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DESIGN:

GOLD – Bronx/Riverdale Family – Front Cover:
Use of Stock Photo – September Issue

SILVER – Brooklyn Family – Front Cover:
Use of Stock Photo – March Issue



Norwalk, CT (March 2, 2018) —The Parenting Media Association (PMA) announced the winners of its editorial and design competition at a banquet held at the conclusion of its annual meeting in St. Petersburg, FL on Friday, March 2, 2018. “Our awards recognize the best work done in our industry,” said PMA President Mary Cox. “Our member publications engage with families throughout the United States, Canada and Australia, be it through print, websites, email, social media and events. Our collective goal is to making parenting easier – after all, it’s the most important job in the world – and even more of a fun ride.”

Kid power

In the past few weeks we have watched an incredible groundswell of passion, commitment and determination from kids across this nation. A few weeks ago, I myself watched the 10 am walkout of three schools in Brooklyn in memory of the 17 dead in Parkland, Fla. Not just the high school, but also the middle school a block away and a local elementary school (upper grades) who also had organized a planned commemoration.

However divided adults might be about guns, violence, the Second Amendment and a person's right to bear arms, the fact that there have been thousands of young victims of gun violence just since Sandy Hook cannot go unaddressed, and these young activists are determined to see that



it doesn't.

How can any of us not be proud when we see teens behaving with such integrity and fervor? There's powerful energy in this movement and as of this writing the March For Our Lives is just days away.

For the younger children, to see their big sisters and brothers or cousins or neighbors engaged so intently in sociological organization and protest, is a lesson impossible to teach in a classroom.

The impact of this movement is bound to change much of this generation just as The Civil Rights Movement, the Anti-War Movement, and the Women's Movement did, and as the "Me Too" Movement is doing at this very moment.

Someone recently commented that the

protests of the past are not powerful in the way they used to be. I strongly disagree. In fact, the power of protest in the past year and a half has been awe-inspiring and parents throughout the city and country should be overwhelmed with pride at the young voices leading this particular movement.

Apathy is the frightening factor. It is natural that, along with youth, should be visions of the future. Not a future of what is, but visions of a future that might be.

Thanks for reading.

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NEW YORK Parenting

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Queens Family
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Short Stuff

Connect with local moms

Join our Facebook sisterhood to find moms in your neighborhood for advice, community, and commiseration at <https://www.facebook.com/groups/nypmoms>



Products to help prevent sexual assault

The month of April is nationally recognized as Sexual Assault Awareness and Prevention Month. Join Sabre, makers of pepper spray and personal safety products, in the prevention of potential victimization and help support survivors against sexual abuse.

Sabre has partnered with Rape, Abuse & Incest National Network, the nation's largest anti-sexual assault organization. Proceeds from the RAINN Key Case Pepper Spray with quick release key ring and the Red Personal Alarm with key ring are used to advocate against sexual violence and help to protect survivors, according to the Network.

People between the ages of 12 to 34 are at the highest risk of sexual violence, accounting for 54 percent of all victims, according to the Network. Carrying pepper spray or other safety devices decreases the likelihood of an attack or abduction.

To learn more about Rape, Abuse & Incest National Network, visit www.rainn.org.



Plant-powered nutrition for infants

Sprout Foods, the largest independent infant nutrition company, was the first brand to launch baby food in a pouch.

Plant-powered products are more than just a hot trend ... they're here to stay! With more and more parents seeking alternative sources of protein for their children, and an eagerness to introduce vegetables early on when young palates are just developing, Sprout saw an opportunity to offer plant-powered products to satisfy a variety of diet choices, including purees that are dairy-free and vegan-friendly.

"More people are interested in feeding their families a nutrient-rich, whole foods, plant-based diet as a way to lighten their load on Mother Earth, and instill healthful nutrition habits that can have a life-altering impact. Research shows that kids who eat healthful plant-based diets have a lower risk for obesity and chronic diseases later in life. Sprout's creative, delicious, plant-based purees and snacks offer wonderful options for family's dedicated to this healthful lifestyle," Sharon Palmer, The Plant-Powered Dietitian, a leading plant-based food and nutrition expert and author.

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Behind the behavior

When schools understand trauma, they can save lives

BY LAURA DEINNOCENTIIS

Ben arrives late to school almost every morning. When he enters his second-grade classroom, his teacher asks for his homework. He slaps classmates on the backs of their heads and knocks books off their desks. His teacher tells him to sit down in a loud, annoyed voice. Ben continues walking around the room distracting other students. The teacher raises her voice and points a finger at Ben, ordering him to sit. Ben kicks his chair and spins around the room. "That's it! I am calling your mother!" the teacher threatens, but Ben does not hear her. He has run out into the hallway. The teacher picks up the phone and dials the main office to alert the principal.

How would you handle this situation if you were Ben's teacher? Do you agree with the steps she took to try and manage his behavior? Is there anything you would do differently?

Ben's story: A snapshot

Ben saw his father get hit by a car last summer. After the fatal accident, his mother stopped working due to severe depression and the family eventually lost its home. For the past three months, Ben, his mother, and his two younger sisters have been living with relatives in a two-bedroom apartment in another borough. It takes Ben almost two hours to commute to and from school each day, which is why he is consistently late. (His aunt drops him off on the way to work, after getting her own kids to school.)

When Ben arrives home in the evening, he finds his mother sleeping or watching television on the couch. She does not think to ask him about school or his homework, which is impossible to do in such an overcrowded, noisy space. He is exhausted and often falls asleep without eating dinner. Since he shares a bed with three other children, he does not get adequate rest. He stays up most of the night listening to his mother and uncle fight. Ben often leaves for school without brushing his teeth and wearing the same clothes from the day before. No one at school has ever noticed, except for a few classmates who make fun of him.

Does knowing Ben's story alter the way you would approach the situation? How

Suggestions for teachers

What can teachers do to help students who have been impacted by trauma?

- Ask students how you can help them; let them know you care.
- Understand students' needs and be flexible to accommodate them.
- Explain how stress affects the body and mind, and teach students strategies to help reduce or control their reactions.
- Offer alternatives if students are uncomfortable in a situation.
- Model positive, affirming language to replace students' inner critics.
- Provide consistency and predictability; transitions are difficult because the unexpected can trigger a stress response.
- Build and encourage meaningful relationships so students feel supported.
- Set short-term, achievable goals to ensure success.
- Create quiet, safe spaces for students to de-stress and calm down.
- Listen to students; show them their voice matters.

does this new information inform your understanding of his behavior? Is engaging in a power struggle and implementing negative consequences the most effective way to create change?

Ben is one of 35 million children who have experienced significant trauma. Traumatic experiences include physical, sexual, and verbal abuse as well as physical and emotional neglect. Many possible scenarios exist within these categories, including living with a parent with a mental illness or substance abuse issues, witnessing domestic violence, losing a parent to abandonment or divorce, or having a family member in jail. School and community violence, natural disasters, terrorism, and refugee trauma are other issues that children face today.

The impact of trauma depends on a number of variables and protective factors. The severity and duration of a traumatic experi-

ence does not always correlate with the outcome. Children's personalities, cognitive abilities, and genetic dispositions play a role in how trauma affects them. Resilience also largely depends on a cohesive family environment that will provide ongoing support. Considering trauma often occurs within families, community advocacy is critical to provide children with opportunities to connect with others in meaningful ways. Children's well-being and success lies in the power of resilience.

What this means for schools

With an estimated one out of four children coming to school with a trauma history, teachers and staff need to become aware of the symptoms and educated in trauma-sensitive practice. On average, students spend 35 hours a week with their teachers. This is a significant period of time in which educators can positively impact the lives of their students.

Typically, if a student acts out in class, the teacher will attempt to redirect the behavior, as in the scenario with Ben. If that strategy is unsuccessful, the child may face punishment or removal from the learning environment. For children who have not been impacted by trauma, these behavioral interventions may work. So, why did the same techniques backfire on Ben?

The brain's response to trauma affects its development and can lead to physical, emotional, social, and cognitive impairment. Experiencing chronic stress and anxiety is overwhelming and exhausting. Regular coping skills cannot manage the intensity of emotions that flood children with a trauma background. In fact, a reactive stance exacerbates inappropriate behavior.

Living in a constant state of fear makes children hypervigilant. When they feel threatened, a fight-or-flight response activates, releasing stress hormones throughout the body. Some children may freeze or shut down when they are triggered. Others use anger as a powerful and protective shield to fend off what they perceive to be danger. The difficulty they have in responding to authority figures is often viewed as a sign of disrespect and defiance when it is actually an automatic response to stress, which reinforces the trauma cycle.

This heightened level of alertness also



interferes with developing positive relationships with peers. Students impacted by trauma struggle to express and control their emotions. Some may isolate while others may dominate or bully others. They crave meaningful interactions, but often misinterpret social cues when trying to build a relationship, which can trigger inappropriate reactions. Consequently, these children often remain alone, friendless, and misunderstood.

