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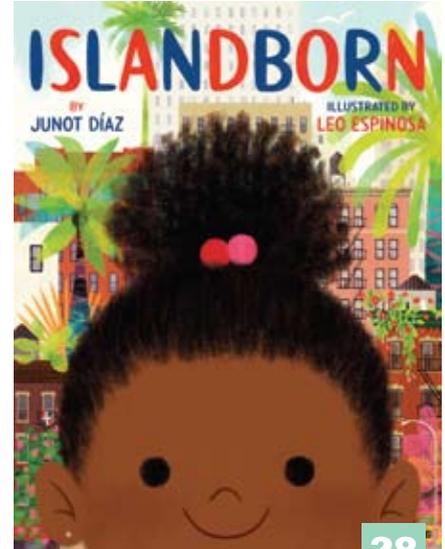
NEW YORK Parenting

Queens Family
June 2018

Where every child matters



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Preschools for all

When I went back to work part time and needed childcare, my daughter was a year and a half. Until then her father and I had been juggling her care and she hadn't even had a baby-sitter. Besides some time spent with extended family, she had always been with one or both of us. This new job I had, however, was going to necessitate finding an outside alternative, and it turned out I got lucky. We needed to have odd hours in the middle of the day three days a week, and as my luck would have it, I found the perfect place. Run by two local women who had masters in early childhood education from Bank Street, they offered me the perfect plan.



I had brought Lili with me and she seemed to like it there, although she clung very tightly to me. One of the women who worked with the little ones asked me what

her name was, and when I told her she said "Lilianna, come to Tessie." My daughter put her arms out and she more or less sat on Tessie's lap for the remainder of the year. I felt so relieved and immediately made the decision to sign her up there for those beginning three half-days.

The first day I left her there I found myself overwhelmed with emotion and stood outside at the bus stop holding back tears. Lili was fine. I was a wreck. Both of us adjusted, and the problem of childcare was solved for us. Those years at her preschool were fantastic. She developed social skills, had sweet little friends from multi-cultural backgrounds, and was introduced to new learning materials that, combined with the exposure I was giving her at home, set her off nicely on her education path.

We have a special preschool focus in

this issue, and some of our communities' best programs are represented. This is a great time of year to be considering it for the fall or even the summer, and I hope everyone will take a look at the options we present here. Many of the programs are offering specialized immersion in things like other languages, music and art, early STEAM introduction, and of course Montessori.

We now know the importance of good educational early childcare, and it's rare to find a family that is not signed up for something. With the city's public system offering free Pre K FOR ALL, our city's children will all now be benefitting from programs that will stimulate their learning process and fine tune their social abilities. It's very exciting!

Thanks for reading!

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Short Stuff

New app seeks to reduce infant mortality

Peter LaMont's second child was born in May, but the last time he put an infant to bed was 16 years ago. So, the father turned to a new app to catch up on safe sleep recommendations for babies.

The SIDS Info app, which provides information on sudden infant death syndrome, was launched this month by the SIDS Center of New Jersey.

"When my teenage daughter was a baby, she slept with blankets and crib bumpers," LaMont said. "Today, the rule is that nothing is placed in the crib. Even though I already have a child, things have changed a lot, and I want to be an informed parent. This app is convenient and allows me to access the most up-to-date guidelines."

The free app, which was developed by Barbara Ostfeld and Thomas Hegyi, the center's program and medical director, respectively, includes the American Academy of Pediatrics' safe sleep guidelines for infants from birth to 12 months. The app also includes links to educational websites, a question-and-answer on safe infant sleep and resources — such as contact information for smoking cessation and the Consumer Product Safety Commission.

According to the U.S. Centers for Disease Control and Prevention, about 3,500 infants under the age of 1 die in the United States due to a sudden unexpected infant



Barbara Ostfeld and Thomas Hegyi of the SIDS Center of New Jersey.

death, a grouping consisting of sudden infant death syndrome, accidental suffocation or strangulation in bed, or unknown causes.

Although there are a few other apps that include safe infant sleep information, SIDS Info provides the most comprehensive educational material, Ostfeld said.

As parents scroll through the app, they see animations that feature a maternal voice combined with text, which educates the user on topics such as selecting a safe crib, how to dress an infant for sleep, and what not to place in a crib. Parents then can click on the "Baby Talk" component,

which provides additional information in a baby's voice. A Spanish-language, text-only mode is also available.

"While handouts with crucial safe sleep guidelines can get lost or become outdated, the app places educational information literally at people's fingertips — right on their phones," said Ostfeld. "Our goal is to provide hospital nurses who educate new families at discharge with an efficient and standardized tool that parents can download to their phone for continued reference. It also allows practitioners who interact with parents after discharge to reinforce this information."

SIDS Info is available on iPhone and Android and was funded by the center through a grant from the New Jersey Department of Health. The app is being promoted to professionals who interact with families at organizations such as hospitals, the Maternal and Child Health Consortia, the Division of Child Protection and Permanency, and child care programs. The app also serves as a continuing education tool for healthcare providers, who can download courses on safe sleep for free.

Parents are encouraged to share the app with those caring for their infants — such as grandparents, siblings, and babysitters — which is crucial for infant safety, Ostfeld said.



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>

When do they get a credit card?

Using a credit card requires a great deal of responsibility. It's important to have a conversation with your child to determine if he or she is ready for a credit card. Keep in mind that your child's age isn't as important a factor as her maturity level and willingness to learn.

Here are three key reasons why you might want to get a credit card for your son or daughter:

Establish a credit history: If your child is heading to college in the next few years, establishing a credit history later can help him immensely. For example, private student loan companies typically require a credit check, and having some credit history can help.

Teach kids about smart credit card use: Teach your children about responsible credit card use and they'll be less likely to make mistakes. Talk to your child about

the card's annual percentage rate and how credit cards typically charge higher rates than other loans. Explain how it's important to avoid charging more to the credit card than they can afford to pay off each month.

Setting ground rules: It's wise to create some ground rules for your child's new spending power. Having him pay the bill may encourage more responsibility than if you were to foot the bill each month. If you aren't going to have your child pay off her credit card, agree on when it's appropriate to use the card and when it isn't. If you find that she's breaching these boundaries, follow up and remind her of your agreement.

Learn more about which issuers allow you to get a credit card for a child under 18 at <https://www.experian.com/blogs/ask-experian/when-should-my-child-get-a-credit-card>.



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Toddler drinks

Reading between the lines

BY SHNIEKA L. JOHNSON

It is an exciting time when your baby begins to develop into a toddler. Crawling to cruising and then walking to running — you now have a busy little person on your hands! Your toddler is becoming more independent, and in some instances, more finicky. Welcome to the fussy eating stage! For the majority of parents, cow's milk is a toddler's main drink. There are great benefits to drinking milk, as it is a source of nutrients, like calcium and vitamins A and D. However, it is not a great source for iron, as it contains only trace amounts, and if your toddler won't eat iron-rich foods, you find yourself in a conundrum.

Many parents will purchase toddler drinks to boost intake of iron. But is this the best alternative for a child's diet that may be lacking in iron-rich foods? Unfortunately, misleading labels on products marketed as "toddler drinks" may confuse parents on whether these products are necessary or doing more harm than good. Often marketed for young children, ages 9 months to 3 years old, the product category of toddler drinks includes transition formulas and toddler milks.

Studies at New York University's College of Global Public Health and the Rudd Center for Food Policy and Obesity at the University of Connecticut have raised red flags about toddler drinks.

"Our study builds on previous research demonstrating that manufacturers' marketing practices may undermine the diets of very young children," said Jennifer L. Pomeranz, assistant professor of public health policy and management at NYU's College of Global Public Health, and the study's lead author.

The study, published in the journal "Preventive Medicine," examined policies and regulations on

the labeling of toddler drinks and proposed regulations to ensure the appropriate labeling of products. Health experts and pediatricians (both in the United States and internationally) do not recommend the products. According to the comprehensive study, most toddler drinks are composed of powdered milk, corn syrup or sweeteners, and vegetable oil. These products contain more sodium and less protein than cow's milk, but labeling implies that they are beneficial for children's nutrition and growth. As advertising for these products increases, so do the concerns regarding their misleading claims.

Many are calling for transparent and truthful labeling that is less confusing for the consumer. This will better enable parents and caregivers of toddlers to make a well-informed decision about the best product for their children.

"All product labels made claims related to nutrition and health, and many made claims about expert recommendations that may lead caregivers to believe these products are necessary and healthy. In fact, they are not recommended by health experts, as there is no evidence that they are nutritionally superior to healthy food and whole milk for toddlers," said Pomeranz.

According to the study's authors, toddler drinks are unnecessary and may undermine a nutritious diet, although they are marketed otherwise.

"It is stressed that labels should be clear, transparent, and accurate. The [U.S. Food and Drug Administration] and manufacturers should work together to end the inappropriate labeling of toddler drinks and ensure caregivers have reliable information to nutritiously feed their children," said Pomeranz. The researchers encourage the Food and Drug Administration to provide more guidance and recommend manufacturers change their labeling practices and support informed consumer decision-making.

Whether you choose to supplement with toddler drinks or solely stick with cow's milk, remember that toddlers need healthy fats, vitamin D, and calcium, as well as iron-rich foods in their diet. This aids healthy growth, learning, and development. A picky-eating toddler can be given a multivitamin or other calcium-fortified foods, like dairy products, juices, breads, and cereals. Consultation with a pediatrician is encouraged prior to using any new product, which will safeguard your child's health and maximize their intake of truly nutritious foods.

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



The 'summer slide'

Summer break is almost here, and there is a lot of talk about the dreaded "summer slide." Is there anything I can do to help my kids keep up with their learning over the summer?

Summer is the perfect time to give your kids authentic learning experiences! Are you going to be traveling this summer within the 50 states? National parks are an exciting way to explore and learn as a family, and thanks to the Every Kid in a Park initiative, every fourth grader can get a pass for himself and his family to visit any national park for free!

Headed to the beach this summer? Remember to pack books along with the sunscreen. Summer is a great time to model for your kids the pleasure of reading for fun.

If your child will be away at camp, write her letters that include a lot of questions for her to respond to. Correspondence is the perfect way for kids to review their grammar and spelling skills in a meaningful way.

If you plan on staying close to home this



summer, don't forget that New York City is filled with museums and landmarks that you can take family "field trips" to. There, kids can learn and get hands-on experiences that can build their background



TIPS FROM A TEACHER

LAUREN ROSEN

knowledge about topics that will be covered during the school year.

Also, check in with your local library about any educational programs it might be hosting this summer. The programs are usually free, plus they are a great place to cool down with a new book on those scorching summer days.

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Writing the book on repeating a grade

BY REBECCA EISENBERG

Do you have a child that repeated a grade? Are you thinking about having your child repeat a grade? This topic comes up often in the public-school system, specifically around this time of the year, when plans are being made for the following year. When I had to consider this question for my son, the lack of information and help on the subject astounded me. So, I wrote it myself with my book “My Second Year of Kindergarten.”

I went through this process with my son about three years ago. When his teachers recommended he repeat kindergarten, my husband and I felt mixed about it. From one perspective, I felt that giving him an extra year, given his age and delays, would be an optimal opportunity. On the other hand, what would this do for my son socially? How would he feel about repeating a grade?

After searching online for research and resources about repeating a grade — specifically kindergarten — I came up with very little valuable information. As a speech-language pathologist, my instinct is to find research and evidence to make informed decisions, but with this topic, there was little research available. In spite of this, my mother’s gut was telling me that my son repeating kindergarten was the right thing for him. The one thing I have learned as a parent is that I need to listen to my instinct about what is right for my child. This instinct, along with support from my son’s educators, is ultimately what helped my husband and I make the decision.

Once we decided our son would repeat the grade, we collaborated with his team at school and spoke to the principal. The decision just felt right for me. However, this was just the beginning, because we then had to tell our son and go through the process of the transition. As a parent and children’s book reviewer, I find that books tend to help my children and I discuss more difficult topics. But again, I found no books about repeating a grade. So I decided to write “My Second Year of Kindergarten.” Reading the draft to my son helped him understand the reasons why he was staying in kindergarten and the



progress he could look forward to making the following year. My husband and I took the time to tell him about this process in a simple, straightforward, and honest manner with little complex language. We also presented the information in a positive way and left the discussion open ended. The topic of repeating kindergarten is not a one-time conversation, it’s a dialogue that occurs over time.

