loss and extend from it, like the spokes of a wheel. These feelings are known as the inherent issues in the adoption "landscape." Inherent issues affect many adopted people, as well as the majority of birth parents and adoptive parents. For this article, though, I only address the issues as they pertain to an adopted person.

Inherent issues ebb and flow all life-long

Feelings tied to being adopted typically begin to make themselves known with

the onset of adolescence, as early as the age of 6, just when the hormones start to fluctuate in preparation for puberty. Children also begin to understand much more about adoption and how it has and will forever impact them.

Often, adoptive parents find themselves dealing with puberty and one or more adoption issues. As any parent who has raised a child can share, no one ever feels quite ready to parent a teenager. And parenting the adopted child requires even more preparation: knowing the child's history (and historical framework if adopted internationally) and how that can affect them, understanding the core issues and how to use them as tools in parenting, and having a level of genuine empathy for the child.

There might be more going on than the core issues

Depending on circumstances, the child

may also have suffered neglect, exposure to drugs and alcohol, experienced or witnessed sexual, emotional, or physical abuse. These truths are painful for parents to share, but necessary to discuss with their child. This information is part of the child's story, and it is essential for parents to share and review all of their child's birth history and related facts with them prior to adolescence, in age-appropriate language.

Yes, any "hard truths" are difficult to share. Parents have invested lots of emotion in their adoption journeys. They love their children profoundly and do not want to inflict pain. Parents find that sharing why their child could be adopted or not having the answers to their questions challenging. But, not sharing the difficult truths leave children unprepared and open to injury by others as well as wondering why their parents, who love them and have their best interests at heart, did not provide them with The Truths.

Education about loss in adoption empowers parents to help their children. Loss, neglect, abuse, attachment, and a whole range of other topics can be examined and discussed during adoption preparation education with "waiting" parents.

Advice for adoptive parents

Education promotes understanding. Understanding encourages empathy, which in turn grows patience. These tools are necessary to effectively parent the adopted child.

If seeking therapy for your child, address your own first. Think of airplane cabin decompression: put your oxygen mask on before your child's. If you do not, you cannot possibly help your child.

Work with a therapist well-versed in adoption and adoption issues. Therapists unfamiliar with adoption and inherent issues in adoption will be ineffective.

Adoption preparation education was not available when my husband and I adopted. We were unprepared. Concern over our daughter's apparent distress mingled with profound joy when she joined us in her infancy. The enormity of what adoption meant — forever uprooting and separating our daughter from the rich, ancient culture she was born into — became crystal clear in that instant. Resilient as humans are, she grieved for

some time while she adjusted to parents, family, and a society that did not look, sound, feel, or smell like that with which she was familiar. She did attach, but sadness and grief lingered. Her psychosocial development stalled. We committed to educating ourselves when seeking therapy for our daughter.

Our love was not enough. Our love served as a huge bandage that kept her wound from becoming infected further. This bandage did not and could not address the underlying cause of the wound and, therefore, why it was not healing. Part of the education we received was about loss and how it affects the adopted child — feelings of grief, guilt and shame, rejection, identity, intimacy, and control. By understanding what she was facing, we were able to better support her needs and help her resolve and eventually talk about what she felt.

Writer and author Judy M. Miller savors time with her kids, three who are adopted. She is a Certified Gottman Educator and the author of "What To Expect From Your Adopted Tween," "Writing to Heal Adoption Grief: Making Connections & Moving Forward," and "For Families and Friends: Advice, Suggestions, and Honest Dialogue About How to Best Support Parents on Their Adoption Journey."

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Kids Activities

DIRECTORY

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Chelsea

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Has your child ever wanted to play a prince or princess? Do the singing seven dwarfs or magical fairies tickle their fancy? Our year round camps are just the right place to try out different roles from different fairytales. All of our camps use the multifaceted wisdom of traditional fairytales as the basis for our creative work. Each camp focuses on a specific story of their choice, and the children choose their individual roles, rehearse, may learn to sing, and present the piece at the end of the week to their families and friends. We are offering musical acting camps in English and German for children between 3-11 years old. For more information call or visit our web-site.

Kimmy Ma ARTStudio

Fresh Meadow

190-19 UnionTPK, 646-209-9352, www.kimmyma-ARTStudio.com

Embrace Originality & Build Confidence through the Visual Art Creative Process! Our fall session begins in September, with the Studio open 7 days a week. We happily offer beginner friendly classes as well as instruction for higher levels. The Fine Arts curriculum has been personally designed by Mrs. Ma, who obtained a Masters degree in art from the school of education at NYU in 1996. Our students explore various medium including pastel, charcoal, watercolor & painting. Enroll now before the session begins or make an appointment to visit; no walk-ins. Please see the website for the student gallery & bios of all our teaching artists.