They cannot make sense of the internal contradictions they experience: longing for friends but not having the social-emotional skills to make them; yearning for peace and quiet when their stress response signals the brain to run and scream; desperately wishing for someone to notice their indescribable pain instead of the number of times they were suspended. These personal challenges breed increased feelings of frustration, powerlessness, and hopelessness.

Supportive adult relationships serve as protective factors to buffer the impact of trauma-related stress. Teachers who take

the time to develop and foster meaningful alliances with their students gain a deeper understanding of why children act out. Trauma-informed adults who consistently model healthy self-regulation, social-emotional coping techniques, conflict-resolution strategies, and effective communication skills are training children to use them so that with practice they will gradually internalize them. This is where healing begins.

All children want to succeed in school. When they are not doing well, something is getting in their way. Teachers must rigorously observe and ask questions until they figure out what the obstacles are. Sometimes it may be as simple as a student needing glasses. Other times, it can be a case of complex trauma, which requires more attention and more work. Regardless, teachers have a responsibility to problem solve, with the help of the child, until an effective plan is put in place.

The process begins by acknowledging children's experiences with empathy, compassion, and respect. The simple acts of

noticing and caring build trust and resilience. Teachers need to learn how to read their students' behaviors. If a child throws a book across the room, he is expecting a reaction: power struggle or abandonment. Neither reaction provides what the child needs. Receiving reprimands and repeated rejection destroys a child's hope for building genuine relationships and leaves him feeling alone, terrified, and worthless. The fight-or-flight response kicks in and the cycle continues.

A teacher can offer an alternate trauma-informed response by observing the student's behavior and recognizing it as an expression of his inner turmoil: "It is not safe to throw books in the classroom. Here's a stress ball to release some of that tension. Take it over to the quiet area and listen to some music on the headphones until you are ready to join the class."

The response is delivered firmly, objectively, and without judgement. Acknowledgment of the underlying issues with an unexpected solution will not provoke a stress response, and as a result, the child will slowly become calmer and more centered.

Trauma-sensitive teaching is not a one-size-fits-all approach. It requires sensitivity, creativity, and trial and error. It is a slow and steady process that demands patience. Traumatic experiences can have a lifelong impact, and rigorous measures to counteract their effects must be constant. When children receive encouragement and support within a safe and stable learning environment, there is potential for growth.

A paradigm shift needs to happen in our schools. Strength-based approaches to education engage students and help them learn. They lead to improvements in academic performance and behavior as well as the development of social-emotional skills and self-esteem. When children feel that others understand them, they become empowered. They are more comfortable and better equipped to self-regulate and focus on their work. These changes will also contribute to the overall success and safety of the school. Trauma-informed practice is not easy, but its rewards are life-changing.

Talk to your children's schools about trauma-informed approaches to teaching.

For more information, contact The National Child Traumatic Stress Network (<http://www.nctsn.org/>) and The National Center for Trauma-Informed Care (<https://www.samhsa.gov/nctic>).

Laura DeInnocentis has been teaching and writing for the past 25 years. Currently, she is working toward her Masters in social work at Columbia University's School of Social Work. DeInnocentis's creative literacy program, Literartsy, supports young writers in her Brooklyn community.



Steps to ensure your child is safe online

BY JUDITH MCLEAN

The internet is a fantastic tool that has changed the world in many great ways; however, as with many things in life, the web has a sinister side. The unfortunate truth is that your child is never more than a few clicks away from content with adult themes, or sites with far more worrying motives.

Not only is ominous content a concern, but cyber bullying is a modern plague in our society, too.

Electronic devices and the rise of social media have allowed group bullying to be-

come a common issue.

Therefore, as a parent, it's more important than ever to be aware of the warning signs and offer support before your child has the courage to ask, since, so frequently, children struggle to trust anyone when the abuse is coming.

In order to ensure your child is never exposed to these dangers, here are some tips to bear in mind:

1. Monitor their online activity

Just as you would keep a careful eye on your child playing outside with friends and

do your best to make sure he wasn't taking unnecessary risks in the playground, you ought to do the same when he is on the web.

Even though it can seem tedious after looking at the millionth YouTube video, being by your child's side is the best way to ensure he has a positive experience online. GetNetWise.org has produced a very comprehensive online safety guide that's worth a read.

2. Make your expectations clear

Before your children start to use elec-

tronic devices to browse the internet, make your expectations clear to them. Determine how much time you want them to be online each day and which sites you find acceptable, by making it clear you can be sure there will be no misunderstandings.

This is also a good time to outline the potential consequences for breaking the rules.

Additionally, it's a good idea to make a list of sites they are allowed to visit without permission and make it clear that if they want to visit any not on the list, they must seek your approval beforehand.

3. Educate them on privacy protection

In recent years, it's been very apparent that many youths haven't been aware of the consequences of revealing their personal information. Therefore, by teaching your children about the potential dangers, you can be assured that they will hopefully make the right choices. The best way to do this is to make it 100 percent clear that:

- They should never provide their personal details including name, address, password, or photographs without asking you first.

- They should never open or respond

to e-mails from unknown e-mail addresses.

- They should never arrange to meet up with anyone online.

4. Take advantage of parental controls

Many parents begin researching for software to help keep their kids safe online without realizing their internet service provider probably already provides free parental control software. Some providers offer controls that allow you to restrict the access your child has to certain websites. They also allow you to filter by age, time, and category, ideal for busy parents who want some additional peace of mind.

5. Ensure your child can trust you

It's important to let your child know that if she ever sees anything online that makes her feel uneasy, she can seek your support without prejudice. Of course, you need to ensure she knows the consequences for actively seeking out sites you don't approve of. However, equally, she needs to know she can trust you to not overreact in the event that she stumbles on something by mistake. Therefore, reassure your children and make it

clear that they can approach you in such events without fear of repercussions.

6. Restrict device use to an appropriate location

By isolating device use connected to the internet to an appropriate location, like the living room, you can easily monitor what your kids are up to on the web. It's never a good idea to leave children unattended online; therefore, consider disconnecting the internet from computers in their room or places where it's more difficult for you to monitor their online activity.

7. Consider limiting use to kid-friendly sites only

For young kids, it's a good idea to limit the websites they can visit and only allow them to use those designed specifically with a child audience in mind. That way not only do you know they're safer, but they are actually benefiting from content designed for them; some popular sites include Yahooligans, KidRex and FunBrain.

Judith McLean is a mother of four and an educator, who has written extensively on the topic of parenting. Find more of McLean at MomBible.com.



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Photos by Rosalie O'Connor

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Under the radar

Yes, autism affects girls, too

BY SALLY J. PLA

When I tell friends I was recently diagnosed with autism, some of them scoff and call it nonsense. They say I function fine — that I smile, laugh, and socialize. I'm a mother who is active in the lives of my three sons, I have published two novels, and have spoken publicly at conferences and schools across the country.

In sum, I don't fit the preconception.

I can understand where they're coming from. Many, when they think about autism, picture an awkward teenage boy who has trouble making eye contact and is obsessed with gaming.

But, as the old saying goes: If you've met one person with autism, you've met one person with autism.

When I was little, I felt like I watched the world from inside a glass box. It never occurred to me to try to connect with what was happening outside of it. I didn't really

think of myself as having any sort of role to play. I was just a set of eyes and ears.

Time passed, however, and by the age of 10 or 11, I started to want to connect. I observed more carefully. I studied others, their body language, their laughter.

For the most part, my mimicry was unconscious. Other times, it was deliberate. For example, a certain teacher had this bright, happy way of saying "Hi!" that made you feel good inside. I remember deliberately deciding to say "Hi!" to everyone I knew in that same happy way.

Sometimes, I'd get things wrong and be bullied — even by "friends," which was tragic and bewildering. I desperately wanted the world to be a decent, clear, golden-rule-following sort of place. Of course, I learned it wasn't.

Eventually, I more or less shed the glass box. I grew up, got a job, got married, and had three wonderful sons. One of them was diagnosed with Asperger's at age 11.

It took me until my kids were practically full grown in order for me to get it — to look back on my life with a clearer lens,

and realize that it might not be just my son who was bringing the joys and challenges of autism into our family.

I started to figure it out while I was writing "The Someday Birds," my first novel. It's about an autistic boy on a long journey in search of his father, and how he learns to feel more at ease in the world. At first, I thought I was writing as a heart-gift for my son. But I soon realized that the voice emerging from the pages sounded an awful lot like that little girl from long ago.

So-called "higher-functioning" autistic women are relatively rare birds. And the reason for this, I think, is that we remain undiagnosed. We fly under the radar, we blend in.

Growing evidence is telling us that autistic women are sometimes deeply empathetic, and eager to be involved in the world. We observe social cues more carefully than men. We camouflage our symptoms.

We don't fit stereotypes. We can be champion chameleons.

But life as a chameleon can be exhausting.

I need a lot of downtime in which to "detox" from public events. I jump with panic when my phone rings — then take a deep breath, and answer so calmly, you'd never know. Trips to the store often end with me heading home because I can't take the sensory overload.