Once I saw how this story helped my son, I published it so other parents and educators could benefit as well. Since the April release, I have heard from many parents about how much they value a book like this because of the lack of available resources on this topic. I also wanted to make this process a positive experience

that could help other children develop a more flexible mindset about children with varying delays and disabilities.

Would you like to learn more? I discussed this topic with Penny Williams from Parenting ADHD and Autism at <http://parentingadhdandautism.com/2018/04/05/pap-036-repeating-grade-school-becca-eisenberg>. You can also check out my website, www.mysecondyearofkindergarten.com.

Rebecca Eisenberg is a speech-language pathologist, instructor, parent of two children, and author of several games for children with special needs, a story time workbook, and the children’s books “The Monkey Balloon,” “A Tale of The Monkey Balloon,” and “My Second Year of Kindergarten.”



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Planning for preschool

BY LAURA VAROSCAK-DEINNOCENTIIS

Choosing a preschool that fits the needs of your family may seem daunting. There are many programs out there, each offering their own unique style and perspective, all claiming to be “the best.” Do not be swayed by schools that entice parents with unprecedented academic achievement, state-of-the-art equipment, or the latest educational trend. Above all, preschoolers need a safe and comfortable place in which to learn, while also building socialization skills with peers. Knowing your child, and yourself, is the key to successfully navigating your way through the process. Beginning the journey

with an open mind and a clear plan will also help eliminate unnecessary stress and make the search more enjoyable. Here are some tips to keep in mind:

Plan ahead

Start by making a list of local licensed preschool programs. Most New York City preschools begin their application process several months to a year before your child will start school. Call programs that you might be interested in to find out their application deadlines and minimum age requirements. This will shorten your list right off the bat.

Know the basics

Location, cost, and operating hours are

three very important considerations when deciding where to send your child. Some programs offer early drop-off and late pick-up options for parents who work long days. Others are not flexible with their hours. You may find a preschool with a stellar reputation, but if the tuition costs more than you make each month and you and your little one need to travel two hours by bus, train, and ferry to get there, forget it!

Research

After narrowing down programs that are affordable, conveniently located, and accepting applications in your child’s age group, start asking questions. Call the director and request some information about

Popular early childhood educational approaches

Here are some methods of teaching you may want to look for:

Bank Street

Less structured than some other programs, the Bank Street Development Interaction approach lets children make their own choices in the classroom, while interacting with a wide variety of materials, ideas, and people. This helps a child discover things in her own way, at her own pace.

The curriculum is based on the idea that children make sense of the world by studying it. Teachers encourage questioning and exploration as children start to make connections between their ideas and the surrounding environment.

Creative Curriculum

The Creative Curriculum balances both teacher-directed and child-initiated learning, with an emphasis on responding to children’s learning styles and building on their strengths and interests. Play is considered children’s “work,” which prepares them for future academic learning. Teachers support thinking and experimenting as children explore the world.

High Scope

Designed for children who need more individualized attention, the High Scope program uses a cognitive approach to learning and values the relationship between teachers and children. It stresses the idea that children need hands-on experiences with people, materials, ideas and events in order to thrive. The curriculum is built around five content areas: language, literacy and communication, social and emotional growth, physical development, health and well-being, and arts and sciences.

Montessori

The Montessori method encourages child independence and self-direction.

The teacher acts as an observer, preparing the classroom to best suit the individual student’s needs. Children value diversity and practice respect for self, others, and the world around them.

Self-esteem is nurtured as children master skills and move on to the next developmental level in their work. In addition to language arts, mathematics, science, and cultural studies, the Montessori Method emphasizes sensorial

and practical life work.

Reggio Emilia

The Reggio Emilia approach is a collaborative effort, involving teachers, students, parents, and community members. It emphasizes children’s symbolic relationships.

Teachers develop a project-based curricula based on students’ interests, and support learning through observation, dialogue, and documentation of children’s work. Learning is an ongoing process as children build relationships with others while making connections between ideas and their environment.

Waldorf

The Waldorf approach embraces the whole child — body, mind, and soul. Early childhood educators model appropriate behavior, and children are encouraged to imitate what they see. Teachers also support physical, emotional, intellectual, and artistic growth by designing curriculum based on children’s stages of development and offering many opportunities for creative and imaginative play.



the program: Is it accredited by the National Association for the Education of Young Children? What is the educational philosophy? How many children are in each class? Are the teachers trained and certified? Is there frequent teacher turnover? Talk to other parents about their experiences. Hang around outside the school at dismissal and introduce yourself to others. Observe the children: Do they look like they enjoyed their time at school? Listen with an open mind. If you like what you see and hear, schedule a tour of the school.

Prepare for the tour

Think about your child. Would she benefit from a child-centered program, or

one that is more teacher-directed? Does a large, active classroom seem more conducive to learning than a smaller, more nurturing environment? Do you have specific needs regarding toileting, diet, or napping for your child? Make a list and write down questions to ask while on the tour. Remember, it will be your school community, too. If parental involvement and a strong family-school relationship are important to you (and they should be), inquire about opportunities for parents as well. All preschools should have an open door policy.

Tour

Visiting a school is one of the best indicators of whether the program is a good fit

for your family. From the moment you walk in the door, keep your eyes and ears open. Do you feel welcome? Safety is critical in a preschool setting. Look to see if the children are well supervised. Are they happy and engaged? How are the relationships between teachers and students? Are the children playing together, practicing taking turns, or are they fighting? How does the teacher deal with conflict resolution? Is there an outdoor play space?

Take notes during your observation period to help you remember the details when you're comparing programs later on. During the question-and-answer session, gather as much information as possible — and do not leave with unanswered questions. If the tour is for parents only, be sure to schedule a time for your child to visit so you can observe her in the environment.

Decide

Each school will most likely highlight its philosophy. Do not let names like Montessori, Reggio Emilia and Waldorf confuse or overwhelm you. There are many methods of teaching, and all you need to figure out is which one would best suit your child's personality and learning style. As your child's first teacher, you are an expert at this.

Apply

Depending on where you apply, submitting an application does not mean your child will automatically be accepted. There are often waiting lists based on space availability or uneven gender or age ratios in the class. In this case, apply to a few of your top choice programs and wait patiently. If you strongly prefer one school, you may include a thank you letter, which also expresses your interest in the program.

Relax

As hard as it might be to wait for a decision, admissions directors do not like to be harassed by anxious parents. So take it easy and congratulate yourself on a job well done. If your child was accepted into a program and you have second thoughts, ask yourself why. Are you feeling guilty about sending your baby to preschool (totally normal) or does something not sit right with you? If the latter is true, trust your intuition. In the end, there are many wonderful preschool programs that will provide your child with a safe, fun and engaging learning environment.

Laura Varosca-DelInnocenti is a teacher and freelance writer. Her articles appear regularly in these Family Magazines and have won editorial awards from The Parenting Media Association. She lives in Bay Ridge and has two sons, Henry and Charlie.



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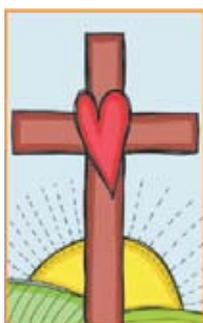
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Continued on page 16



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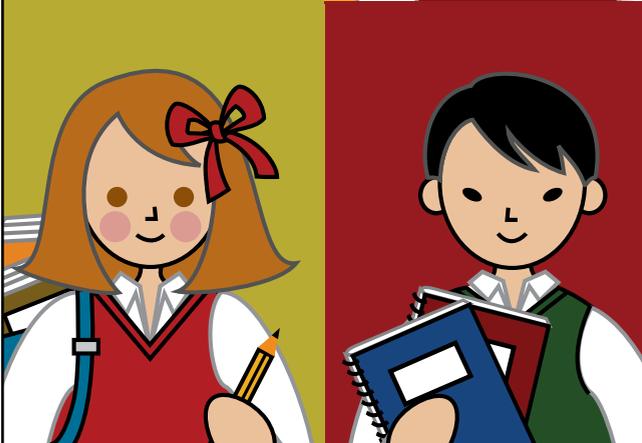
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Early Childhood Choices

Continued from page 14

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A mother's intuition

Autistic son improves with mom's own therapeutic approach

BY ALLISON PLITT

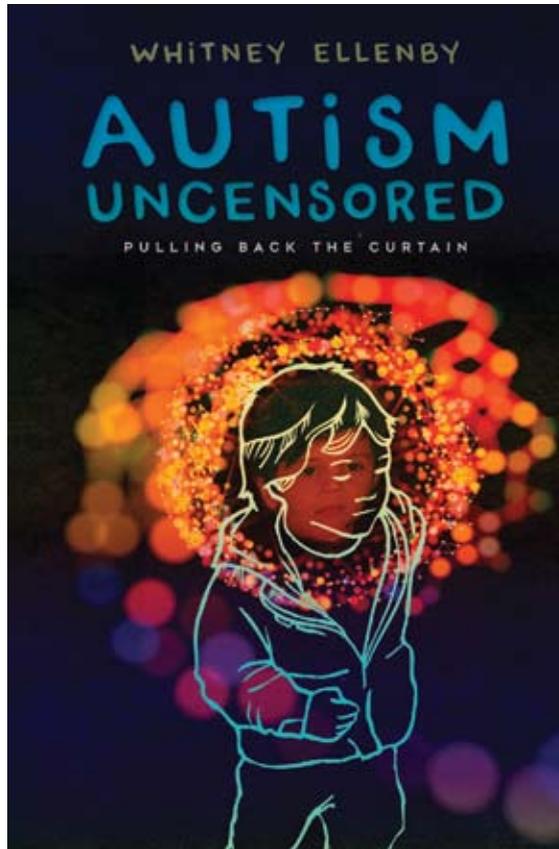
This is the second half of a story about Whitney Ellenby's compelling autobiography, "Autism Uncensored: Pulling Back the Curtain" (Koehler Books), in which she describes her life with her autistic son, Zack.

Whitney Ellenby learned her son Zack had autism when he was 19 months old. At the recommendation of a pediatric neurology team at Georgetown University Hospital, she enrolled him in Applied Behavioral Analysis therapy.

Applied Behavioral Analysis therapy required her son to be in an isolated room with a therapist for at least 40 hours a week reviewing "emotions, objects, people, or colors via flashcards and manipulative objects." According to Ellenby, the psychologist who developed the therapy in the 1950s, Dr. O. Ivar Lovaas, predicted that if a child receives less than 40 hours of instruction per week, he would fail. Zack showed progress during his first six months of therapy, but his development plateaued after another six months, and both Ellenby and her son fell into a state of disappointment and depression.

As many autistic children use "perseverative" behavior (such as repetitive hand flapping or staring at spinning objects) to calm themselves down, the Lovaas Model of Applied Behavioral Analysis therapy tries to suppress these natural instincts — a method which Ellenby finds "authoritative." She claims that many pediatric neurologists also believe that by denying a child his natural tendencies to cope with fear or anxiety, Applied Behavioral Analysis takes away a child's individuality and innate personality.

Although Zack could not verbalize his anger to his family, he rebelled against the rigid structure of therapy in his own ways. Unable to sleep, Zack kept his parents up all night with tantrums. When Ellenby or her husband went to soothe him, they found Zack had scratched off the paper on the walls of his bedroom and had destroyed all of his books and toys.



Venturing into the real world

Many families with autistic children usually isolate themselves in their homes, because their children can impulsively fly into fits of rage over any perceived fears or obstacles.

As Ellenby had decided to scale back on the number of hours Zack was receiving Applied Behavioral Analysis therapy, she chose a different approach with her son, who threw temper tantrums every time the family left the home.

In one scenario, Ellenby's family attempted to attend a birthday party, but the moment they got into an elevator, Zack began screaming, biting himself, and banging his head against the door to get out. After this incident, Ellenby figured out what triggered her son's temper tantrums: "His fear of the unknown, because he could not decode the world outside of his immediate view in those indoor spaces."