Rhythm NY

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Flushing, 7068 Kissena Blvd., 3F

718-224-3364, www.rhythmny.com, info@rhythmny.com

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Online Activity Guide

on

www.NYParenting.com



Kimmy Ma ARTStudio

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Age 6-11 Tu 4:15-5:45 & Sat 3:15-4:45

Age 7-12 Mon 4:15-5:45 & Sun 9:30-11

Youth Ability Level Instructions:

W/Th 3-5:30 (late drop off 3:20) F 3:45-6:15

Sat 9:30-12 & 12:15-2:45

SCHOOL BREAKS:

Young Illustrators & Cartoons

Mid Winter T/W/Th 2/20-2/22 @ 10:30am & 1pm

Spring T/W/Th 4/3-4/5 @ 10:30am & 1pm

3/18/2018 Sunday Family Program

(Youth & adult family members) 1:30pm & 3:45pm

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Birthday Party Reservation

Ms. Christine: 917-670-8192

Calendar

JANUARY



Learning through music

Uno dos tres! 1-2-3 Andres comes to the Long Island Children's Museum on Jan. 15 for two shows.

The 2016 Latin Grammy-winning singer-songwriter with a passion for using music to promote learning and explore cultural connections with children and families will perform and inspire everyone to sing and dance while learning about geography, language, and Latino culture. For children 3 to 5 years old.

1-2-3 Andres, Jan. 15, 11:30 am and 2 pm; tickets are \$9 non-members; \$13 theater tickets only.

Long Island Children's Museum [11 Davis Ave. at West Road in Garden City; (516) 224-5800; www.licm.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!

MON, JAN. 1

IN QUEENS

Family Holiday Programs: Museum of the Moving Image, 36-01 35th Ave. (718) 777-6888; www.movingimage.us; 11 am to 4 pm; Free with admission to the museum.

The LEGO Batman Movie plus a "Superhero" workshop Create your own superhero world during winter recess with the Museum's drop-in art making workshops for families. Activities include making one's own LEGO animations and superhero masks, and designing superhero costumes. Recommended for ages 4 and up. Make a day of it and watch The LEGO Batman Movie at 11:00 a.m., showing daily during winter recess.

TUES, JAN. 2

FURTHER AFIELD

Hear it, See It, Draw It: Nassau County Museum of Art — The Manes Center, One Museum Drive, Long Island; (516) 484-9338; nassaumuseum.org; 9:30 am to 10:30 am; \$5 (Free for members).

Look, listen and create with picture books and art! Children and their adult companions share story time followed by a walk through the gallery and drawing activities inspired by illustrations in our story book and the art on view.

Story and Art: Long Island Children's Museum, 11 Davis Ave. at W. Road, Long Island; (516) 224-5800; www.licm.org; 11:30 am to noon; \$4 plus museum admission and \$3 members.

Children list to classics and tales followed by a take-home, book-inspired craft.

FRI, JAN. 5

FURTHER AFIELD

Fri-Yay Art Day: Nassau County Museum of Art — The Manes Center, One Museum Drive, Long Island; (516) 484-9338; nassau-museum.org; 9:30 am to 10:30 am; \$5 (free for members).

Under the guidance of Deanna DelSanto, young children and their adult companions investigate color, shape, form and more



Where kids learn to cook

Want to learn how to make more than just a salad and still eat healthy? Come to the Allergic to Salad workshop on Jan. 21 at the Queens Botanical Garden.

The monthly farm-to-table cooking experience introduces your family to all aspects of cooking. Enjoy a tasty treat you make for lunch at the end of

each session. Appropriate for all ages — children to grandparents.

Allergic to Salad, Jan.21 from 11 am to 1 pm; tickets are \$12 - \$15. Registration required.

Queens Botanical Garden [43-50 Main St. in Flushing; Tel: (718) 539-5296; info@queensbotanical.org; www.queensbotanical.org; familycookingqbg1.eventbrite.com]

with hands-on activities. They will have the opportunity to experiment and become familiar with art materials and processes as they discover new skills while nurturing creative expression.

Bull riding: Madison Square Garden, 4 Pennsylvania Plaza., Manhattan; (800) 745-3000; www.ticketmaster.com; 8 pm; Starting at \$38.

The Professional Bull Riders are coming back for the 25th anniversary of this extreme sport - The PBR's brand of thrilling, high-flying rides and jaw-dropping wrecks will buck into Madison Square Garden on January 5-7 for the Monster Energy Buck Off at the Garden. The three-day event is the first of four PBR Majors in 2018 that will offer increased prize money and bonus points to the world's 35 top bull riders, as well as a unique format that will test the sport's best in a punishing competition in which one in 15 rides ends in injury. Tickets are on sale now for this hotly-anticipated event. The action begins with the top-35 bull riders in the world taking on their 2,000-pound bovine opponents atop 750 tons of dirt spread 8 inches deep across to strive to win their share of the \$140,000 event purse as well as valuable world stand-

ings points that count toward the season's overall \$1 million PBR World Championship title.