That's just a very few of the daily surface challenges. But I love connecting out in the world, so I go, and do. I've just got to find the right balance, to learn when to push, and when to recoup.

It's not always easy.

The only one who wasn't surprised by my recent diagnosis was my mother. She took my hand and said, "I always suspected it was something like that." My mom is an extremely sensitive introvert who also had issues as a child. Between you and me, I suspect she also might be somewhere on the spectrum.

But here's the thing: It's a wide spectrum. Autism takes as many different forms as the people it affects. Autism is a human condition, emphasis on the word "human." I hope we can learn to expand our definitions of all the various, beautiful, different, and challenging ways that autistic brains work in this world. To accept them, and make room for them all.

Sally J. Pla is an award-winning author of two middle-grade books. Find out more about her work at sallyjpla.com.



Districts 25 and 30

Magnet Schools Assistance Program

2018 OPEN HOUSE SCHEDULE



The Harry T. Stewart, Sr.
Magnet School of Engineering, Architecture and the Arts, PS 92 (Pre-K – 5)
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Wednesday, May 23rd, 4:30 – 7:30am



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Saturday, April 21st, 11:30 – 12:30pm
Tuesday, May 22nd, 5:30 – 7:30pm



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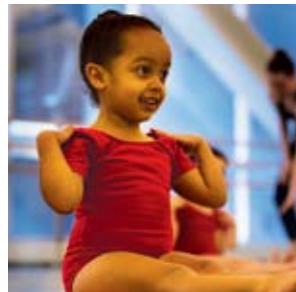


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Best ways to research camp



BY JESS MICHAELS

Thinking about camp but don't know where to start? Here are a few ways to research a camp program and find out which one will be right for your child:

Ask friends and neighbors

Asking your friends where their child goes to camp is a good starting point for your research, but remember, each child is different, so a camp that is the right fit for one might not be best for another.

Make sure to do your own research according to who your child is and what your family's values are.

Talk to the camp director

Call the director and ask some key questions to find out about a camp's philosophy and if it matches your own.

Get to know the camp director through phone calls and correspondence. You want to feel comfortable with the director and feel that you can partner with him or her to ensure your child has a successful summer experience.

Camp tours

When possible, schedule a tour for the summer prior to the one in which your child is going to go to camp.

Touring allows you to see the camp in action and will give you a good sense about the camp program and culture. Take the time to ask questions about the camp, see the facilities, and meet the director.

Home visits

Often times, the camp director will come to your home to meet with you and your child. Ask him or her about the camp's mission statement and what type of child is successful at their camp.

The more open families are with the directors, the better informed they will be when it comes to making a decision. A director can help guide you and deter-

mine the most appropriate fit.

Camp fairs

Camp fairs allow parents to meet representatives from dozens of camps all in one day. It's a great chance to find out about a few different programs, all within an hour or two. Both day and sleepaway camps attend these fairs and give families an opportunity to ask the director key questions about the program.

Open houses

Many camps have open houses in the spring and fall that offer families a chance to see the camp facilities and get a feel for the camp. These events are a good opportunity for families to get to know the director and ask questions about the camp philosophy and program while in the camp setting. Check with the camps you are interested in to see if they will host any open houses.

Look at websites, videos, and brochures

Parents and campers can look over a camp's website, social media, brochures, and video. They will give families a sense of what a particular camp is like. Most camp websites have photo slideshows, videos, virtual tours, and maps that will give parents and children a glimpse of the camp and the program.

Many also include a sample daily schedule, so families can see what a typical day at camp is like.

Camps will also send you a DVD (upon request), so you and your child can view the camp and see campers and counselors engaged in activities.

Jess Michaels is the director of communications for the American Camp Association, New York and New Jersey, a not-for-profit organization dedicated to enhancing the summer camp experience. Parents looking for a camp for their child can contact the organization for free, one-on-one advice in finding a camp at (212) 391-5208.

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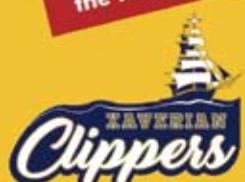
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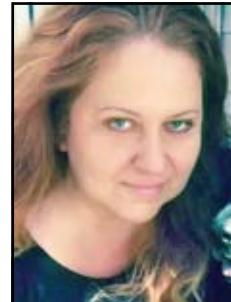
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HEALTHY LIVING

DANIELLE SULLIVAN

topic in her most recent book, "Radiant Again & Forever," and offers her suggestions for relieving menstrual cramps. Dr. Hall says that painful menstrual cramps are a major cause of time lost from work or school for women in their teens and 20s, and there are more natural remedies that can help rather than just taking Motrin round the clock.

Here are Dr. Hall's five alternative solutions:

Magnesium: Take a magnesium supplement at night. Women who experience the most severe menstrual cramps typically have low levels of magnesium.

Bath time: Take a warm bath with Epsom salts. These also contain magnesium.

Sex: Although it may sound counterintuitive, having sex — and orgasms — will definitely help relieve pain due to the hormones released into the body.

Oxytocin: Ask your doctor to prescribe oxytocin, a natural hormone (the same one that is released when women nurse). It has the effect of decreasing menstrual cramps and general body aches, while also producing an overall feeling of well-being. What's not to like about that?

Omega 3: Omega 3 can also be very helpful, as it helps to relieve inflammation.

Of course, Dr. Hall cautions that extreme pain should never be ignored and advises that all women check with their physicians to eliminate the possibility of such issues as endometriosis, sexually transmitted diseases, or uterine fibroids.

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

Getting relief from menstrual cramps

Karen Tyson became accustomed to being in pain two or three days out of each month when her regular menstrual cramps would ensue. Most of the time, she could find relief with a hot water bottle and some Motrin. But every third month or so, the pain became intolerable.

"I would do whatever I could to make the pain go away: take over-the-counter medication, lay down, walk around, but nothing helped," said Tyson. "I would just hold my stomach and double over in pain at times, sometimes having to leave work."

She visited her gynecologist, had a sonogram, and blood work, and everything came back normal: no cysts, no fibroids, nothing out of the ordinary.

"It was good and bad, because on one hand, I was so happy that nothing major was wrong, yet at the same time, I couldn't stand the pain," explains Tyson.

She was determined to find relief

and started taking vitamins, cleaned up her diet, and began a regular exercise program, along with drinking plenty of water.

"Within a month, I started to notice a change in how I felt, and then I noticed my period was not terrible that month. The following month it was even better."

Tyson can't say exactly what caused her pain to subside, but believes "it was the vitamins that helped more than anything," and says that when she doesn't take them and doesn't eat well, she can feel the difference. Now she has mild cramps and says they are nothing like they used to be, and she can tolerate them without any change in her daily schedule and without taking any medication.

Dr. Prudence Hall, a gynecologist and practitioner of integrated medicine, has successfully treated thousands of women with severe cramps. Dr. Hall covers the

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The hot new topics in estate planning!

What cryonics and Bitcoin mean for you

This month I'm addressing two hot topics in estate planning — cryonics and Bitcoin!

What is cryonics?

Cryonics — having your body cryogenically frozen — seeks to keep either your head (neurocryopreservation) or full body suspended until medical technology advances to the extent that there is a method to revive you in the future. Cryonics vendors already exist and have a price tag on the process itself as well as standby (end-stage care of the human body) and long-term storage. This makes us wonder: what happens when you are actually revived? Will you have the means to have necessary medical procedures performed? The funds or currency to live in an economy of the future? And what happens to your estate after cryonics?

Enter "Cryonic Estate Planning." (Yes, this is apparently a thing.) Cryonic Estate Planning will use a Personal Revival Trust that lasts in perpetuity, until the grantor is awakened. The market has had to overcome a couple of obstacles, however, in order to make these valid. Many states have a rule against perpetuity, meaning you cannot suspend ownership indefinitely into the future. For example, perpetuities are illegal in some states, except when they support a charitable cause, although many states have recently repealed these laws. There have also been arguments that a trust is invalid without a beneficiary. A common workaround is to name the cryonics vendor as a beneficiary who will be paid from the income of the trust. Or, the cryopreservation company may be named as a beneficiary in a life insurance policy.

So now that there is a way of retaining assets for when you are revived, the question is: how much is going to be enough? And what does "revival" actually mean? Does this include any standard of care



afterwards? Transitional services that will acclimate you to future society? Perhaps the very wealthy among us will be able to let us know far, far into the future!

What about Bitcoin?

When people die without an organized account of their assets, it leaves the family trying to piece together clues from paper trails. Now, as a larger and larger portion of our financial lives becomes managed online, assets could be lost in the cosmos if they're not documented and accounted for.

Let last year's cautionary tale of the man who lost \$127 million in Bitcoin be a lesson — if he can't get to his Bitcoin when he's still alive, how are you going to advise family members how to find yours from the grave?