Unlike other kids with autism, Zack was not overly sensitive to noise and crowds.

In the most defining moment of the book, Ellenby decided to take her son into an auditorium to see a show about Elmo. As she expected, Zack threw a tantrum as soon as they entered the public indoor space. While Ellenby spent more than half an hour trying to calm him down, she was able to prevent her son from fleeing the scene.

The moment Zack saw Elmo on stage, he calmed down and stopped struggling. His eyes were riveted to the stage in deep concentration until the end of the show. As Zack smiled at his mother after the performance ended, Ellenby decided that her "experiment" was a success.

Ellenby took Zack to other public events where she found he learned more by experiential learning than by sitting in an isolated room trying to imitate Applied Behavioral Analysis concepts. Choosing to take Zack to a movie theater, she first informed the audience that her son was autistic and would probably struggle with her before the movie. With the public's approval, Ellenby tried to subdue Zack, who once again became calm when the movie began.

Similar to his behavior at the Elmo performance, Zack was fixated by the movie on the screen and said nothing until the show ended. Realizing that Zack was finally making a breakthrough, Ellenby accompanied him on more outings — including a visit to a water park, where a gang of tough teens helped her son descend a scary water slide.

Ellenby was surprised by the amount of support she received from the public when she explained that her son was autistic and may behave in an unusual manner. Zack wet himself on a subway, and as Ellenby explained her situation to the passengers, they gave her their own tissues and wipes to help her clean her son.

Ellenby gave birth to her daughter, Cassie, when Zack was 5. As Zack realized he was no longer the center of his mother's attention, he began to misbehave. Crying because he believed his mother favored the baby over him, he was finally able to articulate his feelings by saying, "Baby is Mommy favorite. Baby is love of Mommy life."

When Ellenby responded to Zack that

he was “the first love of her life,” she had a realization: “We have never had a true conversation, and never an exchange about anything as important as this. And I realize at this moment that there are still many crucial truths about Zack that I have yet to uncover. Does he feel love deeply, and does he feel it for me? ... He is capable of experiencing jealousy and loss as much as any other person, maybe even more?”

After his initial resentment, Zack learned to love and protect his sister. In one instance, Ellenby baked the children brownies and decided to hide them in the kitchen so she could share them at a later time. When she later checked in on her kids, she discovered Zack had found the brownies and was sharing them with 1-year-old Cassie.

Zack learns to conquer his fears

As Zack became less fearful interacting in the real world, he had less frequent tantrums. Consequently, Ellenby decided to abandon Applied Behavioral Analysis therapy. On a family trip to Disney World, where Ellenby had to provide the hotel with medical documentation of her son’s autism, Zack was a different boy — laughing in the amusement park and finally pointing out to his parents something funny that he saw.

When Zack turned 7, Ellenby enrolled

Ellenby figured out what triggered her son’s temper tantrums: “His fear of the unknown, because he could not decode the world outside of his immediate view in those indoor spaces.”

him in the neighborhood public elementary school, where he would be fully mainstreamed with his peers in the first grade. While Zack would be with his classmates for the majority of the day, he would also be pulled out of class for special-needs instruction.

The therapist had told Ellenby never to disclose Zack’s condition, but she thought differently when preparing a presentation for her son’s class about his autism. “Concealment of Zack’s diagnosis suggests shame, and my purpose is to educate, not obfuscate.”

During the presentation to the class, Ellenby explained to the children, “Zack has a disability called autism, and it’s a condition

that affects his brain. His brain isn’t better or worse than yours, it’s just different.”

She also told the class that Zack learns from repetition, so he would be watching his classmates’ behavior as an example of what to do.

Ellenby’s story ends happily as Zack was “assaulted by peers, not with cruelty, but exaggerated expressions of kindness and instruction.” When his mother dropped him off at school, Zack told his mother “goodbye,” literally cutting the cord between them.

When Zack stopped having temper tantrums, he learned that he had overcome his phobias. Reflecting on the experience of helping her son, Ellenby recounts, “I’m not just a better parent, I’m a better person because of what Zack has unearthed in me.”

Ellenby founded a charitable foundation more than 10 years ago called Autism Ambassadors for people with autism and their families. To help these families leave the isolation of their homes, Ellenby established monthly outings at various venues (such as movie theaters and water parks) where people can meet and not be shocked when others “erupt into unconventional behavior.” So far, Ellenby has recruited more than 600 families to join her organization.

Allison Plitt lives in Queens with her 12-year-old daughter.

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Untold stories

Book shines light on challenges of raising special-needs kids

BY TAMMY SCILEPPI

It's about time someone wrote a humorous novel that shines a light on the plight of parents who are coping with unbearable stress and impossible challenges while raising their amazing, special-needs kids.

Washington Heights-based author Maxine Rosaler's just released, must-read book — "Queen for a Day: A Novel in Stories" (Delphinium Books) — does just that.

In the book, Rosaler's own experience and her quest for answers as the mother of an autistic son are told from the perspective of her novel's heroine, New York City parent Mimi Slavitt, and her circle of funny but frustrated friends who are conflicted, complex characters all trying to stay emotionally afloat while raising children with special needs.

It "crackles with insight, energy, and New York City wit," according to Eliza Factor, author of "Strange Beauty," who says Rosaler is "compassionate and wonderfully unsentimental in her portrayal of [Mimi and her friends'] fear and fury, longing and isolation." Factor says the author is "really good at capturing the random bursts of connection so endemic to New York City street life, and her take on the Kafkaesque bureaucracy, otherwise known as the Department of Education, is hilarious."

Factor says she "loved this book and recommend it highly, not only to parents dealing with autism, but to anyone who enjoys gritty, funny, heartbreaking, and ultimately affirming stories of modern family life."

Surprising inspiration

In one episode of the strange 1950s game show "Queen for a Day," host Jack Bailey asks the all-female audience: "Would you like to be queen for a day?"

As the women applaud and cheer loudly, a super long, top-of-the-line Chrysler Imperial appears onstage, waiting to whisk one lucky lady away for a day in movie land if she's crowned queen. The winning contestant enjoys additional perks, as well, like an entire wardrobe fit for a queen ... and a deluxe vacuum cleaner! But the super-duper prizes are the ones that these worn-

out housewives were really hoping for in the event they were chosen to sit on the throne. They were modest requests by today's standards. Washers were a popular choice.

A mother of seven asked for a diaper service for her triplets, and another, a haggard-looking former waitress, only wished for a wheelchair and special exercise bike for her disabled son. But the smartest one of all told the host she could really use some time away. After all, she had been a caretaker her entire life. In the end, the mom with the special-needs boy won.

While all of these wives, mothers, and caretakers had devoted their entire lives to their families and sacrificed their own happiness and dreams for domestic bliss, there were perhaps some who dreamed of the day they could just walk away from it all.

After all, they never asked for this. Never expected that their lives would be so hard. It had all been thrust upon them and nobody asked.

There were times when Rosaler's heroine, Mimi, felt that way.

And it was that vintage TV show from a naïve, bygone era of societally enforced domesticity, coupled with quiet discontent, that had been the surprising inspiration for the author's new novel. Rosaler's authentic stories examine imperfect women (not martyrs or saints) living mostly unfulfilled lives laced with overwhelming misery, fear, and isolation; parents who yearn for fun and freedom but can only enjoy fleeting moments of triumph and normalcy.

You can't blame those women from the '50s, for they neither had the insight nor self-awareness to understand how to change their lives for the better — had they been able to. Therefore, they accepted the cards they were dealt with what seems like a form of graciousness born of an unselfish nature. During that time, options for women were limited, and "finding happiness" wasn't considered a priority until the Women's Lib movement and the "me" generation expanded the list of acceptable personal desires and goals. That's when people — both women and men — wanted more out of life.

"But now I told myself: 'Wake up, Mimi!

Is this how you want to be? Seeing misery in every grain of sand?'" Rosaler writes.

Drawing from real life

Mimi was in denial when she found out her young son, Danny, had autism.

The author says getting support as her child was growing up was challenging as well.

"There were years when all I did from the moment I woke up to the moment I went to sleep, was work to get Benjy the help to which the Individuals with Disabilities Act supposedly entitled him," she recalled.

So, how do moms and dads raising special-needs kids learn how to accept things as they are? And if they can't, what's the alternative? And, should parents put aside their happiness for the sake of their children?

The author, whose son Benjy is now 26, opened up about her life and her family. She says "Queen for a Day" is the most important story she has ever told.

Tammy Scileppi: Why did you write this unique novel?

Maxine Rosaler: I was a writer before I became a mother, but for a long time after my son's diagnosis with autism, all I wrote were letters begging the Board of Education to help Benjy, and various treatises and documents I created to support my efforts. When the air started to clear a little bit, I went back to writing fiction. Eventually, I decided to map out a collection of short stories based on my experiences being the mother of a child with autism.

TS: Tell NY Parenting readers about your son, his interests, and what he's been up to.

MR: Benjy is, to a remarkable degree, the same person he has always been. Incredibly cheerful and inquisitive and a delight to be around. Of course, there have always been the things we wanted to "fix" about him — his impulsiveness, his lack of social awareness, his problems with organization — the list goes on. But I'm happy to say that as much as Phil and I have been trying so hard to fix Benjy, we have never damaged his spirit. He remains indomitably himself.

Benjy is a junior at City College, where he is majoring in chemistry. Through New York State's Self-Direction program, I am

able to hire people to go to school with my son, to make sure he pays attention and doesn't call out in class.

He has a ton of interests and hobbies, including rocks and minerals, musical instruments (how they are constructed), botany, birds, biology, chemistry, physics, orchestrating video music, playing piano, playing violin (which he has been studying seriously for the past eight years), geology, geography, entomology, etymology, and so much more.

I can't say that Benjy has ever really had a friend — the closest he has ever come to having friends are the mentors who work with him. But obviously, it's not the same. That's always been on my list: to find Benjy a friend who shares one of his many interests.

As far as goals are concerned, Benjy does not have a realistic understanding of what it means to have goals, nor what it takes to achieve one's goals. This is one of many things that are on our list of things we need to work on with him.

TS: Describe what raising your special child has been like?

MR: Benjy was a joyful baby, and a joyful child. He is still full of joy, although there are signs of anxiety that I am beginning to recognize that I never realized were there. He doesn't have a mean bone in his body. He is without vanity, pride, jealousy, envy, or any of the usual vices. His unquenchable thirst for knowledge and the agility with which he is able to absorb and assimilate all sorts of information amazes everyone who knows him.

We have had to teach — and continue to teach — Benjy the things that other children seem to pick up automatically. In terms of challenges, there are too many to enumerate here. I would say that his impulsiveness is one of the biggest challenges we have to deal with — for one thing, it put him in danger.

TS: How do your novel's stories speak to the loneliness and isolation that can be an inherent part of raising a child with a disability?

MR: I think the themes of loneliness and isolation inform every story in the collection. Mimi's dependence on Amy in the story "Queen for a Day" stands out in my mind as the most cogent manifestation of those feelings. "The Bike Path" is the story that most baldly expresses the misery and loneliness and fear that being the mother of a child with a disability entails: Mimi's irrational fear of something happening to her husband. Her incapacitating depres-

sion. Her overwhelming worry about what will become of her son. The guilt she suffers because of her growing impatience with him.

TS: How did you and your family deal with everything?

MR: I didn't "deal" with it at all. I just went ahead and threw the full force of myself into everything — no matter how big or how small. Which was a mistake.

Although [my husband] Phil grieved a lot at the beginning, as I pointed out in "Route 94," he accepted Benjy for who he was a lot sooner and a lot more easily than I did. Also, Phil, unlike me, has always been gifted with an ability to escape (a distinctly male trait, I think). As far as [my daughter] Sammy is concerned, I am just beginning to realize that all this affected her in ways I had never imagined it did.

TS: There must have been some good times?

MR: I can't think of any specific "good times" to cite as examples here. I can only say that, setting all my worries and anxieties about him aside for a moment, Benjy's entire way of being — his loving nature, his innocence, his happiness, his endless curiosity, his gifts — is a wonder.

TS: Describe your parenting styles.