SAT, JAN. 6

IN QUEENS

Activity Table: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; Saturdays and Sundays, 2 pm to 4 pm, Sat, Jan. 6 - Stop by the activity table to create something appropriate - for all ages!

Family Program: Museum of the Moving Image, 36-01 35th Ave. (718) 777-6888; www.movingimage.us; 11 am to 4 pm; Free with admission to the museum.

Moving Image Studio is the Museum's drop-in space where visitors of all ages can create media and other projects. Families are welcome to stop by and build their own puppets and animation inspired by The Jim Henson Exhibition and the core exhibition Behind the Screen. Activities include stop-motion animation, puppet making with found objects, create your own meme, and coloring. Recommended for ages 4 and up and their adult companions. Please note: During Thanksgiving weekend and Winter

Calendar

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

Recess, the Museum will present holiday programs for families featuring a big-screen matinee and themed-workshop activities.

FURTHER AFIELD

Hands-On Art: Nassau County Museum of Art - The Manes Center, One Museum Drive, Long Island; (516) 484-9338; nassaumuseum.org; 11 am to 3 pm; Free with museum admission.

Spend up to an hour exploring techniques and materials and then continue to explore the grounds filled with trails and gardens.

Bull riding: 7:45 pm. Madison Square Garden. See Friday, Jan. 5.

SUN, JAN. 7

IN QUEENS

Family Program: 11 am to 4 pm. Museum of the Moving Image. See Saturday, Jan. 6.

FURTHER AFIELD

Family Sundays: Nassau County Museum of Art — The Manes Center, One Museum Drive, Long Island; (516) 484-9338; nassaumuseum.org; 1 pm to 4 pm; Free with museum admission.

Converse, collaborate and create at the museum and be inspired by the works in the galleries, explore new art materials. Children and adults reconnect while talking about and making art together. Family art projects draw inspiration from the artworks on view in the Museum's exhibition, Fool the Eye. New projects are featured every week.

Bull riding: 1:45 pm. Madison Square Garden. See Friday, Jan. 5.

TUES, JAN. 9

FURTHER AFIELD

Hear it, See It, Draw It: 9:30 am to 10:30 am. Nassau County Museum of Art — The Manes Center. See Tuesday, Jan. 2.

Story and Art: 11:30 am to noon. Long Island Children's Museum. See Tuesday, Jan. 2.

WED, JAN. 10

IN QUEENS

Monthly Jazz Jam: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 7 pm to 10 pm; \$10 (Free for members, students and jamming musicians).

Held on the first Wednesday of every month, Jazz Jams are a fun way to hone your skills and jam with your peers. The house band is led by saxophonist Carol Sudhalter. All are welcome, regardless of instrument (vocalists, too!). Don't play? Come listen!

FRI, JAN. 12

Teen Program: Museum of the Moving Image, 36-01 35th Ave. (718) 777-6888; www.movingimage.us; Friday, Jan. 12, 4 pm to 6 pm; 4 pm to 6 pm; Free with admission to the museum.

Teens will learn about Jim Henson and his life's work from the Museum's new permanent exhibition. Using GiphyCam, a customizable GIF making app, teens will create Jim Henson inspired characters and animate them in GIF form. Teen Digital Media Lab is a series of free design jams just for teens. These events are a unique opportunity to get exclusive access to the Museum, share in your favorite kinds of media-making, and experiment with new techniques and materials. We work with everything from vintage arcade games to web-based hacking tools as we explore the Museum's collection in fun and innovative ways. All levels of experience are welcome. Plus, there's pizza.

FURTHER AFIELD

Fri-Yay Art Day: 9:30 am to 10:30 am. Nassau County Museum of Art - The Manes Center. See Friday, Jan. 5.

SAT, JAN. 13

IN QUEENS

Family Program: 11 am to 4 pm. Museum of the Moving Image. See Saturday, Jan. 6.

Winter Family Program: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; 11 am to noon; Free with admission to the gardens.

Winter is wonderful at QBG! Bring the whole family and experience winter's splendor with indoor garden activities and an outdoor nature walk. Activities are geared for 4-10 year olds, but all are welcome to attend. Each Saturday will include indoor nature-themed hands on activities, followed by a short nature walk around the Garden. Bundle up and dress for the weather!

Lunar New Year Community Art

Project: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; www.queensbotanical.org; Noon to 1 pm; Free with admission to the gardens.

Make your mark as part of a community art project. Each Saturday leading up to Lunar New Year, we will work on a step-by-step collaborative art project to be displayed in the garden to celebrate the Year of the Dog. Activities will be family friendly but may involve paint!

Henna Workshop I: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; info@queensbotanical.org; www.queensbotanical.org; 2 pm to 4 pm; \$15-\$20.