While the Fiduciary Access to Digital Assets Act, which has been passed in 36 states, extends the rights of fiduciaries to digital assets, individuals still need to communicate they have them, or else the investment accounts or cryptocurrency may never be discovered. Furthermore, with assets like Bitcoin, knowing about their existence isn't enough. Private keys are the only way to access cryptocurrency, and those need to be passed on in some way.

Step 1: Take stock. While things like in-



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ALISON ARDEN BESUNDER, ESQ.

vestment accounts and Bitcoin may cause the greatest concern, your executor will need access to all of your digital accounts, from utilities to mortgages to telecommunications, in order to get your estate in order. You may be surprised to realize how many digital accounts you have.

Step 2: Communicate and document your wishes. You will want to include the distribution of your monetary assets in your Will, but you should also leave your executor with instructions on how to deal with other digital assets, such as social media, e-mails, or files — including photos — stored in the cloud.

Step 3: Keep your records up to date. Set a twice-a-year calendar reminder to revise and update your digital account access notes. Passwords change, accounts are added and deleted, banks are acquired. Staying on top of changes more frequently will make updates much quicker. Don't forget to give your executor access to your password manager. If you do not use a digital password manager like Keeper or Dashlane, make sure your written list is locked in a safe — which your executor will also need the access code to!

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

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DR. MARCIE BEIGEL

Just highlight when he makes a good choice. Over and over again, point out the right choice, the good behavior, and the amazing actions. This will lead your child to make these choices more and more.

Each time your son asks for a snack and says "please," do a happy dance, and then give him the snack. When your daughter does brush her teeth easily, do some positive yelling about how amazing she is. This will bring out the behavior you want!

Let me give you an example: When you were a child, how did you learn that $2 + 2 = 4$? Did your teacher tell you all the things it was not? "2 + 2 is not 2," "2 + 2 is not 3," "2 + 2 is not 5," ... and on and on. Or, did your teacher repeatedly say " $2 + 2 = 4$," over, and over, and over again? Then when you repeated it back, you got a gold star. This is behavior teaching at its best.

This is the model for how to change all behavior. No need to point out all the ways your child is wrong. Just point out what he does well. He will then start doing more and more great things! Then, without you even noticing, the challenging moments decrease because you and your children are so focused on doing good things.

Dr. Marcie Beigel is an international speaker and trainer. She brings realistic ideas to real-life behavior that results in lasting changes for families, schools, businesses, and relationships. She is the best-selling author of "Love Your Classroom Again" and "Love Your Family Again." She is the founder of Behavior and Beyond, a company dedicated to behavior change. Visit DrMarcie.com/freegift.

Why replace praise for a punishment

If you have been following my column, you know that I am big on reinforcement. Positive yelling and happy dances are regular tools that I teach parents to use daily.

Yet, time and time again I am asked, "Doesn't there need to be a consequence for negative behavior?" Parents seem stuck on making sure their kids are punished.

Let me clear this up once and for all: Punishment does not need to be part of a successful parenting equation.

You do not need to punish your child after he makes a mistake for him to learn it was a mistake. I teach parents in my private practice to never talk about their child's problem behavior after the moment is over. There is no lasting behavior

change that comes from these conversations.

Look at experience to see if this is true: How many times have you prompted your child to say "please" when asking for a snack? Yet, how often does he independently add in "please?" How many times have you explained that listening the first time you ask him to brush teeth makes bedtime much more fun? Yet, tonight, won't you have the same fight you had last night?

Punishment or a negative consequence for challenging behavior does not lead to the changes you want. Your small one still does not know what to do differently next time. That is where change comes from!

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Sharing safely

How parents can share milestones with less risk

BY TAMMY SCILEPPI

Last month we talked about the possible dangers of parental oversharing on social media platforms, and how parents can control themselves. Here's more on the important topic.

Tips to stay safe

Michael Osakwe is a NextAdvisor.com writer covering technology. He offers helpful tips on how to stay safe on social media, as well as valuable information about the dangers that lurk there, so parents can share responsibly and avoid potential problems that could put their families at risk.

Tammy Scileppi: Many parents out there are probably still wondering, if Facebook is all about sharing, and everybody's doing it, how can too much of it turn into a bad thing? What's your view?

Michael Osakwe: Parents who overshare or partake in what's called "sharenting" run the risk of either embarrassing their child, or compromising their child's or family's privacy. Aside from these concerns, the information that parents are sharing about their children, who are too young to consent or know what's posted about them online, is potentially disre-

spectful and harmful to their children's self-esteem. For example, a story about your child's failed attempts to potty train may be funny to you, but it could scar your child's reputation when they're older. Finally, considering that the internet never forgets, it's possible that one day, "sharented" materials could be seen by future dates and employers Googling a child's name.

TS: What should parents keep in mind, so they can avoid cyber predators, identity theft, and more?

MO: If parents choose to share information about their child, they should make sure to turn off geolocation on all of their social media accounts, use the highest privacy settings online, and ensure that any posts containing images of their children include as little identifying information as possible.

For good measure, they should remove the Exif metadata from their photos if they haven't turned off geotagging on their phones. Exif data includes information like the device the photo was taken with, as well as the exact coordinates where a picture was taken. When photos are uploaded to most major social media sites, Exif data is removed, but in the instance a photo is simply shared through traditional file-

sharing means, like e-mail or Dropbox, the photo will retain its metadata. In a worst-case scenario, a photo retaining Exif data can be copied and shared numerous times by friends and family, or uploaded to sites that don't wipe this information.

TS: According to an informative NextAdvisor blog: Everything from social media apps to the photos you take and store in your phone uses geolocation data, and most people tend to breeze straight through screens informing them when an app is requesting permission to use their location. The best thing you can do is slow down when installing new apps and pay attention to the permissions screen that pops up informing you what data or features the app will be accessing.

TS: What's behind many parents' need to overshare?

MO: The motivations behind parental oversharing are likely the same as any other type of social media sharing — pride, desire of approval, or to bond over shared experiences. Sharing is healthy in controlled amounts, but parents need to be careful. Overuse of social media isn't just harmful for privacy reasons; it can be psychologically unhealthy for both parents and children.

Internet tips for teens

- Be smart about what you post on the web and what you say to others. The web is a lot more public and permanent than it seems.

- Provocative and sexy names and pictures can draw attention from people you don't want in your life.

- Be careful what you download or look at, even for a laugh. Some of the images on the internet are extreme, and you can't "unsee" something.

- Going to sex chat rooms and other sex sites may connect you with people who can harass you in ways you don't anticipate.

- Free downloads and file-sharing can put pornography on your computer that you may not want and can be hard to get rid of. Any pornography that shows children or teens under 18 is illegal child

pornography and can get you in big trouble.

- Adults who talk to you about sex online are committing a crime. So are adults who meet underage teens for sex. Some teens think it might be fun, harmless, or romantic, but it means serious trouble for everyone. It's best to report it.

- Don't play along with people on the web who are acting badly, taking risks, and being weird. Even if you think it's harmless and feel like you can handle it, it only encourages them and may endanger other young people.

- Report it when other people are acting weird and inappropriately or harassing you or others. It's less trouble just to log off, but these people may be dangerous. Save the communication. Contact the site management, your service provider, the CyberTipline, or even

the police.

- Don't let friends influence your better judgment. If you are surfing with other kids, don't let them pressure you to do things you ordinarily wouldn't.

- Be careful if you ever go to meet someone you have gotten to know through the internet. You may think you know them well, but they may fool you. Go with a friend. Tell your parents. Meet in a public place. Make sure you have your cellphone and an exit plan.

- Don't harass others. People may retaliate in ways you don't expect.

- You can overestimate your ability to handle things. It may feel like you are careful, savvy, aware of dangers, and able to manage the risks you take, but there are always unknowns. Don't risk disasters.

Source: Crimes Against Children Research Center



TS: How do bad people use photos to do their dirty work?

MO: The act of posting a photo online from a personalized social media account provides all the information a would-be predator needs to commit identity theft, stalk children, or engage in other scams. For example, if your account is hacked (or that of a friend's), it doesn't matter if the photos don't have any information about the child, because simply having access to one of these accounts puts the photos in context for a predator or hacker.

But even without infiltrating people's accounts, a predator's job is made easy by the fact that many social media accounts tend to have poorly configured privacy settings. In a recent example, US Military personnel unwittingly revealed the locations of secret bases through a popular fitness app. To be fair, though, in this case and many others, companies tend to make security settings very obfuscating, and most of the default settings these services offer tend to be a privacy nightmare. Furthermore, as these services grow and update, many users assume their settings remain the same, which isn't always the case.

With regards to social media, those

most versed in understanding its effects, especially on children, tend to be psychologists and cyber security experts who disseminate information from their research through media appearances and discussions.

Most recently, the Campaign for a Commercial-Free Childhood, which consists of a coalition of privacy advocates, psychologists, doctors and parents, wrote a letter to Facebook to ask the company to discontinue its Messenger Kids app. The controversial app would allow children as young as 6 to have a limited presence on social media. We conducted our own investigation into the app, which you can view at www.nextadvisor.com/blog/2017/12/12/facebook-introduces-messenger-kids-is-it-safe-for-your-child.