MR: Phil knows how to have fun with our children. He knows how to talk to

Benjy in ways I do not. Phil, like Benjy, has all sorts of interests and he knows a lot about a lot of things. He also knows how to relax. So, he knows how to have fun. I'm always so busy doing all the behind-the-scenes work that I don't have time for fun. This is one of my biggest regrets.

TS: How have your son's issues impacted your marriage?

MR: I think our marriage has been both positively and negatively affected by having a child with a disability. As far as the positive part is concerned, Phil and I just naturally assumed different roles in Benjy's care. As far as the negative aspects are concerned, living in a constant state of emergency is very stressful, and this is bound to affect a marriage. Since I am by far the biggest worrier, and the more anxious of the two of us, Phil has to live with a woman who is often in a state of high anxiety.

TS: What do you do as a couple to de-stress?

MR: I wouldn't say that Phil and I ever consciously do anything to relieve the stress. But we have always had fun together, and so just being together is in and of itself a source of comfort and fun to us both. We hardly ever go out, although this is something we know we should do. We're both too lazy to do it. And aside from the time we spend writing (Phillip Margulies is also a fiction writer), our favorite time is at the end of the day, when all the work is done, and it's time to go to bed and watch television.

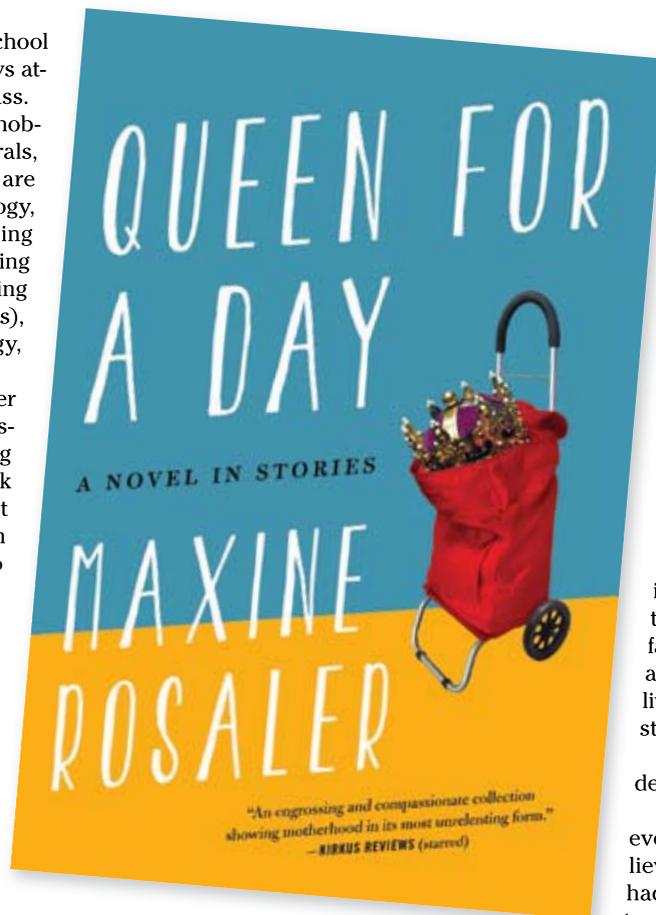
TS: Why should parents of special-needs kids read "Queen for a Day?"

MR: For one thing, when it comes to the books that have been written about autism, I don't think that the subject of being the mother of a child with autism (or any other disability, for that matter) has been dealt with through fiction or non-fiction the way I deal with it in "Queen for a Day." My book is both a work of literary fiction and also a kind of expose of the underworld that the parents of children with disabilities inhabit. It portrays a range of mothers (none of whom are anointed with the sainthood that is often automatically conferred on us unfortunate women).

• • •

Look for part two of this interview with Maxine Rosaler, author of "Queen for a Day: A Novel in Stories" (Amazon.com), in next month's issue.

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





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Will your business survive your death?

I have a business that is five years old, so I've graduated from "start-up" it seems. I am the sole owner and do not have any partners. What happens to my business when I die? Can it continue, or does it just shut its doors?

One of the biggest key failures of business owners is the avoidance of succession planning. Likely for this reason, 80 percent of businesses do not pass successfully to the second generation.

Succession planning is estate planning for your business in an orderly fashion. Most business owners are the cook, the window washer, the janitor, and the gatekeeper. They are the ones who pay the bills and keep the trains running on time. What if something happens to you? All of your staff depends on you. What would happen if you became disabled or die? Or your co-owner? You need to ask and answer the questions that arise in unintended, unfortunate consequences to ensure that the fate of your business is what you would have wanted, the same as your grandmother's pearls or your family photos or your bank accounts.

Whether you have a million-plus businesses or a side-hustle, you should contemplate these questions. A good place to start is what you want to do with your business when you retire. If you are not going to retire, what if something happens to you, and you are disabled and depend on the business for your income? Whether you want to retire, or if you pass away, do you want the business to be continued by future generations of your heirs? Would you consider passing on ownership of the business to them now? And, if you want it to be given to them at your death, are they involved in the business enough to know how to pick up operations and ensure a smooth transition? Similarly, if you do not have a family member in place, do you have a key employee to groom as a successor?



Often, one or more children sticks around to help mom or dad with the family business. Also often, mom and dad have other children who are not contributing efforts to the business. Frequently, mom and dad's business forms the most valuable asset in their estate. Some questions that arise are whether dad wants to continue to operate (or can operate) the business without mom if she becomes sick or dies? How do mom and dad provide an inheritance for the non-involved children while allowing the working child to continue with the business? Is it fair to allow the non-involved children to receive the benefit of the involved child's labors? Conversely, is it fair to effectively disinherit the non-involved children by leaving the business to the working child? This scenario can often cause friction at family holidays.

Most people take the "ostrich" approach — that is, to stick their heads in the sand rather than tackle these difficult questions (or admit their own mortality). Yet, a little advance planning can go a long way in this regard. The first step is to separate the concepts of the "equity" from the "working" interest, just as the owner's equity interest is separate from the income interest. The



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

working child is entitled to a salary commensurate with his labors, one that she or he would have earned doing the same job for another company. Put another way, the salary is the amount the company would need to pay another individual to perform that child's job responsibilities.

To the victor go the spoils, and to the equity owners go the profits. While the non-involved siblings may not be "tilling the soil," so to speak, they are still "investors" in the sense that their inheritance is their capital contribution. By shifting the thinking toward this model, there is less room for resentment and more willingness to share the fruits of the business, as in any other investment in the open or closed market.

The importance of being forward thinking on succession planning cannot be stressed enough. Successful business owners are good at making decisions big and small. This is just another aspect of those decisions that can ensure that the fruits of your labors continue long into the future.

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. If you have a question that you would like to see answered in this column, please email alison@besunderlaw.com.

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'Island' dream

Celebrated novelist Junot Díaz debuts first children's book

BY SHNIEKA L. JOHNSON

Author Junot Díaz has won prestigious prizes and accolades for his works, including "Drown," "The Brief Wondrous Life of Oscar Wao," and "This Is How You Lose Her." But it may have surprised some when the literary lion, who attended Rutgers University and went on to earn a Masters degree from Cornell University, decided to write a children's book. Díaz was born in the Dominican Republic, immigrated to the United States with his family when he was 6, and he spent the bulk of his childhood growing up in New Jersey. Traces of his childhood parallel that of the protagonist in his debut picture book.

Díaz's "Islandborn" (Dial Books) explores the topics of culture, identity, and belonging through the eyes of the main character, Lola. His colorful picture book relates Lola's experience as she discovers her heritage and celebrates imagination. The artistry is the work of illustrator Leo Espinosa.

"First time and I got so lucky to work with Leo. He's so brilliant, and he brought a magnificent Caribbean sensibility to the project — vibrant, playful, and soulful. I'm hoping we work together again very soon," Díaz told our publication. The text and illustrations of this well-crafted children's book will resonate with young readers around the country and will lead to wonderful conversation in the classroom and at home. Díaz believes exercising imagination is especially important for immigrants, because they often need to make homes for themselves where previously there were none.

In this book, Lola's teacher asks her diverse class to draw a picture of the places where their families emigrated from. Lola struggled to remember her island. Just a baby when she immigrated with her clan, she seeks the help of her family and friends to uncover her

extraordinary journey. Her imagination takes her on a trip back to her island.

Díaz hopes that his work will encourage more multicultural representation in children's books. (He is also the co-founder of the Voices of Our Nation Arts Foundation, which provides emerging writers of color with workshops and mentoring.)

"Every little bit helps. Diverse books for a diverse world. Nothing else will do. Otherwise, we cheat ourselves of what is so sublime about humanity — our splendor, endless variety," Díaz noted.

When asked how he became inspired

to write a children's book, Díaz said, "I kept having to explain to the young people in my life why, if I'm a writer, had I not written any books for them? And I didn't have any good answers for them. So I ended up writing the book as part of my answer." Like his fiction for adults, "Islandborn" has earned rave reviews, including from the School Library Journal as well as Publisher's Weekly.

The process of writing content for a children's book is quite different than writing for adults, which was a distinction not lost on Díaz.



“Diverse books for a diverse world. Nothing else will do. Otherwise, we cheat ourselves of what is so sublime about humanity — our splendid, endless variety.” — Junot Díaz

“I’ve never thrown out so much work in my life,” he said. “The demands of the form are cruel. You don’t have a lot of space for anything.”

Despite the limited space, Díaz included a lot of content within the pages of “Islandborn,” touching on themes of immigration, culture, and identity.

“It is in childhood where we create paradigms about ourselves and others which will guide us for many years to come. If you are not exposed to these fundamental questions early — how can you live healthily in a world that is a world in which immigration, culture, and identity play a central, if not determinative, role?” He added, “Books like this



are first and foremost an opportunity for adults and children to connect over stories, which is always a beautiful thing. This is a story about how it often takes a whole community to face a monster and how each generation has to face that monster anew, if only so that they can

keep alive the story of all that courage it took to do so.”

In his own act of courageousness, Díaz most recently made waves with the publishing of a very personal essay in The New Yorker, revealing that he had experienced sexual abuse as a child. In it, he explained the toll that this trauma had on his behaviors during his adolescence, young adulthood, and in adult relationships. From depression to uncontrollable rage, Díaz faced many challenges as a male victim of sexual assault. He maintained his silence until, as an adult, he finally sought help.

Many are anticipating what will come next for the influential author, who has been named a New York Times-bestselling author, MacArthur and Guggenheim Fellow, Pulitzer Prize-winner, and is currently professor of writing at the Massachusetts Institute of Technology. It seems, though, that Díaz has embraced the title of “children’s book author.”

“[I] already handed in my second picture book. We’ll see what comes next,” said Díaz.

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

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Tips for winning the toothbrushing battle

Before you had children, chances are you barely thought about toothbrushing. Every morning you walked into the bathroom, picked up your toothbrush, put on toothpaste, and then brushed your teeth for two minutes. Before bedtime, you did the same thing. Simple, routine, and mindless.

Consider yourself lucky if your child walks into the bathroom and brushes her teeth without muss or fuss! More likely, you are having a nightly battle full of negotiations, clenched jaws, and wiggly small ones.

Many parents have found brushing teeth to be a moment of combat in their homes. From getting your small one to go into the bathroom, to getting a toothbrush past her lips, to spitting, it can be a stressful situation.

Let's break it down, so that the days of your struggles for better oral hygiene can be behind you. Breaking the activity down into steps can make it feel much more manageable. For purposes of this article, I am separating it into four chunks:

Chunk 1: Getting into the bathroom

When you say, "time to brush your teeth," does your child run in the other direction? Chasing and yelling may follow until he actually gets into the bathroom.

The solution is to make going to the sink direct and fun. Walk over to your kiddo, stand right next him, and say, "I'll race you to the bathroom" or "Let's skip to the bathroom." Then take his hand and head in the direction of the bathroom together. Being in contact means that you can prevent detours before they happen.

Chunk 2: Getting the toothbrush set up

Now that you are in the bathroom, stand between your little one and the door. This will make sure she stays in the room!

While you are getting the toothpaste, have her get the toothbrush. Turn the water on and let her wet the brush. You probably want to be the one to put on the toothpaste, as putting on just a small dab is an adult skill.