In this introductory class, learn about the botanical and cultural importance of henna. Participants will see the hennaplant, learn to prepare henna paste and try their hand

at practicing this unique art form. Participants are encouraged to register for Henna Workshop II to further develop their technique. Registration required: hennaqbg1.eventbrite.com.

FURTHER AFIELD

Hands-On Art: 11 am to 3 pm. Nassau County Museum of Art — The Manes Center. See Saturday, Jan. 6.

SUN, JAN. 14

IN QUEENS

Family Program: 11 am to 4 pm. Museum of the Moving Image. See Saturday, Jan. 6.

Savoy! Dancing through the Swing Era: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 2 pm; \$10 (Free for members, seniors, and children under 12).

Presented by FTH Space Grantee Project Connect, this interactive dance program will take you on a journey through the swing era by following its main character, Lillian Carlyle, an aspiring dancer from Hollywood. It features authentic jazz music from the 1920s-40s by Big Band greats such as Duke Ellington and Benny Goodman, as well as vintage fashions and most importantly, the high energy Lindy Hop dance that began during this time.

Celebrate Martin Luther King Jr., concert: Colden Auditorium, Kupferberg Center for the Arts, Queens College, 153 Reeves Ave. (718) 793-8080; www.kupferbergcenter.org; 4 pm; \$35.

Sweet Honey in the Rock® remains among the most vibrant, versatile and ever relevant musical collectives in music today, both as a performance ensemble and as an ambassadorial African American organization founded on the missions of empowerment, education and entertainment. The group currently consists of members Carol Maillard, Louise Robinson, Nitanju Bolade Casel, Aisha Kahlil, and featured musician Romeiz Mendez on upright acoustic bass and electric bass. Sweet Honey in the Rock is a powerful concert entity that fuses the elastic 360 degree possibilities of the human voice with a theatrical flair that keeps avid audiences returning for more. Kinetic, cultured and connected, this internationally renowned Grammy Award® nominated female a cappella vocal quartet has a history of over four decades of distinguished service.

FURTHER AFIELD

Super Family Sundays: Nassau County Museum of Art — The Manes Center, One Museum Drive, Long Island; (516) 484-9338; nassaumuseum.org; 1 pm to 4 pm; Museum admission with \$10 materials fee.

Magical Days at a Gold Coast Mansion with magician Joe Cordi — Fool the Eye,



A spooky Spooktacular!

It's a Spooktacular in January! at the Queens Museum on Jan. 27.

Save the date for the Queens Museum's Spooktacular Family Fundraiser! This year, the Spooktacular will be a monster playground with furry creatures on skateboards, jellyfish on Coney Island roller coasters, and skyscrapers full of grumpy gremlins!

This annual costume party is sure to beat the winter blues with exciting performances, live music, face-painting, art-making, scavenger hunts, raffle

prizes, tasty treats, and more... It's so much fun it's scary! All proceeds support the Queens Museum's Education Department.

Spooktacular, Family Fundraiser, Jan. 27, 2 pm to 4 pm; tickets are \$25 for an individual and \$100 for a ticket package up to five individuals. Tickets and registration on-line.

Queens Museum of Art [New York City Building, Flushing Meadows Corona Park; (718) 592-9700; www.queensmuseum.org/spooktacular]

enjoy a day of family-friendly art making and magical adventures. Discover what secrets about the Frick family the Museum may hide right before your eyes with a scavenger hunt; behold magical feats during A Show By Joe with magician Joe Cordi, and create artworks that merge art with science to fool the eye.

"Happy as a Clam: The Musical:" Long Island Children's Museum, 11 Davis Ave. at W. Road, Long Island; (516) 224-5800; www.licm.org; 2 pm; \$9 (\$7 for members: \$13 for theater only).

Join us for a live musical adventure set in Long Island's Great South Bay. Meet Clammy the Clam who confesses she is not "happy as a clam." Clammy and her best friend Grabby the fiddler crab set out to find her happiness by wishing on a star. They learn about creating friendships when they befriend a love-struck fluke and float with a jellyfish. This new quartet of friends meets the hungry rock and roll performer,

Sea Star, and the chase is on! Written by award-winning family performer/journalist and Long Islander Lena Pennino Smith, this popular STEAM-filled show gets everyone singing, dancing and clamoring for more (while sneaking in some local environmental science and geography).

MON, JAN. 15

IN QUEENS

GingerBread Lane — Giveaway: New York Hall of Science, 47-01 111th St. (718) 699-0005 x353; www.nyscience.org; 1 pm to 5 pm; Free with admission to the hall.

Museum visitors can take home a piece of GingerBread Lane. Gingerbread houses will be given away on a first-come, first-served basis until every piece of GingerBread Lane is gone. Visitors are asked to bring a box or bag (flat-bottomed shopping bags or paper grocery bags work best) to carry their gingerbread loot home.

FURTHER AFIELD

1-2-3 Andrés: Long Island Children's Museum, 11 Davis Ave. at W. Road, Long Island; (516) 224-5800; www.licm.org; 11:30 am and 2 pm; \$9 non-members (\$13 theater tickets only).