TS: Why is social media's hold so powerful?

MO: The short answer is because it's a product that was designed to be addictive. Some former Facebook executives have been recently quoted in the media talking about the deliberate design choices and implementations that promote user retention but might be bad for society as a whole.

TS: What does the future hold?

MO: It's difficult to tell, but with growing awareness of social media's psychological effects and the need for personalized cyber security practices, it's possible that companies might start creating less harmful platforms that engage users organically while promoting safety and security. Even if this doesn't happen, I'm optimistic that knowledge about the effects of these platforms will spread among consumers who can make informed decisions about how they will choose to use (or disuse) them.

• • •

Whenever sharing, parents ought to remember the golden rule: Avoid sharing and posting anything about your children that you wouldn't want shared about yourself. And be careful about who you give personal information to. It's just common sense.

And here's a friendly reminder for everyone: Every post — whether it's on Facebook, YouTube, Twitter, or Instagram — is forever preserved in cyberspace.

You can look at this way: In fashion, less is more. On social media, less is best.

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

Calendar

APRIL

Out-of-this world golf!

Blast off to the best mini golf game ever at Rocket Park on the grounds of the New York Hall of Science, now through October.

Children will putt their 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.

The game reveals that the same laws of motion and gravity that guide the path of a spaceship control the motion of golf balls here on Earth. Recommended for ages 6 and older.

Rocket Park Mini Golf, now through October. Daily from 10:30 am to 4 pm. Tickets are \$6 (\$5 for members), plus general admission to the hall.

New York Hall of Science [47-01 111th St. between 47th and 49th avenues in Corona, (718) 699-0005 X 353, www.nyscience.org].



Andrew Kelly

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Calendar

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SUN, APRIL 1

IN QUEENS

Little Makers – Block Printing: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 10:30 am to 12:30 pm; \$6 plus admission (\$5 members per child).

Kids use foam blocks and colorful ink to create unique prints. Recommended for ages 18 months and older.

MON, APRIL 2

IN QUEENS

Digital Design – Comic Book Experts: New York Hall of Science, 47-01 111th St.; (718) 595-9148; lumer@nysci.org; www.ny-science.org; 10 am to 3 pm; Free.

Participants at this free comic book workshop will explore comic book development through the eyes of a designer, while they help refine an interactive digital comic book.

Kids Week – All about insects: Van Alst Playground, 21st Street and 29th Avenue; (718) 352-1769; 11 am to 12:30 pm; Free.

Join the Urban Park Rangers as we learn about insects and search for the six-legged critters under rocks and logs.

Spring Break Games: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; Noon to 4 pm; Free with admission to the hall.

Families can spend Spring Break testing, making and playing games. They'll work with Movement Creative to learn parkour and how to create their own movement-based games; they can play zombie tag at "How Many Zombies Are Too Many Zombies?" and they can play and test science games created by Killer Snails, a company that creates award-winning card games.

Kids Week – Native American Games: Capt. Tilly Park, Highland Avenue and 165th Street; (718) 352-1769; 1 pm to 2:30 pm; Free.

Join the Urban Park Rangers for a fun afternoon of games and a little history about Native American games.

Easter Egg Hunt 2018: Lewis H. Latimer House Museum, 3441 137th St.; (718) 961-



Sewn right into history

Children can take a step back in time and create an crazy quilt square at Hands on History on April 7 at King Manor Museum. A popular pastime 200 years ago, crazy quilts were made from spare scraps of fabric and sewn with fancy stitches, sometimes for fun, and sometimes to teach children to sew. Special guest artist Risa Puno, whose work is currently displayed on the front lawn of King Manor, will lead the activ-

ity and talk about both the historical and modern influences that inspired her to create her sculpture. Weather permitting, we will make our quilts while sitting on Risa's artwork!

Hands-on-History on April 7, 1 to 4 pm. Free. Suitable for children 3 years and older, adults welcome.

King Manor Museum [Rufus King Park at 89th and Archer avenues, (718) 206-0545; www.nycgovparks.org].

8585; ran.yan@latimmernow.org; latimmernow.org; 2:30 pm to 5 pm; Free.

For children under age 11. Join other families to this tradition of Easter Egg Hunt in the garden of historic home Lewis H. Latimer House. Free to the public. RSVP at <https://easter2018lh.eventbrite.com>.

TUES, APRIL 3

IN QUEENS

Digital Design – Comic Book Experts: 10 am to 3 pm. New York Hall of Science. See Monday, April 2.

Spring Break Games: Noon to 4 pm. New York Hall of Science. See Monday, April 2.

Kids Week – Birding: Alley Pond Park, Cross Island Pkwy and Grand Central Pkwy; (718) 352-1769; www.nycgovparks.org; 1 pm to 2:30 pm; Free.

Join the Urban Park Rangers for a walk through Alley Pond Park and learn about the

different birds that live in the park.

Spring Break Activities for Kids!:

Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; info@queensbotanical.org; www.queensbotanical.org; 1 pm to 4 pm; Free with admission to the gardens.

Children get their hands dirty as they sift and search through our Exploration Station. These activities are appropriate for children of all ages.

WED, APRIL 4

IN QUEENS

Digital Design – Comic Book Experts: 10 am to 3 pm. New York Hall of Science. See Monday, April 2.

Kids Week – Storytelling time: Van Alst Playground, 21st Street and 29th Avenue; (718) 352-1769; 11 am to 12:30 pm; Free.

Bring the kids to this storytelling event with our Urban Park Rangers. Ranger pro-

Calendar

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

grams are the perfect additions to your family's activities.

Spring Break Games: Noon to 4 pm. New York Hall of Science. See Monday, April 2.

Kids Week – Nature Exploration hike: Albert H. Mauro Playground, Park Drive East and 73rd Avenue Terrace; (718) 352-1769; 1 pm to 2:30 pm; Free.

Take the kids to the park to enjoy a family-friendly, guided hike filled with learning activities. You never know what you may observe on these nature exploration hikes lead by the Urban Park Rangers.

Spring Break Games Family Night: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 4 pm to 7 pm; Free with admission to the hall.

The museum is extending its hours on this day so visitors of all ages can experience even more fun. Visitors can meet game makers and play their games, as well as try out virtual reality while you learn about VR technology and its potential.

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

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!

THURS, APRIL 5

IN QUEENS

Horticulture Volunteer Days: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; <https://2018qbghortvolunteering.eventbrite.com>; www.queensbotanical.org; 9am – 12pm; Free.

Help keep QBG clean, green, and growing! Join our horticulture staff for an engaging, educational day where you will learn gardening basics and work hands-on with our plants. Volunteers must be at least 16 years old.

Kids Week – Water Wonders: Hallets Cove Playground, Vernon Boulevard and Main Avenue; (718) 352-1769; 11 am to 2:30 pm; Free.

Spend an afternoon of fun with the Urban Park Rangers playing and learning new and exciting water games.

Spring Break Games: Noon to 4 pm. New York Hall of Science. See Monday, April 2.

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

Join the Urban Park Rangers for a walk through Fort Totten Park and learn about the different birds that live in the park.

Spring Break Activities for Kids!: 1 pm to 4 pm. Queens Botanical Garden. See Tuesday, April 3.

FRI, APRIL 6

IN QUEENS

Kids Week: Nature Exploration Hike: Astoria Park (Parking Lot), 19th Street and Hoyt Avenue North; (718) 352-1769; 11 am to 12:30 pm; Free.

The natural world is the best playground in New York City. Join the Urban Park Rangers on a hike through Astoria Park.

Spring Break Games: Noon to 4 pm. New York Hall of Science. See Monday, April 2.

Kids Week – All about insects: Forest Park Visitor Center, Woodhaven Boulevard and Forest Park Drive; (718) 352-1769; 1 pm to 2:30 pm; Free.

Join the Urban Park Rangers as we learn about insects and search for the six-legged critters under rocks and logs.

Spring Break Activities for Kids!: 1 pm to 4 pm. Queens Botanical Garden. See Tuesday, April 3.

Teen Program: Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; www.movingimage.us; 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 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.

SAT, APRIL 7

IN QUEENS

Brick Fest Live: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 10 am to 4 pm; Free with admission to the hall.

Kids and adults can get inspired, educated and entertained with Lego bricks at this ultimate Lego fan experience. This year's Lego highlights include a 7-foot-tall model of Toy Story's Woody, a 20-foot by 20-foot mosaic image, a Lego Nerdy Derby, a Brick Pit with more than 100,000 Legos, and the Space Station where visitors can build a space ship.

Storytime & Craft: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; info@queensbotanical.org; www.queensbotanical.org; 11 am – 12:30 pm; Free with Garden Admission.

Bring your little nature lovers to QBG to hear seasonally-inspired stories that will open their imaginations to the different natural worlds found at QBG; followed by a botani-

cally themed craft activity. Recommended for ages 10 and under (accompanied by adult).

Children's Carnival: Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; www.queensfarm.org; 11 am to 6 pm; \$15.