BEHAVIOR & BEYOND

DR. MARCIE BEIGEL

But making your child part of the process will keep her engaged and lead to independence.

Chunk 3: Getting the teeth clean

Do you find yourself begging your child to open his mouth so you can brush for just a few seconds? Start with him brushing his own teeth, because it will get the toothbrush in the mouth and cleaning started.

Create a routine for this: Have him brush the top for the count of 5, and then the bottom for a count of 5. Then make it your turn, you count to 10 for the top, and then 10 for the bottom. Once the routine is set, you can increase the time to get their teeth super clean.

Chunk 4: Getting out of the bathroom

While still in the bathroom, have a clean teeth party. This can range from a quick dance party to giant bear hugs to shaking it off. Then move on by telling your kids what will happen next. This can range from hopping into the bath to heading to the living room to read books.

Get the fight out of toothbrushing by doing one chunk at a time. No more commenting on how hard it is or telling your kids they are wasting time. Follow one chunk at a time, stay positive in your language, and celebrate after each success. Happy brushing!

Dr. Marcie Beigel 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.

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Summers are a time for kids to unwind

Stop scheduling kids during vacation

I'm a winter baby, so you won't see me lamenting about how much I'm enjoying the 90-plus degree heat on social media (although you might definitely catch me praising the Metropolitan Transportation Authority or my office manager for cranking up the air conditioning). Still, when I think of summer, my brow unfurls as I immediately sense the feeling of ... peace. The lazy, hazy days that just fly by, the nights without homework or studying, the days without firm wake times (at least for the kids).

I have a set schedule all year, no matter what I'm doing, and I've always been an

early riser, so when I can get up and get ready for work in a silent house, without the hustle and bustle of everyone getting out on time, it's a joy. And every night that I don't have to ask "did you finish your homework?" or "do you have a test tomorrow?" — well, those are just beautiful.

Another benefit of summer? I don't cook the same way I do the rest of the year. Salads, sandwiches, and pizza are fine by me. I don't have to live by a school schedule, which means, if dinner or breakfast is late, who cares? I certainly don't. In fact, I think I may not cook anything this entire summer.



JUST WRITE MOM

DANIELLE SULLIVAN

Some parents literally freak out wondering how they will keep their kids busy and learning, but how about we leave some of that up to them, if not most? When kids are young, throw them a box of crayons or take them to the playground — or better yet, a sprinkler, and they are happy for hours. But as they get older, do they need us to scheduling their activities so closely? I rather they get creative and figure out how they would like to spend their time. Yes, maybe they will actually get bored or restless ... but maybe they'll also figure out how to deal with that or even learn something about themselves by choosing to read or paint, or ride their bike or make a website, or learn to play the guitar or write a story — or a million other things they could learn to do if they weren't so tightly scheduled round the clock.

Kids will only be kids for so long. One day, as if in the blink of an eye, they will grow into adults who will likely remain scheduled for decades. There's no need to rush growing up just yet.

I hope kids all over the city take this summer to sit by a lake and watch the fish, blast their favorite song and sing unabashedly, have cereal for dinner and then stay up late, spend hours upon hours in the pool and then take a nap, listen to the crickets early in the morning as they draw a pretty picture, catch fireflies in a jar and marvel at their light, run on the beach, play baseball in the park, and read a book under a towering tree. Those are the moments to cherish, and after a successful school year, they've earned it ... and so have you!

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

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Happy mealtimes create better eaters

Would you like to encourage a healthier diet for your kids? Create a more pleasant dinner time experience for them. A positive atmosphere not only makes mealtime more enjoyable for everyone around the table, it leads to young children eating more veggies, fruits, and other healthful foods.

A recent research study backs this up: last year, University of Illinois researchers found mealtimes where family members are more conducive to preschool kids approaching and consuming more nourishing foods.

The study found that happy preschool diners ate, on average, one serving more of fruit, veggie, or soy protein product compared to those children having a less pleasant dining experience. These healthful eating behaviors generally continue into later childhood and beyond.

Value of the family table

The benefits of the family meal are well established. Improved school performance and long-term physical and mental health benefits are among them. Try to eat together as a family as often as possible, even if the family is only two. Encourage pleasant conversation, with phones and other screens securely tucked away. Avoid

scolding, nagging, or arguing at the table.

For school-age children or teens, ask open-ended questions about their school day or discuss current events such as sports. For preschoolers or toddlers, discuss age-appropriate topics. Reward your child with attention, affection, and smiles. Talk time at the table enhances language development and school performance for any age.

Another way to keep family mealtime positive is to allow enough time and not eat in a rush.

Of course, be a good role model for your child. Take the time to sit down to eat. Enjoy a variety of nourishing foods. Acknowledge “thanks” prior to the meal.

Is your child making less than stellar food choices today? Don't worry much about it. Consider what he or she eats over a longer period of time. It's what children eat over several days that counts, not what's eaten for one meal or in one day. It's all right if your child occasionally skips some nourishing foods or even doesn't eat a full meal.

A colleague of mine relates a story of her own experiences. When her son was young, he ate from sectioned plates. The mom would include a small piece of chocolate or a small cookie on his plate along with the protein, grain, vegetable,



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

and glass of milk. Sometimes, the small boy would choose to eat the treat first! The mother kept quiet. And the boy went on to eat everything else, too. Other times, he would save the treat for the end of the meal.

He learned this lesson: “Mom is letting me have this dessert whenever I want it. It's no big deal.” He generally made balanced choices at this tender age and continued to do so as he matured.

Here are some more tips for a smoother mealtime:

- Kids usually eat better when they feel in control of their food choices.
- Eat at roughly the same time in the same room, every night. Kids thrive on routine.
- Give the kids jobs. Children as young as age 2 can help set the table. Older ones can help with simple preparation tasks, pour beverages, and clear the table.
- Encourage — but don't force — trying unfamiliar foods. If the child says he doesn't like it after trying it several times, don't push it. Wait a few weeks (or months), then try again.
- If your child refuses a vegetable, double up on the fruit.
- Adults can try breathing techniques to help them keep their emotions in check.

Childhood is a time to establish patterns of healthy eating that lead to lifelong health and wellness. Raising healthy eaters can begin with a positive atmosphere at the table.

Christine Palumbo is a Naperville-registered dietitian nutritionist and Fellow of the American Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD and Facebook at Christine Palumbo Nutrition.



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What to know about saving for college

According to the College Board, the average cost of tuition and fees for the 2017–18 school year was \$34,740 at private colleges, \$9,970 for state residents at public colleges, and \$25,620 for out-of-state residents attending public universities. And as college costs continue to soar, parents need to prepare to pay more to send their children to college.

In order to pay for college, parents are saving more. In fact, they are saving a lot more than they were 10 years ago, according to the latest Fidelity College Savings Indicator Study. Today, nearly three quarters of parents surveyed are saving for college vs. only half in 2007 when the study began. Additionally, about 43 percent of parents expect to pay all of their children's tuition costs themselves versus just 16 percent of parents surveyed in 2007 who said they would pay 100 percent of the college expenses.

And as higher education costs have continued to rise, so has the amount of debt both parents and students have amassed during the college years. In 2016, the average college graduate had a little more than \$37,000 in student-loan debt. And their parents also had student loan debts. In 2016, more than 3.3 million borrowers held \$74.5 billion in parent PLUS loans used to pay for their children's education, according to the U.S. Department of Education. That implies the average parent PLUS borrower had a balance of more than \$22,000.

Most people underestimate the actual costs of college. According to the 2017 Fidelity College Savings Indicator Study, parents' college cost expectations are nearly half the average projected sticker price for college. For example, parents of current high school students predict private college will cost \$145,000 for four years, when the actual projected cost is more likely to be more than \$218,000.

To help parents plan effectively for future college expenses, here are some lessons parents of current college students say they wished they learned sooner to boost their college-savings preparedness:

Consider a 529 college savings account early

Although you can't go back in time, 24 percent of parents surveyed by Fidelity

said they wished they would have opened their 529 college savings account sooner. New parents always have competing priorities, and many don't think about starting to save for college for their young children. Still others delay beginning to save for college until their children are older and expressing an interest in attending college.

Starting early can make a huge difference, both in terms of the money you contribute over time, and its potential to grow. Saving earlier allows your investments to compound longer and potentially create a larger nest egg over time. It is always preferable to save as soon as possible, but a late start is better than never starting at all.

Treat college savings like a monthly bill

Even though it may be many years before your children are off to college, think about your college savings fund as a current bill to pay. Soon enough the real bills will be in the mail anyhow, so start as early as you're able.

For many people, getting into the monthly and regular habit of contributing to their child's college savings accounts early on is a great first step on the path to making their savings goal a reality.

Save an extra \$100 or more per month for college

A surprising finding in the Fidelity study was that 45 percent of parents with kids in 10th grade and higher said they could have saved an additional \$100 or more each month for college. Of that group, half said they could have saved an additional \$200 per month.

These extra dollars, if invested early and given time to grow, could yield significant savings over time. Saving that extra \$100 or \$200 per month might seem out of reach, but by saving that extra amount over a long period of time, you could potentially boost college savings by \$20,000 or more depending on your personal rate of return and the length of time you invest the extra funds.

Make a solid plan for college savings

Eleven percent of parents surveyed by



FAMILY FINANCIAL PLANNING

ANTHONY N. CORRAO

Fidelity said they wished they had begun working with an advisor sooner. One question I hear all the time is “are we saving enough for college?” Parents with a financial plan in place reported saving an average of \$6,300 last year toward future college expenses, versus only of \$4,700 for those without a plan.

Take the time to plan

Like achieving any other goal, saving for college requires a focused effort over many years. It's important to start when your children are young. Along the way, parents should be prepared to make course corrections due to changing tax laws or economic conditions. By developing a plan early, adopting smart savings strategies, and working with an advisor, parents can better keep college savings on track along with other savings priorities like retirement.

As your children grow up and prepare to forge their own future, remember that staying invested appropriately is key. Working with an advisor is beneficial to making sure your savings goals are attainable as your child approaches college age. While not a guarantee against any downside, working with an advisor may help manage potential negative effects of a market downturn just when those tuition bills start showing up.

Anthony N. Corrao is president of Manhattan Ridge Advisors, with 25 years of financial-planning experience.

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Decoding knee pain

With the warm weather finally upon us, many of us will jump back into our outdoor exercise routines ... and unfortunately, some of us will realize our knees aren't quite what they used to be when we were younger. We asked Dr. Armin Tehrany, founder of Manhattan Orthopedic Care, to give us the lowdown on knee pain, what we can do to prevent it, and how we can keep active — and most of all, healthy!

Q. Why are knee injuries so common?

A. Knee injuries are very common for two reasons: the knee joint is very complex, and also, the knee absorbs all of the force from our bodies hitting the ground as we walk, run, jump, and practice other movement. Additionally, we, as active human beings, will twist, turn, and jump, using our knees in many situations. The muscles, tendons, and ligaments that make up the knee are all affected from these movements and make them prone to injury.

Q. What are your top three tips for avoiding knee strain and injuries?

A. My three top tips for avoiding knee strain and injuries are to practice low-

impact exercise, always warm up before exercise, and maintain a healthy body weight. Some extreme workout trends (such as CrossFit, high-intensity interval training) can have a harsh impact on your knees. Stick to low-impact exercise to protect your knees and make sure you always warm up and stretch beforehand. Warming up with light cardio and stretching can loosen the muscles surrounding the knee, therefore reducing tension and lowering injury risk.

Q. Are there any activities or movements that people should avoid to avoid knee injuries, especially among people in their late 30s, 40s, 50s?

A. For someone who might be in her 20s or 30s, my advice is to not over-exert. This age range will feel like a prime time to focus on your fitness, but if you train too hard with high-impact exercise, you could be setting your knees up for higher risk of injury (especially as you age down the road). Your 30s are a great time to strengthen the muscles around your knees with light and normal weight training, but don't overdo it.

Someone in her 40s may be experiencing hormonal changes and muscle mass



HEALTHY LIVING

DANIELLE SULLIVAN

loss. It is important for people in their 40s to be smart about their bodies. Make sure you are eating healthy and the right nutrients to support your aging body. Additionally, recognize that as you age, it is not about the quantity of your workouts (how often or how many times a day or week you are working out), but focus on the quality. Make sure you are practicing correct form, breathing, and stretching during workouts to avoid injury.