The 2016 Latin Grammy-winning singer songwriter with a passion for using music to promote learning and explore cultural connections with children and families will perform and inspire everyone to sing and dance while learning about geography, language, and Latino culture.

TUES, JAN. 16

FURTHER AFIELD

Hear it, See It, Draw It: 9:30 am to 10:30 am. Nassau County Museum of Art - The Manes Center. See Tuesday, Jan. 2.

Story and Art: 11:30 am to noon. Long Island Children's Museum. See Tuesday, Jan. 2.

FRI, JAN. 19

FURTHER AFIELD

Kids in the Kitchen: Long Island Children's Museum, 11 Davis Ave. at W. Road, Long Island; (516) 224-5800; www.licm.org; 11:30 a to noon; \$5 (\$4 members) plus museum admission.

Little chefs use real cooking tools (with some help from adults) as we make easy, yummy, kid-friendly snacks from start to finish. As they make their treat, kids gain experience measuring ingredients, following directions and building their vocabulary. Turkey Pumpkin Mousse Cupcakes are on the menu — Allergy Note: Ingredients contain dairy, egg and gluten.

Fri-Yay Art Day: 9:30 am to 10:30 am. Nassau County Museum of Art - The Manes Center. See Friday, Jan. 5.

SAT, JAN. 20

IN QUEENS

Family Program: 11 am to 4 pm. Museum of the Moving Image. See Saturday, Jan. 6.

Winter Family Program: 11 am to noon. Queens Botanical Garden. See Saturday, Jan. 13.

Lunar New Year Community Art Project: Noon to 1 pm. Queens Botanical Garden. See Saturday, Jan. 13.

Dreams of Sand: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 1 pm; \$14, \$10, \$8, \$6- workshop (show \$14/\$10 Members/\$8 Children/\$6 Member Children).

Sand artist Borja González of Spain leads a Workshop that stimulates your imagination, creativity and precision, while learn-

Calendar

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

ing the basic technique of sand art. Join sand artist Borja González, as he instructs you in working with sand, first on paper, then on a small-scale light table. The family performance at 2:15 pm follows the workshop — and has Borja González telling the tale of how only a little bit of sand and his hands, shares story of two people throughout their lives, from the dreams that start building up during their childhood, through the experiences of their adult life. Drawing after drawing, this nonverbal story carries audiences to moments filled with emotions. This show is accompanied by beautiful live music.

Astronomy night: Alley Pond Environmental Center, 228-06 Northern Blvd. (718) 229-4000; <https://reg135.imperisoft.com/AlleyPond/ProgramDetail/35393935/Registration.aspx>; 7 pm to 9 pm; \$10 (\$16 non-members).

One of the longest running astronomy programs in the city led by seasoned professor/astronomer Mark Freilich features an indoor question and answer session on basic astronomy, followed by exciting outdoor viewing using a professional telescope. Participants are welcome to bring their own telescopes and binoculars. Handout information packet is included. Limited to 15 participants. (although this is an adult workshop, children ages 9 and up are welcome to register as long as they are accompanied by a participating adult). Sky Highlights for January 20 The constellation Orion rules the January night skies with the two giant stars Betelgeuse, and Rigel. Also we will observe the Orion nebula which is the birthplace of stars. We will see the winter triangle of stars, and the beautiful star cluster the Pliades or seven sisters. The moon will show its crescent phase as well.

FURTHER AFIELD

Hands-On Art: 11 am to 3 pm. Nassau County Museum of Art - The Manes Center. See Saturday, Jan. 6.

"Happy as a Clam: The Musical:" 11:30 am and 2 pm. Long Island Children's Museum. See Sunday, Jan. 14.

SUN, JAN. 21

IN QUEENS

Family Cooking Class: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; info@queensbotanical.org; www.queensbotanical.org; 11 am to 1 pm; \$12 - \$15.

Join Allergic to Salad for a monthly farm-to-table cooking experience to introduce your family to all aspects of cooking. Enjoy a tasty treat you make for lunch at the end of each session. Appropriate for all ages—children to grandparents. Registration required: familycookingqbg1.eventbrite.com.

FURTHER AFIELD

Family Sundays: 1 pm to 4 pm. Nassau

County Museum of Art - The Manes Center. See Sunday, Jan. 7.

TUES, JAN. 23

FURTHER AFIELD

"Happy as a Clam: The Musical:" 10:15 am and noon. Long Island Children's Museum. See Sunday, Jan. 14.

Story and Art: 11:30 am to noon. Long Island Children's Museum. See Tuesday, Jan. 2.

WED, JAN. 24

FURTHER AFIELD

"Happy as a Clam: The Musical:" 10:15 am and noon. Long Island Children's Museum. See Sunday, Jan. 14.