Join us for a kids' carnival in the apple orchard. Carnival rides and children's entertainment. Midway games, hay rides, pony rides, and our petting zoo are available for an additional fee.

Storytelling & Haiku Workshops: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 1 pm to 4:30 pm; Free.

Tina Seligman offers a lively afternoon of storytelling from different cultures and traditions followed by a haiku workshop to write about the sun and moon and create our own stories through poetry. Participants' poems will be installed as part of the exhibit.

Hands on History – Make a Crazy Quilt Square!: King Manor Museum, 153 Street and Jamaica Ave.; (718) 206-0545; 1 pm – 4 pm; Free.

A popular pastime 200 years ago, crazy quilts were made from spare scraps of fabric and sewn with fancy stitches, sometimes for fun and sometimes to teach children to sew. Special guest artist Risa Puno, whose work is currently displayed on the front lawn of King Manor, will lead the activity and talk about both the historical and modern influences that inspired her to create her sculpture. Weather permitting, we will make our quilts while sitting on Risa's artwork!

Make It – Custom Wood Lego Heads: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 1:30 pm, 3 pm and 4:30 pm; \$3 per child/adult plus NYSC admission (\$1 for member adult/child pair).

Kids use files, rasps, saws and sandpaper to create wooden Lego Minifig heads. Recommended for ages 6 and older.

SUN, APRIL 8

IN QUEENS

Brick Fest Live: 10 am to 6 pm. New York Hall of Science. See Saturday, April 7.

Little Makers – Ball Run Fun: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; 10:30 am to 12:30 pm; \$6 per child plus admission to the hall (\$5 members per child).

Kids explore mass, force and motion as they use cardboard, tubes and other household materials to create an exciting ball run. Recommended for ages 18 months and older.

Storytime & Craft: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; info@queensbotanical.org; www.queensbotanical.org; 11am – 12:30pm; Free with Garden Admission.

Bring your little nature lovers to QBG to hear seasonally-inspired stories that will open

Calendar



Young artists' showcase

Save the date and mark your calendars — it's the Art Show and Open House at ARTStudio on May 5 and 6.

Artist Kimmy Ma provides art instructions for all ages — including illustration, pastels, charcoal, watercolor, and painting — all year long.

Throughout the year, students learn technique and perfect their

craft — and now get to showcase their works of art that they have diligently worked on.

Visitors can also meet with the instructors and view the studio.

Art Show and Open House, May 5 and 6, 11 am to 3 pm. Free.

Kimmy Ma ARTStudio [190-19 Union Turnpike in Fresh Meadows, (646) 209-9352].

their imaginations to the different natural worlds found at QBG; followed by a botanically themed craft activity. Recommended for ages 10 and under (accompanied by adult).

Children's Carnival: 11 am to 6 pm. Queens County Farm Museum. See Saturday, April 7.

Make It – Custom Wood Lego Heads: 1:30 pm to 2:30 pm; 3 pm to 4 pm; and 4:30 pm to 5:30 pm. New York Hall of Science. See Saturday, April 7.

MON, APRIL 9

IN QUEENS

ACTION! Fraction Workshop: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; acardenes@nysci.org. www.ny-science.org; 3:30 pm to 5 pm; Free.

Participants design digital artworks and help create a digital robot in this six-week, after-school workshop. They will explore mathematical concepts and design creative projects using Fraction Mash, a free iPad app designed and developed at NYSCI. And they will assist the NYSCI research team in determining how a robot coach can help students learn about fractions. Capacity is limited; space will be filled on a first-come, first-served basis.

Line Drawing with Models: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 6 pm to 9 pm; \$16 (\$10 members and students).

Held on the second Monday every month, each artist will have the opportunity to practice with a series of quick and long poses while listening to music in a relaxing, non-judgmental environment.

SAT, APRIL 14

IN QUEENS

Autism spectrum disorder Workshop – Recycled Robots: New York Hall of Science, 47-01 111th St.; (718) 683-9366; dmeza@nysci.org. www.nyscience.org; 10:30 am to noon; Free.

Children, ages 3–5, with autism spectrum

disorder, transform recycled materials into fun toy robots. Free. Preregistration required.

Children's Carnival: 11 am to 6 pm. Queens County Farm Museum. See Saturday, April 7.

Spring Jazz Fest: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; Noon to 10 pm; Free.

The Queens Jazz OverGround, a collective that promotes jazz performance and education, presents their annual Jazz Fest, a free, day-long series of jazz workshops and performances.

SUN, APRIL 15

IN QUEENS

Little Makers – Ooey Gooey Oobleck: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.ny-science.org; 10:30 am to 12:30 pm; \$6 per child, plus NYSCI admission. (Members: \$5 per child.)

Kids mix household ingredients to make oobleck. Recommended for ages 18 months and older.

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

Join Allergic to Salad for a monthly series of vegetarian cooking classes for the whole family. For Whole Grain Bowls and Salads, cook some fun and nutritious grains as a base for a number of meal-sized salads incorporating the bright and fresh produce of early spring, like radishes, baby greens, and peas. For all ages; children must be accompanied by participating adult.

Children's Carnival: 11 am to 6 pm. Queens County Farm Museum. See Saturday, April 7.

"CrossCurrent V": Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 2 pm; \$16 (\$10 members and students).

CrossCurrent is a Live Music with Dance project presented annually to showcase the works being developed by the Nai-Ni Chen

Dance Company. This presentation features a curated concert by Nai-Ni Chen and Prof. Yin Mei bringing guest artists from Taiwan and China. The program is accompanied by classical and contemporary music performed by the New Asia Chamber Music Society.

MON, APRIL 16

IN QUEENS

ACTION! Fraction Workshop: 3:30 pm to 5 pm. New York Hall of Science. See Monday, April 9.

FRI, APRIL 20

IN QUEENS

Teen Program: 4 pm to 6 pm. Museum of the Moving Image. See Friday, April 6.

Global Mashup #1 – Latin Boogaloo meets Afrobeat: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 7 pm and 8 pm; \$16 (\$10 members and students).

We're mashing up two cultures on one stage with an open dance floor! With Spanglish Fly, New York City's only band dedicated to reviving and renewing Latin Boogaloo's soul and R&B mix, and Chop and Quench, comprised of members of the cast and band of "FELA! The Musical." Each band plays a set, then the two meet and jam. Come ready to dance!

SAT, APRIL 21

IN QUEENS

Hydro Power Family Workshop: Kingsland Homestead, 143-35 37th Ave.; (718) 939-0647; 11 am to 1 pm; Free.

For students and families to have the opportunity to build their own models powered by air and water pressure. This will be a family fun day, with a special hands-on learning experience! Students are introduced to various aspects in the scientific field including: Industrial Revolution, hydro power, solar power, wind power, electric energy, and satellite/GPS Systems. Limited tickets available! Tickets are free, but you must RSVP by

Calendar

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

April 1. Tickets are per person, not per family. This program is best for children grades five–eight.

SUN, APRIL 22

IN QUEENS

Earth Day hike: Unisphere, Flushing Meadows Park; (718) 352–1769; 10 am to 11:30 am; Free.

Celebrate Earth Day with the Urban Park Rangers and immerse yourself in the wonders nature. Hiking is the ultimate way to enjoy the outdoors and a fun way to reduce stress. Regardless of the intensity level, it is a great way to burn calories and stay fit. Our Urban Park Ranger hiking guides will introduce you to the hidden gems of New York City parks. For all hiking programs, we recommend wearing comfortable shoes or boots, and packing water and a light snack. For teens and young adults.

Little Makers – Recycled Robots: New York Hall of Science, 47-01 111th St.; (718) 699–0005 X 353; www.nyscience.org; 10:30 am to 12:30 pm; \$6 per child, plus NYSCI admission. (Members: \$5 per child.)

Kids tinker with recycled materials to make funky toy robots. Recommended for ages 18 months and older.

Tulip time: Queens Botanical Garden, 43–50 Main St.; (718) 539–5296; info@queensbotanical.org; www.queensbotanical.org; Noon to 4 pm; \$6 Adult; \$4 Seniors; \$4 Students with ID; \$2 Children (ages 4 to 12); Free for children 3 and under; Free for members.

Participants will learn the beauty of designing with tulips as they create a spring vase arrangement to take home. All flowers and materials provided.

MON, APRIL 23

IN QUEENS

ACTION! Fraction Workshop: 3:30 pm to 5 pm. New York Hall of Science. See Monday, April 9.

SAT, APRIL 28

IN QUEENS

Bird Walks with New York City Audubon: Queens Botanical Garden, 43–50 Main St.; (718) 539–5296; www.queensbotanical.org; 9:30 am to 10:30 am; Free with garden admission.

Register for one or all five free nature walks in this series with NYC Audubon! Spot and identify creatures of flight and learn how QBG provides important resources for birds like water, shelter, and insects to eat.

Flower Explorations: New York Hall of Science, 47-01 111th St.; (718) 683–9366; dmeza@nyscience.org. www.nyscience.org; 10:30 am to noon; Free.