Someone in her 50s should know that her body is not going to work as it used to (but this doesn't mean to stop exercising!). Be smart by wearing cushioned shoes, and concentrate on non-impact exercising, such as cycling or elliptical training.

Q. How can you strengthen your knees?

A. It's important to understand how other parts of the leg affect the knee. Your leg muscles (like your quadriceps and hamstrings) support the knee, so in order to keep your knees healthy and strong, we have to keep these muscles strong as well. Lunges and donkey kick exercises can help strengthen these muscles, along with using low-impact exercise machines (like a stationary bike). Additionally, increasing your calcium intake can help strengthen bones which can also strengthen your knees. It is important to note that people should stop any practice or exercise that hurts their knees.

Visit Dr. Tehrany at www.MOCNYC.com.

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

Calendar

JUNE



This puppet adventure is pure gold

Goldilocks is slipping into Playground 35 on June 7 and trying to find the bed and bowl of porridge that are just right.

“Goldilocks and the Three Bears” is an old tale with a fun twist in this interactive version of the fairy tale presented by

WonderSpark Puppets.

“Goldilocks and the Three Bears,” on June 7 at 4 pm. Free.

Playground 35 (4016 35th Ave. in Long Island City, www.nycgovparks.org/parks/playground-thirty-five-xxxv).

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 queens-calendar@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!

FRI, JUNE 1

IN QUEENS

Balkan Wedding Music & Spanglish Fly:

Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; flushingtowhall@gmail.com; www.flushingtowhall.org; 7 pm-10 pm; Tickets: \$16/\$10 Members & Students (Teens 13-19 free with ID).

We're mashing up two cultures on one stage with an open dance floor! Raya Brass Band thrills audience with intense, soul-shaking Balkan wedding music and Spanglish Fly returns with irresistible grooves that play '60s soul inspired by Latin boogaloo. Each band plays a set, then the two meet and jam. Come ready to dance!

Tom Do Brasil (Sound of Brazil): Jamaica Center for the Arts & Learning, 153rd Street and Jamaica Avenue; (718) 658-7400; YUELIU@JCAL.ORG; www.jcal.org; 7:30 pm; Free.

Clarinetist and singer Kristen Mather de Andrade will perform our favorite Brazilian music along with the best Brazilian musicians in New York. Andrade founded the group Tom do Brasil in 2012 to study the Portuguese language but branched out via her niche of storytelling through melody. Since then they've been no stranger to live performances. Exploring a range of styles from classical to contemporary and folk, she and her group of rising stars will be sure to wow you with the versatile sounds of Brazil.

SAT, JUNE 2

IN QUEENS

Family Program at MoMI: Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; www.movingimage.us; 9:30 am to 10:30 am; Free with admission to the museum.

Join us the first Saturday of each month for exclusive museum access for families on the autism spectrum. This early access hour, before the museum is open to the general public, will allow visitors of all ages to explore the exhibitions and participate in art making projects, facilitated by museum educators. A different theme will be offered each month. Light breakfast refreshments will be served.



Drop in to the Museum

Come on down and drop in to Drop-In Sundays at the Queens Museum of Art from June 3 to June 24.

These fun, educational workshops invite children ages 2-12 and their adult companions to take part in a shared learning experience in 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.

Drop-In Sundays, June 3 to June 24, from 1:30 pm to 4:30 pm. Free with museum admission. Suitable for children 2 to 12 years old and their parents. Reservations not required.

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

Reservations required.

ASD Workshop – Sink or Float: New York Hall of Science, 47-01 111th St.; (718) 683-9366; dmeza@nysci.org; www.nysci.org; 10:30 am to noon; Free.

Children, ages 3-5, with autism spectrum disorder, explore what sinks and floats by playing with ice and watercolors. Preregistration required.

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 Lego stop-motion animation, coding games, and pipe cleaner puppet making. Free with Museum admission, recommended for ages 4 and up

and their adult companions.

Queens Green Day: Socrates Sculpture Park, 32-01 Vernon Blvd.; (718) 956-1819; www.socratessculpturepark.org; Noon to 4 pm; Free.

The inaugural Queens Green Day is a celebration of all things "green" — local ecological initiatives, food justice, gardening, urban farming, and healthy living including bike safety and advocacy. Main partners Queens Action Council and Hellgate Farm offer interactive presentations complemented by a variety of art-making, activities, and food demos from partners like: City Harvest, Bike New York, The Connected Chef, Smiling Hoghead Farm, Mechanical Gardens bike repair, and City Parks Foundation's Green Girls and Coastal Classroom programs.

Family Day: Playground 75, 160th Street and 75th Road; (718) 393-7370; www.nycgovparks.org/events/2018/06/02/family-day; 1 pm to 4 pm; Free.

Join NYC Parks and Council Member

Calendar

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

Rory Lancman for a fun afternoon of crafts, games, inflatables, transformation face painting with Agostino Arts, an animal show, a photo booth, music, and more!

Hands on History - Make Your Own Clay Pot: King Manor Museum, 153 Street & Jamaica Avenue; (718) 206-0545; 1 pm – 4 pm; Free.

Kids (and adults) can hear the story of Dave, an enslaved man who was both a potter and poet, and then learn about the history of the anti-slavery movement.

SUN, JUNE 3

IN QUEENS

Ranger Games: Van Alst Playground, 21st Street and 29th Avenue; (718) 352-1769; <https://www.nycgovparks.org/events/2018/06/03/ranger-games>; 11 am to 12:30 pm; Free.

Join park rangers for fun adventure programs that are so amazing.

Family Program: 11 am to 4 pm. Museum of the Moving Image. See Saturday, June 2.

Family Fun at Rainey Park: Rainey Park, 34th Avenue and Vernon Boulevard; (718) 728-7820; <https://www.nycgovparks.org/events/2018/06/03/family-fun-at-rainey-park>; Noon to 3 pm; Free.

Central Astoria LDC and NYC Council Member Jimmy Van Brammer are pleased to bring you a day of crafts, face painting, cotton candy, and balloon art, as well as an interactive children's performance and puppet show.

Family Day: Utopia Playground, Jewel Avenue and 177th Street; (718) 393-7370; <https://www.nycgovparks.org/events/2018/06/03/family-day>; 1 pm to 4 pm; Free.

Join NYC Parks and Council Member Rory Lancman for a fun afternoon of crafts, games, inflatables, transformation face painting with Agostino Arts, an animal show, a photo booth, music, and more! Come experience our interactive science station with the STEAM Wagon from Staten Island MakerSpace!

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

Join Alley Pond Environmental Center for fun, FREE, hands-on science programming in Little Bay Park. We'll grab a seining net and learn about the various creatures that live in the bay. Boots provided. No class on June 17.

WED, JUNE 6

IN QUEENS

Monthly Jazz Jam: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 7 pm to 10 pm;

\$10 (Free for 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, JUNE 7

IN QUEENS

Family Skate Day: Daniel M. O'Connell Park, 196th Street and Murdouch Avenue; (718) 393-7370; Noon to 4 pm; Free.

Join NYC Parks & Council Member Miller for a day of roller skating, music, face painting, cotton candy, popcorn, and more! Roller skates will be provided.

FRI, JUNE 8

IN QUEENS

Neighborhood Concert – Red Baraat: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 8 pm; Free.

This Brooklyn-based group combines rock, jazz, and funk with scorching bhangra (Punjabi dance and music). Hosted by the Carnegie Hall Neighborhood Concert series.

SAT, JUNE 9

IN QUEENS

Autism Spectrum Disorder Workshop – Rockets: 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, build and launch their own high-flying rocket. Preregistration required.

Aloha to Summer: Phil "Scooter" Rizzuto Park, 125-02 Atlantic Ave.; (718) 393-7370; <https://www.nycgovparks.org/events/2018/06/09/aloha-to-summer>; noon to 4 pm; Free.

Join NYC Parks and Council member Adrienne E Adams for a afternoon of games, inflatables, music, popcorn, ices, a photo booth, and more!

SUN, JUNE 10

IN QUEENS

Twist and Sprout: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; Noon to 4 pm; Free.

A family-friendly event all about healthy living, including cooking demos, bounce house, herb planting, fruit and veggie crafts and more. Thanks to New York Presbyterian Queens. Food and beverage not included (10 event parking).

Family Day: Minton Playground at Hoover-Manton Playgrounds, 83rd Avenue and Manton Street; (718) 393-7370; <https://>

www.nycgovparks.org/events/2018/06/10/family-day; 1 pm to 4 pm; Free.

Join NYC Parks and Council Member Rory Lancman for a fun afternoon of crafts, games, inflatables, transformation face painting with Agostino Arts, an animal show, a photo booth, and more! Come experience our interactive science station with the STEAM Wagon from Staten Island MakerSpace!

Science in the Park – Bay Waters: 1 pm to 2:30 pm. Alley Pond Environmental Center. See Sunday, June 3.

THURS, JUNE 14

IN QUEENS

Broad Channel Flag Day: Broad Channel Park, E. 16th Road and Cross Bay Boulevard; (718) 318-4000; <https://www.nycgovparks.org/events/2018/06/14/broad-channel-flag-day>; 5 pm to 8pm; Free.

In celebration of Flag Day, join us for an evening of children's activities, arts and crafts, face painting, entertainment, music, refreshments, and giveaways!

Mad Science Presents Spin, Pop, Boom: Buddy Monument at Forest Park, Park Lane South and Myrtle Avenue; (718) 235-4100; <https://www.nycgovparks.org/events/2018/06/14/mad-science-presents-spin-pop-boom>; 6 pm to 7 pm; Free.

Are you ready for some fun science? Witness amazing feats of chemistry as we explore all sorts of spectacular reactions.

An Evening of Carnatic Music: Jamaica Center for the Arts & Learning, 153rd Street and Jamaica Avenue; (718) 658-7400; YUELIU@JCAL.ORG; www.jcal.org; 8 pm; \$10/ General Admission.

Featuring three emerging virtuosos in Carnatic music — Roopa Mahadevan on vocal, Anjna Swaminathan on violin, and Abhinav Seetharaman on mridangam — this concert promises to bring you the authentic Carnatic music experience.

FRI, JUNE 15

IN QUEENS

Global Mashup #5 – Texas meets Peru: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; flushingtownhall@gmail.com; www.flushingtownhall.org; 7 pm & 8 pm; \$16 (\$10 members and students).

Featuring Brian Clayton and The Green River Band, comprised of six of the finest country musicians, and Corina Bartra Afro Peruvian Band playing infectious Afro-Peruvian music. Each band plays a set, then the two meet and jam. Come ready to dance!

SAT, JUNE 16

IN QUEENS

Autism Workshop – Incredible Insights: New York Hall of Science, 47-01



Hands-on art workshops

Come and explore art at the Socrates Sculpture Park weekend workshops on June 9, 16, 23, and 30.

Children explore their artistic endeavors from puppet-making to kite flying. Each week, participants are introduced to a different topic.

Appropriate for kids in grades kin-

dergarten through sixth.

Weekend Workshops on June 9, 16, 23 and 30 from noon to 3 pm. Free. For groups more than 10, please call one week in advance.

Socrates Sculpture Park [32-01 Vernon Blvd. in Astoria, (718) 956-1819; www.socratessculturpark.org].

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, explore the world of insects, and design and create their own crawly friend.. Preregistration required.

Family Day: Pomonok Playground, Kissena Boulevard and 155th Street; (718) 393-7370; <https://www.nycgovparks.org/events/2018/06/16/family-day>; 1 pm to 4 pm; Free.

Join NYC Parks and Council Member Rory Lancman for a fun afternoon of crafts, games, inflatables, transformation face painting with Agostino Arts, an animal show, a photo booth, music, and more! Come experience our interactive science station with the STEAM Wagon from Staten Island MakerSpace!

Stargazing Club – New Moon: Rockaway Beach, Beach 116th Street and the Boardwalk; (718) 352-1769; <https://www.nycgovparks.org/events/2018/06/16/stargazing-club-new-moon>; 8 pm to 9:30 pm; Free.

View the New Moon through a telescope!