THURS, JAN. 25

FURTHER AFIELD

"Happy as a Clam: The Musical:" 10:15 am and noon. Long Island Children's Museum. See Sunday, Jan. 14.

FRI, JAN. 26

IN QUEENS

Gospel Shabbat Service: Temple Beth Sholom of Flushing, 171-39 Northern Blvd. (718) 463-4143; rabbib@templebethsholom.org; templebethsholom.org; 8 pm; Free.

Special guests will be Voices of Victory, the gospel choir from St. John's University, under the direction of Nigel W. Gretton. They will be performing modern arrangements representing "the cutting edge" of contemporary gospel music. Rabbi Sharon Ballan and Cantor Jerry Korobow will officiate. A volunteer choir from the Temple, made up of children and adults, will be performing throughout, offering liturgical pieces which are a customary part of the Friday evening service, along with well-known traditional spiritual/gospel tunes. Our guests will have accompanying musicians who will be playing, together with Cantor Korobow on strings.

SAT, JAN. 27

IN QUEENS

Winter Family Program: 11 am to noon. Queens Botanical Garden. See Saturday, Jan. 13.

Lunar New Year Community Art Project: Noon to 1 pm. Queens Botanical Garden. See Saturday, Jan. 13.

Henna Workshop II: Queens Botanical Garden, 43-50 Main Street; (718) 539-5296; info@queensbotanical.org; www.queensbotanical.org; 2 pm to 4 pm; \$15 - \$20.

In this class learn how to control the henna cone and other techniques of apply-

ing henna. You will become familiar with the unique characteristics of various regional styles. You will also learn the basic elements that make up a henna design, and how you can create your own. Beginners are welcome but are encouraged to also register for Henna Workshop I. Registration required: hennaqbg2.eventbrite.com.

Spooktacular Family Fundraiser:

Queens Museum of Art, New York City Building, Flushing Meadows Corona Park; 718.592.9700; www.queensmuseum.org/spooktacular; 2 pm to 4 pm; \$25 (\$100 ticket package up to 5 tickets).

Save the date for the Queens Museum's Spooktacular Family Fundraiser! This year, the Spooktacular will be a monster playground with furry creatures on skateboards, jellyfish on Coney Island roller coasters, and skyscrapers full of grumpy gremlins! This annual costume party is sure to beat the winter blues with exciting performances, live music, face-painting, art-making, scavenger hunts, raffle prizes, tasty treats, and more ... It's so much fun it's scary! All proceeds support the Queens Museum's Education Department.

Black String: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; 8 pm; \$16 (\$10 Members & Students).

Presenting new sounds from the ancient instruments of Korea, Black String creates a unique musical language drawing on Korean traditional music, jazz and free improvisation. Led by geomungo (Korean zither) virtuoso, Yoon-Jeong Heo, their extraordinary, enigmatic music wells up from silence and grasps the senses.

FURTHER AFIELD

Winter Jam NYC: Naumburg Bandshell, Central Park, East 72nd Street and Fifth Avenue, Manhattan; <https://www.nycgovparks.org/events/2018/01/27/winter-jam-nyc>; 11 am to 3 pm; Free.

A winter sports festival for New Yorkers of all ages! Our partners at Gore Mountain will blow lots of snow in the heart of Manhattan, creating a snow field for all to enjoy! Featured Venues Lake Placid Snow Field Learn to Ski and Snowboard Snowshoeing by REI Sledding Arctic Golf Live Ice Sculpting Taste NY Winter Market/Warming Hut Please note: Participants in the Learn to Ski and Snowboard, Sledding, and Snowshoeing activities must sign a waiver and provide photo identification before participating in any of these activities. The waivers will be provided at the event. Participants under the age of 18 must have a legal guardian present with photo identification to sign the waiver. Waiting lines for the activities are subject to close early. * Rain Date: February 3, 2018.



Share a cuppa with teddy

Chase those winter blues away with a Teddy Bear Tea at the Mount Vernon Hotel Museum and Garden on Jan. 7.

Children ages 3 to 6 years old can bring their favorite teddy (or doll) to meet Mrs. Woodhull, the proprietor's wife, and role-play the daily activities at the Mount Vernon Hotel in 1830. Children will have an opportunity to try

out William's toys and help Sarah with the laundry. Afterwards, enjoy fruit tea and cookies.

Teddy Bear Tea, Jan. 7, 1 pm to 3 pm; \$10; reservations strongly recommended.

Mount Vernon Hotel Museum and Garden [421 East 61st St. at York Avenue in the Upper East Side; (212) 838-6878; www.mvhm.org]

SUN, JAN. 28

FURTHER AFIELD

Family Sundays: 1 pm to 4 pm. Nassau County Museum of Art — The Manes Center. See Sunday, Jan. 7.

TUES, JAN. 30

FURTHER AFIELD

Hear it, See It, Draw It: 9:30 am to 10:30 am. Nassau County Museum of Art — The Manes Center. See Tuesday, Jan. 2.