Children, ages 3–5, with autism spectrum disorder, use their senses to observe, tinker

and learn about flowers and nature. Pre-registration required.

Sixth Annual Walk for Kids' Growth: Flushing Meadows Park, 111 Street and College Point Boulevard; hgf@hgfound.org; www.WalkForKidsGrowth.org; 11 am to 3 pm; Free.

The event will feature a three-mile scenic, fun walk, food, carnival games, display booths, live entertainment and much more! This is the nation's largest and most successful education and fundraising event for childhood growth disorders ever created. The walk raises significant funds and awareness for the disorders, celebrates patient advocacy and honors those who have reached new heights. Walk for Kids' Growth welcomes people of all ages and leashed pets.

"The Polar Bears Go Up" by Unicorn Theatre, U.K.: Flushing Town Hall, 137–35 Northern Blvd.; (718) 463–7700; www.flushingtownhall.org; 12:30 pm and 2:15 pm; \$8/\$5 Children/free for members with tickets to 2:15 pm show (\$14/\$10 Members/\$8 Children/\$6 Member Children).

A workshop with music and dancing, using the music specially created for the show "The Polar Bears Go Up!" The performers who play the Polar Bears will lead you on a fun journey exploring the themes from the show at 12:30 pm. Then at 2:15 pm, the Polar Bears take the stage for a performance.

Konnakol Jazz by Arun Luthra: Flushing Town Hall, 137–35 Northern Blvd.; (718) 463–7700; www.flushingtownhall.org; 6 pm to 9 pm; Free.

A saxophonist and practitioner of the art form of konnakol, a vocalized form of South Indian classical music, Flushing Town Hall's 2017–18 EtM Con Edison Composer-in-Residence Arun Luthra blends jazz with Indian classical music rhythms and performs them with konnakol and saxophone.

FURTHER AFIELD

Run for the Wild: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220–5103; www.bronxzoo.com; 8 am; Registration for the run is \$50 for adults, \$40 for children (3–15), and \$40 for seniors (65 and up). All WCS members receive a discount on registration. All adult (and senior) participants are required to raise a minimum of \$35 in order to participate.

This year celebrates big cats with new prizes and race-day activities. Runners and walkers will be participating on behalf of the five species of big cats that WCS has identified as priority species for conservation — cheetahs, jaguars, lions, tigers, and snow leopards. Run for the Wild participants are encouraged to fund-raise and seek individual sponsors for their effort. The price of registration includes parking and general admission to the Bronx Zoo on the day of the event. The 5K run for individual runners will begin at 8 am; casual runners and walkers can take part in the Family Fun Run/Walk at 8:45 am.

Sakura Matsuri 2018: Brooklyn Botanic Garden, 1000 Washington Ave. at Eastern Parkway, Brooklyn; (718) 623–7220; www.bbg.org; 10 am to 6 pm; \$25, \$20 for seniors and students, free for children under 12 and members.

Sakura Matsuri offers more than 60 events and performances that celebrate traditional and contemporary Japanese culture. The festival celebrates the Japanese cultural tradition of enjoying each moment of the cherry blossom season.

SUN, APRIL 29

IN QUEENS

Little Makers – Glider Planes: New York Hall of Science, 47-01 111th St.; (718) 699–0005 X 353; www.nyscience.org; 10:30 am to 12:30 pm; \$6 per child, plus NYSCI admission. (Members: \$5 per child.)

Kids use everyday materials to design and build glider planes. Recommended for ages 18 months and older.

"Dancin' Broadway!": Queensborough Performing Arts Center, 222–05 56 Ave.; (718) 631–6311; VTicali@qcc.cuny.edu; www.visitqpac.org; 3 pm; \$45 / \$40 / \$35.

It's a multi-media spectacular, celebrating Broadway's biggest dance numbers, from Broadway's biggest blockbusters, performed by Broadway's biggest singing and dancing stars accompanied by a live band. Come experience some of the most iconic dance numbers from The Great White Way.

FURTHER AFIELD

March of Dimes' March for Babies: Lincoln Center area, Columbus Avenue between W. 65th and W. 62nd streets, Manhattan; www.marchforbabies.org; 8:30 am (10 am); Registration fees.

Nearly half a million babies are born premature or with birth defects in the United States; March of Dimes is hosting its annual March for Babies to raise funds and spread awareness. Join in with family, friends, corporate partners and supporters and take to the streets to walk in support of moms, dads and babies. The walk is approximately three miles.

Sakura Matsuri 2018: 10 am to 6 pm. Brooklyn Botanic Garden. See Saturday, April 28.

MON, APRIL 30

IN QUEENS

ACTION! Fraction Workshop: 3:30 pm to 5 pm. New York Hall of Science. See Monday, April 9.

LONG-RUNNING

IN QUEENS

Insight Astronomy Photographer of the Year Exhibition: New York Hall of Science, 47-01 111th St.; (718) 699–0005 X 353; www.nyscience.org; Weekdays, 9:30 am to

Calendar

March for Babies

Walk for babies, walk for families, and raise awareness and funds at the annual March for Babies, hosted by the March of Dimes, on April 29 on the Upper West Side.

Nearly half a million babies are born premature or with birth defects in the United States, and March of Dimes is hosting its annual walk to spread awareness and raise funds for these infants and their families.

Join in with family, friends, corporate partners, and supporters, and take to the streets to walk in support of moms, dads, and babies. The Walk is approximately three miles long. Pre-registration is required, and strollers are welcome.

March for Babies on April 29, sign in at 8:30 am, with walk beginning at 10 am.



Registration fees apply.

Lincoln Center area (Columbus Avenue between W. 65th and W. 62nd streets on the Upper West Side; www.marchforbabies.org).

5 pm, Saturdays, 10 am to 6pm, Sundays, 10 am to 6 pm, Free with admission to the hall.

Produced by Royal Observatory Greenwich and sponsored by Insight Investment, the 2017 Insight Astronomy Photographer of the Year competition brings together the best astrophotography images from around the world. The 31 prize-winning images on display reveal all manner of celestial spectacles and have been captured using a range of equipment, from sophisticated cameras and telescopes to mobile phones.

Conservation Quest: Queens Zoo, 53-51 111th St.; (718) 271-1500; queenszoo.com; Daily, 10 am to 4:30 pm; until Sat, June 30; Free with general admission to the zoo.

Spread throughout the zoo, our three Conservation Quest stations (Migration Playground, Invasive Species Station, and the Endangered Species Climbing Wall) are a hands-on introduction to conservation.

Science Playground: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; Daily, 10:30 am to 4 pm, \$5 per person plus general admission to the hall.

The nation's largest science playground features 60,000 square feet of exhibits for children of all ages. Slides, seesaws, climbing webs, a water play area, drums, mirrors, sand boxes and more allow kids to explore science by playing - weather permitting.

Rocket Park Mini Golf: New York Hall of

Science, 47-01 111th St.; (718) 699-0005 X 353; www.nyscience.org; Daily, 10:30 am to 4 pm, \$6 for adults, \$5 for children and seniors, plus general admission to 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.

Drop in Sundays: 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, until Sun, June 24; Free with museum admission.

These fun, educational workshops invite children ages 2-12 and their adult companions to take part in a shared learning experience that take visitors into our galleries and art studios. Activities offer families the opportunity to reflect on the artworks presented in Museum exhibitions as they work collaboratively to create unique works of their own with a variety of different materials.

Solar-Lunar Transcriptions: Flushing Town Hall, 137-35 Northern Boulevard; (718) 463-7700; www.flushingtownhall.org; Daily, Noon to 5 pm; Sat, April 7 – Sun, April 15; \$5 (Free for members and students).

We are all affected by solar and lunar cycles, yet unaware of their shapes over time. This exhibition by FTH Teaching Artist Tina Seligman explores rhythms and patterns of

the sun and moon through visual art, music, and poetry. At a time when the world is so fractured, shared experiences of the sun and moon remind us that we are all profoundly connected through nature.

FURTHER AFIELD

"Frozen" on Broadway: St. James Theatre, 246 W. 44th St., Manhattan; (866) 870-2717; frozenthemusical.com; \$100 and up.

A musical worth melting for! If you loved the movie "Frozen," you'll love seeing Anna, Elsa, Kristoff, and Olaf come to life on stage to tell the timeless tale of two sisters who are pulled apart by a mysterious secret. Of course, there's the classic song "Let It Go," plus many new numbers for this new production.

New York International Auto Show:

Jacob Javits Center, 11th Avenue between W. 34th and W. 40th streets, Manhattan; www.autoshowny.com/tickets; Mondays – Saturdays, 10 am to 10 pm, Sundays, 10 am to 7 pm, until Sun, April 8; \$17 (\$7 children under 12).

Come on down and get a gander at the latest in automotive trends; take the opportunity to sit behind the wheel and experience the newest models and current models in motoring.