Our Urban Park Rangers will be your guides to the solar system, discussing the science, history and folklore of the universe. Astronomy programs feature the use of telescopes and binoculars to observe specific astronomical events on cloud-free nights.

SUN, JUNE 17

IN QUEENS

Family Day: Albert H. Mauro Playground, Park Drive East and 73rd Avenue Terrace; (718) 393-7370; www.nycgovparks.org/events/2018/06/17/family-day; 1 pm to 4 pm; Free.

Join NYC Parks and Council Member Rory Lancman in a fun afternoon of crafts, games, inflatables, transformation face painting with Agostino Arts, an animal show, a photo booth, and more!

Science in the Park – Bay Waters: 1 pm to 2:30 pm. Alley Pond Environmental Center. See Sunday, June 3.

“The Emperor’s Nightingale” by Pan Asian Repertory Theatre: Flushing Town Hall, 137-35 Northern Blvd.; (718)

463-7700; flushingtownhall@gmail.com; www.flushingtownhall.org; 3 pm; \$10 (Free members and students).

This award-winning, family-friendly adaptation of Hans Christian Andersen’s humorous story “The Nightingale,” set in 18th-century China, brings to light the youthful exploits of the future Emperor Qianlong, who finds a magical bird to help him learn what he must do to be king. Bring your imagination and enjoy this special staged reading, with great actors that transform from human characters into pandas, tigers, and a magical bird!

THURS, JUNE 21

IN QUEENS

“Goldilocks and the Three Bears”:

Grassmere Playground, Grassmere Terrace; 311; www.nycgovparks.org; TBD; Free.

An old tale with a new twist, presented by WonderSpark Puppets.

Summer Solstice Celebration at Socrates: Socrates Sculpture Park, 32-01 Vernon Blvd.; (718) 956-1819; www.socratessculturpark.org; 5 pm to 8 pm; Free.

Summer Solstice is the longest and most light-filled day of the year, and one of our favorite days to celebrate at Socrates. Mark this midsummer phenomenon with art-making workshops and activities from The Noguchi Museum, Free Style Arts Association, and The Blue Bus Project, and join artist and storyteller Satya Celeste to transform the grove of trees into a communal art piece.

“The Wizard of Oz”: Sobelsohn Playground at Forest Park, Park Lane and Park Lane South; (718) 235-4100; <https://www.nycgovparks.org/events/2018/06/21/plaza-theatrical-presents-the-wizard-of-oz>; 6 pm to 7 pm; Free.

Plaza Theatrical invites the audience to take a trip down the Yellow Brick Road with Dorothy, the Scarecrow, the Tin Man, and the Cowardly Lion, and let’s not forget Toto too!

SAT, JUNE 23

IN QUEENS

12th Annual Rockstock and Barrels Festival:

Rockaway Beach, Beach 90th Street and the Boardwalk; (718) 318-4000; <https://www.nycgovparks.org/events/2018/06/23/rockstock-and-barrels>; 10 am to 6 pm; Free.

Rockaway rocks with family fun at the 12th Annual Rockstock and Barrels Festival, which includes surf contests, a local arts and crafts shopping village, skateboard demos, and live music.

Summer Kickoff: Beach, Beach 108th Street and the Roller Rink; (718) 318-4000; <https://www.nycgovparks.org/events/2018/06/23/summer-kickoff>; 11 am and 2 pm; Free.

Join us in the Rockaways for a fun-filled

Calendar

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

day for families to enjoy! There will be inflatables, Parks' Playmobile, arts and crafts, music, and refreshments.

Family Day: Electric Playground, 164th Street and 163rd Road; (718) 393-7370; <https://www.nycgovparks.org/events/2018/06/23/family-day>; 1 pm to 4 pm; Free.

Join NYC Parks and Council Member Rory Lancman in a fun afternoon of crafts, games, inflatables, transformation face painting with Agostino Arts, an animal show, a photo booth, and more!

SUN, JUNE 24

IN QUEENS

Science in the Park – Bay Waters: 1 pm to 2:30 pm. Alley Pond Environmental Center. See Sunday, June 3.

TUES, JUNE 26

IN QUEENS

School's Out Festival: Conch Playground, Beach Channel Drive and 51st Street; (718) 393-7370; www.nycgovparks.org/events/2018/06/26/schools-out-festival; Noon to 4 pm; Free.

Celebrate the start of summer fun at parks at our fun-filled School's Out Festival with inflatables, games, face painting, music, popcorn, and more!

WED, JUNE 27

IN QUEENS

School's Out Festival: Police Officer Edward Byrne Park, 135th Avenue and 130th Place; (718) 393-7370; <https://www.nycgovparks.org/events/2018/06/27/schools-out-festival>; Noon to 2 pm; Free.

Celebrate the start of summer fun with parks at our fun-filled School's Out Festival with inflatables, games, face painting, music, popcorn, and more!

THURS, JUNE 28

IN QUEENS

"Star Wars – The Last Jedi": Rockaway Beach, Beach 17th Street and Seagirt Boulevard; (718) 318-4000; www.nycgovparks.org/events/2018/06/28/movie-nights-in-rockaway; 8 pm to 11 pm; Free.

Luke Skywalker's peaceful and solitary existence gets upended when he encounters Rey, a young woman who shows strong signs of the Force. Her desire to learn the ways of the Jedi forces Luke to make a decision that changes their lives forever. Meanwhile, Kylo Ren and General Hux lead the First Order in an all-out assault against Leia and the Resistance for supremacy of the galaxy. Bring a low chair or blanket and enjoy the show!

FRI, JUNE 29

IN QUEENS

Queens Jazz Orchestra 10th Year Anniversary! Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; flushingtownhall@gmail.com; www.flushingtownhall.org; 8 pm-10 pm; \$42/\$32 Members/\$20 Students; Table Package: \$125/\$100 Members (Reserved Table for two, wine and snacks).

Since 2008, Flushing Town Hall's Queens Jazz Orchestra, under the direction of NEA Jazz Master Dr. Jimmy Heath, has performed to thousands of jazz lovers, honoring music made popular by jazz icons who called Queens their home, featuring established jazz heroes and the next generation of greats. Our 10th anniversary celebration will honor Jimmy Heath and his life's journey through jazz.

SAT, JUNE 30

IN QUEENS

Super Boardwalk Street Fair: Boardwalk, Beach 86th Street and Shorefront Parkway; (516) 442-6000; <https://www.nycgovparks.org/events/2018/06/30/rockaway-beach-super-boardwalk-street-fair>; 10 am to 6 pm; Free.

Craft and gift vendors will be selling handmade and handpicked items, and service vendors will provide valuable information about homes, businesses, and lifestyles.

Learn to Ride: Norelli-Hargreaves Playground, 103-50 142nd St.; (718) 393-7370; 11 am to 2 pm; Free.

Bring a bike, a child, and a helmet for this free fun event! Show your kids, ages 5 or older, how to ride a two-wheeler. Please pre-register at bike.nyc/education/classes/learn-to-ride-kids. For accessibility information, contact Shawn James three days before event at (718) 393-7370.

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 5 pm, Saturdays, 10 am to 6 pm, Sundays, 10 am to 6 pm, until Fri, Aug. 31; 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.

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

These free workshops are tailored for kids and their families and are operated on a drop-in basis. Head to Sticks, the Park's outdoor education area, where children can work with a different artist each week, exploring innovative art mediums and a variety of subject matter. If arriving in a group of 10 or more, please contact us the week prior to your visit by calling (718) 956-1819.

Science in the Park: Woodland: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; Saturdays and Sundays, 1 pm to 2:30 pm, until Sun, June 24; Free.

Join Alley Pond Environmental Center and New York Hall of Science for fun, FREE, hands-on science programming in Alley Pond Park. Topics include water, animal adaptations, engineering and flight. This series will not take place on Saturday, June 16, or Sunday, June 17.

Activity Table: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; Saturdays and Sundays, 2 pm to 4 pm, Free with garden admission.

Family-friendly botanical themed arts and crafts activities.

Kayaking and Canoeing: Hallett's Cove, 31-10 Vernon Blvd.; (718) 956-1819; www.nycgovparks.org/events/2018/06/03/kayaking-canoeing; Sundays, 1 pm to 4 pm, Sun, June 3 – Sun, Sept. 2; Free.



Julianne Harris

Inspiring dance troupe

Philadanco takes the stage at the Joyce Theater from June 12 through June 17.

The dance troupe returns for another season of athleticism and dance featuring new movements including “Folded Prism,” “A Movement of Five,” “New Fruit and With(in) Verse.”

Known as a company that often champions African-American traditions in dance as well as using the art form to tackle social issues which

impact African-Americans, Philadanco has curated a program that shines light on the current social climate that affects all people of color.

Philadanco, June 12, 13, 16, and 17 at 7:30 pm; June 14 and 15 at 8 pm; June 17 and 16 at 2 pm (June 16 show is a family matinee). Tickets range from \$20 to \$40.

The Joyce Theater [175 Eighth Ave. at 19th Street in Chelsea, (212) 242-0800; www.Joyce.org].

LIC Community Boathouse offers free kayaking and canoeing (weather permitting) at Halletts Cove, located just north of the park. People of all ages are welcome to participate or volunteer. No prior boating experience is required and participants may sign up on a first-come, first-served basis. Minors (younger than 18 years old) must have a parent or guardian present. Well-behaved dogs are also welcome to accompany their owners! LICCB has life jackets available for your four-legged

family members. Please note: No RSVP is required; however, participants are encouraged to call (631) 542-2628 or visit licboathouse.org two hours prior to a scheduled paddle for updates and cancellations, especially during inclement weather.

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, July 29; Free with mu-

seum 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.

QBG Farm & Compost Open Hours: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; Wednesdays, 3:30 pm to pm, Free with garden admission.

Drop in at QBG Farm & Compost to see what’s growing! Founded in 2013, our farm demonstrates the link between composting and sustainable farming in the heart of Queens. Our organically managed farm produces a diversity of herbs, fruits, vegetables, and other beneficial plants.

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.

Learning Through Art: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street, Manhattan; (212) 423-3500; www.guggenheim.org; Daily, 10 am to 5pm; until Wed, June 13; Free with general admission.

A Year with Children 2018, is an annual presentation, now in its 47th year, and showcases select artworks by students in grades two through six from the 11 public schools who participated in the program. More than 100 creative and imaginative works, including collages, drawings, found objects, installations, paintings, sculpture, and prints will be on display.

Governors Island: New York Harbor, Manhattan; <https://govisland.com>; Weekdays, 10 am–6 pm, Saturdays and Sundays, 10 am–7 pm, Ferries run from Manhattan and Brooklyn. Check website for schedules and fares. Entry to the island is free.

This unique New York City destination is open for the season! The 172-acre island in the heart of New York Harbor has something for everyone, from biking, slides, play fountains and hammocks to tours of historic Fort Jay and Castle Williams.

“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.

4-D Theater: Central Park Zoo, E. 64th St. and Fifth Avenue; <https://centralparkzoo.com>; Daily, 11 am to 4 p, until Sat, June 30; Free with Total Experience (\$7 per person).

An immersive experience featuring the visual drama of a 3-D film with a variety of built-in sensory effects. It's quite an adventure. Please note: this experience is geared for children ages 6 and up, and is not recommended for children under age 4.

Changing Wedding Traditions in the 19th Century: Merchant's House Museum, 29 E. Fourth Street; (212) 777-1089; <https://www.nycgovparks.org/events/2018/06/02/exhibition-tredwell-brides-changing-wedding-traditions-in-the-19th-century>; Thursdays – Mondays, Noon to 8 pm, until Mon, July 30; \$15 (\$10 seniors/students; Free for children under 12).

Over the course of the 1800s, weddings in New York City evolved from intimate private ceremonies to large, lavish affairs. This exhibition explores the changes in wedding customs as the 19th century progressed, including the trousseau, printed invitations, and the giving of gifts. Highlights include Eliza Tredwell's 1820 empire-style embroidered cotton wedding dress and Sarah Ann Tredwell's 1872 silk bridal dress made in Paris, the highest fashion of the post-Civil War bustle period. Accessories include silk wedding boots, and earrings, corsage, and headpiece of wax orange blossoms.