Story and Art: 11:30 am to noon. Long Island Children's Museum. See Tuesday, Jan. 2.

LONG-RUNNING

IN QUEENS

GingerBread Lane: New York Hall of Science, 47-01 111th St. (718) 699-0005 x353; www.nyscience.org; Weekdays, 9:30 am to 5:30 pm, Saturdays and Sundays, 10 am to

6 pm, until Sun, Jan. 14, 2018; Free with admission to the hall.

Visitors can marvel at homemade gingerbread houses made entirely of edible gingerbread, royal icing and candy. The houses are drafted, designed, baked, planned, built and decorated by creator Jon Lovitch over the course of an entire year. GingerBread Lane has won the Guinness World Record for 2013, 2014, 2015 and 2016 for the largest gingerbread village. Lovitch's creation will again contend for this year's Guinness World Record.

Family workshop & story time:

Queens Museum of Art, New York City Building, Flushing Meadows Corona Park; (718) 592-9700; www.queensmuseum.org; Sundays, 1:30 pm to 4:30 pm, Sun, Jan. 7 – Sun, Feb. 25, 2018; Free with museum admission.

Spend Sunday afternoons at the Queens Museum and enjoy art making, dance, music and storytelling. All Family art making workshops are drop-in, except where

stated. No fee or advance registration required. Just show up and stay for as long as you like. Storytelling sessions run for 15 mins and begin at the top of every hour, at 1:30 pm, 2:30 pm and 3:30 pm. Storytelling: Listen to tales about pirates, treasures and messages in bottles. Spanish and English. Ages 2 and up.

FURTHER AFIELD

All Aboard with Thomas and Friends:

New York Botanical Garden, 2900 Southern Blvd., The Bronx; (718) 817-8700; www.nybg.org; Daily, various times, until Sun, Jan. 21, 2018; \$30 (\$28 seniors; students; \$18 children 2 to 12; free for children under 2) plus garden admission.

Thomas & Friends™ are pulling into the station. Don't miss the opportunity to meet the Really Useful Engine and get your photo taken. Join Thomas on a fun-filled, sing along performance, Thomas' Budding Adventure, where kids will help Thomas discover the steps to grow a beautiful garden! Be sure to bring your camera to capture the special day.

16th Annual Holiday Transit Show:

NY Transit Museum at Grand Central Station, 89 East 42nd St. at Park Avenue, Manhattan; (212) 878-0106; Weekdays, 8 am to 8 pm, Saturdays and Sundays, 10 am to 6 pm, until Sun, Feb. 4, 2018; Free.

Dazzling children and adults, the display features Lionel trains traveling along a 34' long, two-level, "O" gauge model train layout. Departing from a miniature replica of Grand Central Terminal on their way to the North Pole, this year's exhibition showcases the Transit Museum's Lionel Metro-North, Polar Express, and vintage subway train sets. A selection from the Museum's collection of trolley and elevated train models created by Dr. George T.F. Rahilly will also be on display to the delight of viewers. The exhibit is set against a cityscape backdrop designed by Brooklyn-based artist Josh Cochran.

Mummies: American Museum of Natural History, Central Park West at West 79th Street, Manhattan; (212) 769-5200; enicholas@amnh.org; www.amnh.org; Daily, 10am; until Sun, Jan. 7, 2018; \$27 for adults, \$16 for children, and \$22 for seniors and students.

Mummies will offer an up-close look at one of the largest collections of mummies housed in North America. From ancient Egypt to pre-Columbian Peru, the exhibition will explore the intersection between societies, their environment, and the preparations they made for their dead. Through high-resolution CT scans and forensically reconstructed sculptures, visitors will glimpse people from centuries ago and learn how contemporary scientists have gleaned stunning details about their ages, practices, and even their causes of death. Interactive touch tables let visitors virtually "unravel" or see inside mummies as they delve deep into the unique stories of the people or animals who lie within.



Music can soothe and motivate kids

Have you ever entered a doctor's waiting room to hear cartoons blasting, loud chatter, phones beeping, and handheld games playing? Ever feel overwhelmed in those moments? Even the most sophisticated adults can feel overstimulated in noisy and chaotic environments, so consider how young children feel.

More importantly, the sound and noise level in your own home helps determine the stress factor. Creating a soothe and calm environment depends a lot on the sound influence. By intentionally using music as a tool, you can set or reset the tone of your home. Here are 5 ways how:

Homework time: Playing some soothing tunes in the background while deciphering math problems is not only soothing but aids in brain stimulation. Known as the Mozart Effect, listening to music not only increases cognitive function in general, but also specifically aids in performing mathematical computations, in particular, spatial-temporal reasoning.

Clean up: Looking to find a fun way to clean up before or after dinner? Try a

musical cue. By putting on a song that the kids enjoy, you will help get little hands in the mood to pitch in. If you play the same song each day but specifically for clean-up time only, you soon won't even need to tell the kids that it's time to tidy up. Once they hear the first few notes of the song, they will spring into action.