Fourth annual Scholastic Art & Writing Award Exhibition: The Metropolitan Museum of Art's Ruth and Harold D. Uris Center for Education, 1000 Fifth Ave., Manhattan; alivingston@scholastic.com; artandwriting.org; Daily, 11 am to 6 pm; until Tues, May 29; Free.

The nonprofit Alliance for Young Artists & Writers and The Metropolitan Museum of Art will hosting an opening reception for the fourth annual New York City Scholastic Art & Writing Awards exhibition at The Met's Ruth and Harold D. Uris Center for Education. The exhibition features more than 600 original works of art and writing from New York City-based Gold Key recipients in the 2018 Scholastic Art & Writing Awards, the country's longest-running and most prestigious award and recognition program for creative teens.

"Neverland: Peter Returns." Swedish Cottage Marionette Theater, W. 79th Street and West Drive, Manhattan; (212) 988-9093; www.cityparksfoundation.org; Tuesdays – Fridays, 10:30 am and 11:30 am, Saturdays and Sundays, 1 pm, \$12 (\$8 children).

The City Parks Foundation presents the original marionette play based on J.M. Barrie's iconic Peter Pan tales. This version is a spin on the beloved children's classic. Leaving their parents behind, the Darling children follow Peter Pan back home to Neverland for the adventure of a lifetime. When the cunning Captain Hook turns Peter's pals Tiger Lily and Tinker Bell against him, the children team up with the Never Boys to save the day, learning the value of forgiveness and friendship.



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Let kids get dirty for good gut health

This month we celebrate Earth Day, a day to honor the good earth and all it does for us. Our food — from grocery stores, farmers markets, and perhaps our own gardens — grows in its soil, teeming with microbes. Some of these microbes can provide health benefits. But how?

Microbes are an ancient and vital part of human physiology. Yet never before have children grown up so “clean.” Recent changes in our lifestyle — a Western diet, over-sanitization, the excessive use of antibiotics — have altered the specific microbes within our digestive tract.

Establishing good gut health in our children is important and can have lifelong consequences. In addition to a strong immune system, a healthy mix of bacteria within our digestive tract can lead to less inflammatory disease such as allergies, asthma, and inflammatory bowel disease. Sadly, these conditions are being diagnosed more frequently in children.

Thousands of microbial species — the microbiome — thrive in the human intestine, helping people digest fiber and make vitamins and other molecules. The right mix of microbes can even affect our metabolism.

While what we eat alters our micro-

biome, the microbiota appears to influence what we eat. The wrong mix of gut microbes can trigger cravings for less than stellar foods.

Eating a variety of natural foods is the best way to increase microbial diversity, and there's no better time to do this than during the first few years of life. For example, rather than feeding your baby only rice cereal for weeks until the package is empty, offer a variety of grains, including barley, rice, oats, and quinoa.

Think of dietary fiber as food for your gut microbiome. But not from a drink or pill. Eat a diverse array of fibers from a lot of different plant materials. Whole grains are better than refined ones.

Leafy green vegetables contain an enzyme that's been found to feed good bacteria while limiting bad bacteria. Protein-rich legumes — such as lentils, beans, and peas — have lots of fiber and can be easily mashed for tiny mouths. Try starchy veggies such as parsnips, sweet potatoes, or cassava (tapioca) rather than just sticking to low-fiber veggies. As children get older, add fermented foods such as yogurt, buttermilk, kefir, kimchi, miso, sauerkraut, and pickled vegetables.

Serve your family less sugar, animal fat,

and refined grains.

Here are some other ways to boost your child's diversity of gut bacteria:

1. Encourage your children to get at least 30 minutes of physical activity on most days. Research in mice suggests that physical activity, especially early in life, may help promote a beneficial gut microbiota.

2. If it is safe to do so, encourage the kids to spend time outside. At least one study shows that people who are regularly exposed to natural settings have a more diverse microbiota, suggesting a little dirt may be good for us.

3. Spend some time in a rural area.
4. Take the kids to a petting zoo.
5. Get a dog.
6. Give your child a probiotic, especially when your child is taking an antibiotic.

7. Grow foods or herbs in a garden. This could even be a container garden on your balcony. Let the kids poke around in the dirt.

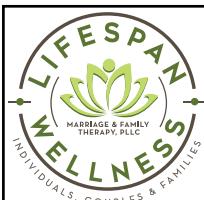
8. Avoid antibacterial soap.

We are only beginning to scratch the surface of the importance of the microbiome for human health. The good news is that we can influence the compatibility of these microscopic, single-celled house-guests by altering our environment and our diet. Indulge your children's natural impulse to get good and dirty.

Christine Palumbo is a Naperville-registered dietitian nutritionist and Fellow of the American Academy of Nutrition and Dietetics. She suspects her childhood, largely spent outdoors, may have helped her avoid allergies. Find her at Christine Palumbo Nutrition on Facebook, @PalumboRD on Twitter, or ChristinePalumbo.com.

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New & Noteworthy

BY LISA J. CURTIS

Jumper for joy

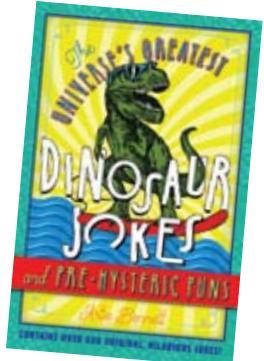
With an impending royal wedding on the horizon, our attention is drifting toward Britain's adorable prince and princess, and finally, to the United Kingdom's kids clothing company, JoJo Maman Bebe, for a bit of classic spring style. JoJo Maman Bebe's latest collection is just as sweet as a smile from Prince George. We're particularly smitten with their sunny yellow jumper dress with a blue bird appliqued near the front hem. Available in sizes 6–12 months to 5–6 years, the dress is made from cotton twill and embellished with floral embroidery. Layer it over one of their blouses with a Peter Pan collar, and your little princess will be ready for the paparazzi (aka the grandmothers). For chilly early spring days, you'll want to scoop up JoJo Maman Bebe's cotton cardigan, also available in those sizes and in that happy shade of lemon. The sweater features blue bird intarsia, floral embroidery, and a swing shape. Tiaras are sold separately.

Girls' Bird Jumper Dress, \$44, Bird Cardigan, \$45, by JoJo Maman Bebe, jojomamanbebe.com.



Paleo humor

From the same Brooklyn author that penned the children's classic "Poopendous" comes a joke book that's ideal for the mini John Oliver in your life. "The Universe's Greatest Dinosaur Jokes and Pre-Hysteric Puns" (Sterling Children's Books) by Artie Bennett has paleo humor that will get the whole family — especially those members ages 5–12 — laughing. Exhibit A: "Which dinosaur was entirely sightless? Never-saur-us!" and "Why were Brachiosauruses so slow to apologize? It took them a long time to swallow their pride." Bennett's joke book is the Tyrannosaurus Rx we didn't know we needed in this turbulent moment in American history!



"The Universe's Greatest Dinosaur Jokes and Pre-Hysteric Puns" book by Artie Bennett, \$6.95, www.amazon.com.



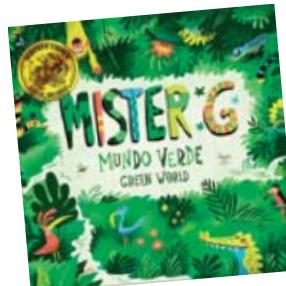
Crack the code

Children have to obediently follow instructions at home and school, but with a Kibo robot, they're giving the commands. Kids can begin to understand the basics of coding with Kinderlab Robotics' adorable Kibo Robot Kit. Recommended for budding software engineers — ages 4–7 — the toy arrives disassembled. Kids install Kibo's accessories, which allow him to move, see, hear, flash, and more. With the set of wood building blocks, children decide what Kibo will do: shake, turn left, flash a color, and more. They scan the bar codes on the building blocks, and watch the robot execute their blocks' commands. Created by Tufts Prof Marina Bers, Kibo allows kids to be creative, problem solve, and learn the basics of coding, without screen time. And for that, we give Kibo our kudos.

Kibo 21 Robot Kit, \$499, www.kinderlabrobotics.com.

Viva planet Earth!

Look no farther than Mister G's eighth children's album, "Mundo Verde/Green World" for a bilingual soundtrack to your 2018 Earth Day celebration. Circle April 22 on your calendar and use this date — and this rollicking album — to talk with your child about what your family does, and what more you can do to get out and enjoy nature and take care of "Pachamana/Mother Earth." Mister G debuted the songs from the album at the National Climate March in Washington, D.C., and they are a joyful ice breaker for opening a dialogue about our planet and its innumerable gifts, from "Agua/Water," to "Cuantos Peces/How Many Fish," to "Las Abejas/The Bees."



The album is also an exuberant showcase of Latin American music styles (bomba, samba, reggae, and bossa nova) and the Spanish language; it features Santo Domingo-based merengue superstars 440 on "Gozar/Enjoy." And the final track, "Las Estrellas/The Stars," features Cuban-Mexican jazz legend Arturo O'Farrill on piano!

"Mundo Verde/Green World" CD by Mister G, \$14.99, www.mistergsongs.com.



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