Explore topics: What older kids listen to might reflect what they are thinking, but it also might just be a song that they really enjoy because it's popular or has a good beat. You don't know until you ask. Talking about lyrics is an awesome way to broach subjects, and even art and writing and life in general. Get to know what your kids listen to without feeling the need to censor them all the time. And don't be afraid to introduce them to the songs you like and explain why. Some of the best times with my kids have been deciphering the lyrics of a song.

Get moving: Who says you need to do a formal and boring exercise routine every day? Turn up the tunes and dance. Show the kids your fun side and get them moving at the same time. It's not only incred-



HEALTHY LIVING

DANIELLE SULLIVAN

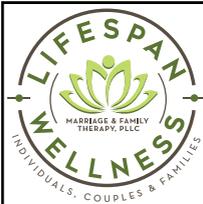
ibly fun, it's an activity that helps release the day's stress and reinvigorates you and your kids for the rest of the day.

No more television: You don't need to come home and mindlessly turn on the television. The noise from a blaring television can quickly become grating and does not usher in tranquility. On the contrary, when you walk in the door and turn on some music, you instantly set a soothing mood.

Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.

theMarketplace

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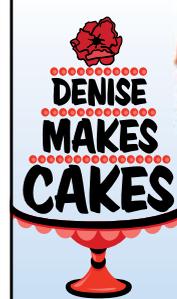
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Parents, what's in YOUR fridge?

In January, who doesn't have the urge to turn over a new dietary leaf? For inspiration, I've turned to the experts — young moms and dads — about what's in their fridge, their plans for next year, and tips for getting dinner on the table fast.

Participants include Caroline Cook, Cathy Derus, Liz Heywood, Joshua Petru, and KT Speetzen.

What's currently in your fridge that you're proud of?

- Homemade chicken noodle soup, flaxseed plus leftover oatmeal that I will use to make oatmeal pancakes. — *Cook*

- Roasted veggie pasta, cheese sticks, beets. and a whole bunch of fruit. — *Derus*

- Fruit, veggies, hummus, whole grain bread, and wraps and leftovers. — *Heywood*

- Red wine-braised beef short ribs cooked in the slow cooker. It's a tasty, limited effort meal with bonus points for having a simple shopping list (ribs, red wine, stock, mirepoix and herbs). — *Petru*

- I'm buying as much organic as possible — and grass-fed dairy. I just made the switch over to grass-fed butter. OMG. Yum. — *Speetzen*

What's in your fridge that you're not-so-proud of?

- A lot of fruits and vegetables that I've

been intending to chop and cook. — *Cook*

- Too many expired leftovers. — *Derus*

- Juice boxes, kids' yogurt tubes with more added sugar than I'd like, and string cheese that I use too often as a go-to snack. — *Heywood*

- The big bag of string cheese. It's one of a few things my toddler will consistently eat, so we always have it handy for either snacks or to supplement the dinner he didn't eat. — *Petru*

- There's a Velveeta chili dip that was made in the slow cooker two weeks ago. I'm legit scared of it. To be fair, my husband is from Minnesota, and he made it. Yes, I'm totally throwing him under the bus, but I also ate it. — *Speetzen*

What do you plan to stock in your fridge in 2018?

- Almond meal, so I can make Superhero Muffins, which are secretly healthy muffins made with maple syrup, zucchini, and carrots that my preschoolers like to make and eat! — *Cook*

- More vegetables, even if it's sneaking them in somehow. — *Derus*

- I've recently challenged myself to cooking less meat and more plant-based dinners. It has forced me to change the way I think about meal planning, but I've discovered that my kids often like these even more than meat. — *Heywood*

- A veggie that my 2-year-old son will



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

eat. I don't know what that is yet, but will hopefully find it! — *Petru*

- My goal is to start batch cooking, because so much of my weeknights turn into "What am I going to feed these people?" — *Speetzen*

Your best tip on getting dinner on the table on a busy weeknight?

- Chopping veggies on Sunday, so that everything is ready to go. — *Cook*

- Prepping on Sunday. That day we'll do a big meal, then have our "planned 'overs" so we can eat those during the week. If we cook during the week, sometimes it's something with the slow cooker. — *Derus*

- Meal planning! I plan five to six dinners per week and make my grocery list based off of that. Also, I try to do a few minutes of meal prep for the next day after the kids are in bed. It makes the next day's meals so much easier when I know what I'm cooking for dinner and have some food prepped a bit already. — *Heywood*

- Only one cook in the kitchen. One of us will have a meal planned and focus on executing that, while the other parent occupies the kiddos. — *Petru*

- Scrambled eggs, Trader Joe's frozen naan, and a quick steamed veggie. My kids only eat broccoli, so in my house it's broccoli. — *Speetzen*

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



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