Little New-Yorkers: New-York Historical Society, 170 Central Park West at W. 77th Street; (212) 873-3400; www.nyhistory.org/childrens-museum/families; Tuesdays and Fridays, 3:30 pm, Fri, June 1 – Fri, June 29; Free with museum admission.

Held in the cozy Barbara K. Lipman Children's History Library, this program introduces New York and American history to the littlest New Yorkers with age-appropriate readings and engaging hands-on activities. Ages 3 to 5 years old.

Summer on the Hudson – Totally Public Karaoke: Pier 1 at Riverside Park South, W. 70th Street and Riverside Boulevard; 311; <https://www.nycgovparks.org/events/2018/06/01/summer-on-the-hudson-totallypublickaraoke>; Fridays, 6 pm to 10 pm, Fri, June 1 – Fri, Sept. 7; Free.

Amaze the crowd when you rock the mic at Totally Public Karaoke nights. Bring

Student art on display

Learning Through Art's exhibit A Year with Children 2018 is currently on display at the Solomon R. Guggenheim Museum through June 13.

The annual presentation, now in its 47th year, showcases select artworks by students in grades two through six who participated in Learning Through Art during the 2017–18 school year. More than 100 creative and imaginative works — including collages, drawings, found objects, installations, paintings, sculpture — and prints will be on display.

Participating schools include PS 86 (Kingsbridge Heights); PS 8 (Brooklyn Heights) and PS 9 (Prospect Heights); PS 28 (Washington Heights), PS 38 and PS 375/Mosaic Preparatory Academy (East Harlem); PS 88 (Ridgewood), PS 130 (Bayside), PS 144 (Rego Park), and PS 317 (Rockaway Park); and PS 48 (Grasmere).

Thirteen teaching artists facilitated 16 residencies in 11 New York City public schools, working closely with classroom teachers to develop projects that promote visual literacy while exploring and making connections with ideas



and themes related to the school's curriculum.

The program immerses students in the creative process and studied modernist artworks on view from the Thannhauser Collection and an exhibition of sculptures by Constantin Brancusi.

Learning Through Art's A Year with Children 2018, daily, 10 am to 5 pm. Free with general admission, no reservations required. Suitable for all ages.

Solomon R. Guggenheim Museum [1071 Fifth Ave. at 89th Street on the Upper East Side, (212) 423-3500, www.guggenheim.org].

your friends, your voice, and your courage. All ages! This is a popular event, so please note that sign-ups are required and close between 8:30 pm and 9 pm depending on attendance. You may not have a chance to sing. One song per person/group. We alternate young singers with adults in the lineup.

"Rennie Harris – Funkedified": The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; www.newvictory.org; Friday, June 1, 7 pm; Saturday, June 2, 2 pm and 7 pm; Sunday, June 3, noon and 5 pm; Friday, June 8, 7 pm; Saturday, June 9, 2 pm and 7 pm; Sunday, June 10, noon and 5 pm; \$16 and up.

Rennie Harris celebrates all that is funk in this world premiere show! With singular style, commanding control and astounding athleticism, the expressive and internationally-renowned street dancer and his group Puremovement break the boundaries of locking, popping, hip hop and more. Joined by The Hood Lockers and a live funk band, you are guaranteed to groove to the up-beat, the downbeat and every syncopation in between.

Saturday Sketching: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; Saturdays, 10 am to 4 pm, until Sat, July 28; Free with general admission.

Prepared materials with drawing prompts encourage visitors to explore Frank Lloyd Wright's architectural shapes and spaces, and to record their perspectives through drawing. Free with museum admission.

Family Activity Kiosk: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; Saturdays and Sundays, 10 am to 4 pm, until Sun, July 29; Free with general admission.

Families with children ages 4 and up Borrow a Family Activity Pack with materials featuring fun conversation prompts and activity ideas to captivate the entire family.

Urban Farm Exploration Day: Urban Farm at Randall's Island, Wards Meadow Loop; (212) 830-7722; Saturdays and Sundays, 11 am to 5 pm.

Take a self-guided tour through the Urban Farm to see the variety of fruits and vege-

Calendar

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

tables that we are growing this season. Our farmers have planted some surprising and interesting produce this year so we encourage you to come visit! All ages welcome.

"That Physics Show" and "That Chemistry Show": The Playroom Theater, 151 W. 46th Street; (212) 967-8278; www.scienceattheatercompany.com; Saturdays and Sundays, Noon and 3 pm, \$59.

The Science Theater Company, the newly formed theatre company founded by Producer Eric Krebs that "uses the magic of theatre to make science fun." Now in its third year delights, amazes and educates audiences. The shows are performed in repertory on Saturday and Sunday.

Art on the Farm at Randall's Island Park: Urban Farm at Randall's Island Park, Wards Meadow Loop; (212) 830-7722; www.nycgovparks.org/events/2018/06/02/art-on-the-farm-at-randalls-island-park; Saturdays, 2 pm to 4 pm, Free.

Join us for fun farm art projects that you can create and take home! All ages are welcome.

Open studios: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; Sundays, 10 am to 4 pm, until Sun, July 29; Free with general admission.

Families with children ages 3 and up Stop by the Sackler Center Studio Art Lab and create a work of art inspired by themes and materials from the Guggenheim's current exhibitions.

Youth Wheelchair Basketball: Gertrude Ederle Recreation Center, 232 W. 60th St.; (646) 632-7344; <https://www.nycgovparks.org/events/2018/03/04/youth-wheelchair-basketball-hosted-by-new-york-rolling-fury>; Sundays, 1 pm to 3:30 pm, Free with center membership.

Have you ever wanted to learn how to play wheelchair basketball and know the rules inside and out? Well, here's your chance to learn from the best! Come out and scrimmage against other wheelchair basketball players from the NYC area.

Stargazing: On the High Line, 14th Street and the High Line; (212) 206-9922; <https://www.nycgovparks.org/events/2018/05/01/stargazing>; Tuesdays, 6:30 pm to 9:30 pm, Free.

Head to the High Line each Tuesday night for a romantic walk along the park and a chance to take a closer look at the stars. Peer through high-powered telescopes provided by the knowledgeable members of the Amateur Astronomers Association of New York to see rare celestial sights. In the event of rain, Stargazing on the High Line will be cancelled.

"Panda's Home": The New Victory Theater, 209 W. 42nd St. between Seventh and Eighth avenues; (646) 223-3010; www.newvictory.org; Thursday, June 7, 10 am; Friday, June 8, 1 pm; Saturday, June 9, 10 am, 1 pm and 4 pm; Sunday, June 10, 10 am, 1 pm and 4 pm; Friday, June 15, 10 am; Saturday, June 16, 10 am, 1 pm and 4 pm; Sunday, June 17, 10 am, 1 pm and 4 pm; \$20.

Venture into the depths of China's rich culture! Fusing ancient art forms and contemporary dance, Italy's Compagnia TPO with Teatro Metastasio Di Prato and China's TONG Production invite little ones to follow a panda's footprints and roam a bamboo forest as they explore the five elements of Wu Xing—wood, fire, earth, metal and water.

Summer in the Square: North Plaza at Union Square, E. 14th Street and Park Avenue South; (212) 460-1200; <https://www.nycgovparks.org/events/2018/06/14/summer-in-the-square>

mer-in-the-square; Thursdays, 7 am to 8:30 pm, Thurs, June 14 – Thurs, Aug. 9; Free.

Family-friendly activities plus shows, live music and dance performances, and movie nights; interactive children's activities and performances from 9 am to 6 pm. Bring your family and friends for some summer fun for the whole gang on the park's South Plaza!

"Cinderella": Galli Theater, 357 W. 36th St. #202; (212) 731-0668; www.gallitheaternyc.com/shows; Saturday, June 16, 2 pm; Sunday, June 17, 2 pm; Saturday, June 23, 2 pm; Sunday, June 24, 2 pm; Saturday, July 21, 2 pm; Sunday, July 22, 2 pm; Saturday, July 28, 2 pm; Sunday, July 29, 2 pm; \$20 (\$15 child).

Cinderella is joined by a new stepmother and stepsister, but they turn out not to be as nice as she had hoped. When the Prince invites everyone to the ball, they tell her she has to stay home and clean, clean clean. When she makes it to the castle and dances until the clock strikes midnight, Cinderella could live happily ever after if a certain glass slipper fits her foot. For children 3 and up.

Dig! Plant! Grow! Scent-sational Herbs: New York Botanical Garden, 2900 Southern Blvd. at Fordham Rd., The Bronx; (718) 817-8700; www.nybg.org; Tuesdays – Sundays, 1:30–5:30pm, Tues, June 19 – Sun, July 15; Included in All-Garden Pass. Weekends: \$28 adults, \$12 children 2-12, children under 2 free. Weekdays: \$23 adults, \$10 children 2-12, children under 2 free.

Enjoy the Family Garden's herbal delights and learn more about the delicious sweet and savory herbs growing throughout the summer garden. Smell, touch and explore how herbs are used in all parts of our daily lives. Pot up your own herb plant to tend to at home.

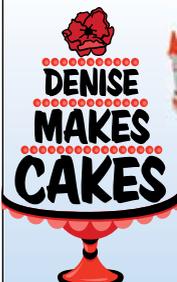
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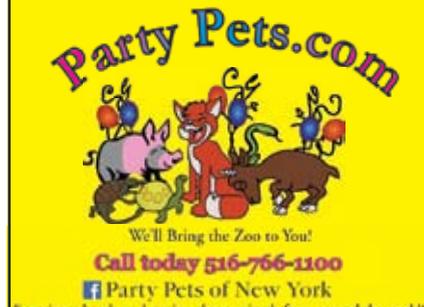
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New & Noteworthy

BY LISA J. CURTIS

Catch of the day

When we're thinking of summer days spent scooping up seashells on the beach, we can't imagine an outfit that will help little ladies keep their cool longer than this Cute Well-Dressed Kids' frock.

The blue-and-white-striped cotton sundress is lavishly embroidered with lobsters, but the real shell-shocker is the large, red appliqué of the preppy crustacean on the back. Its front claws are securely clamped around the red-white-and-blue rope that forms the neckline.

But wait, there's more: This dress looks as adorable coming as it does going with a front yoke that features a button placket embellished with dainty blue ruffles. And for that perfect, seaside family portrait, the company offers matching shorts for brothers (\$36.50). Let the vacation packing commence!

Embroidered Lobster-Back Dress, \$69.50, cudkids.com.



'Incredible' teamwork

Family game night can end with a whimper when a young player loses. To avoid that snafu, Wonder Forge comes to the rescue with a board game inspired by Disney Pixar's hotly anticipated animated film, "Incredibles 2."

The *Incredibles Save the Day Game* is hitting stores in tandem with the June 15 release of the sequel to 2004's "The Incredibles." In the new film, Holly Hunter's Elastigirl is reunited with Craig T. Nelson's Mr. Incredible, and Sarah Vowell as their daughter, Violet. (Their son Dash is voiced by newcomer Huck Milner.)

In the game, 1 to 4 players (ages 6 and older), take on the role of a member of the family and work as a team to fix problems around Metroville, defeat the villains (Screenslaver, Scream, Voyd, and more), and rescue baby Jack-Jack teleports. The novelty is that your family wins as the team of heroes that they are, or — whoops — they all go down together. When playing cards reveal a crime or a road has been destroyed, the game board changes, so your Incredible family is never playing the same game twice.

Each player has unique powers which they can use to solve dilemmas, while playing as a team encourages cooperation. Win or lose, your family members are attempting to save the day — and make Incredible memories — together.

The Incredibles Save the Day board game, \$19.99, Amazon.com.



Father's Day songs



Don't get caught empty-handed on Sunday, June 17, when it's time to celebrate all the

dads in the family! For patri-archs — and kids ages 3–7 — who love happy tunes and relish a dance party, check out the first CD from Like Father Like Son. The newly formed duo is comprised of indie music legends Lou Gallo (of Lou Gallo & The Very Hungry Band fame) and his son,

Frank Gallo (of Brooklyn's Rolie Polie Guacamole band).

Their debut album, "Sun is a Star" has father-son themed songs including the quiet, reflective "Like My Dad" and the upbeat, "Like Father Like Son." Catch them live for free on June 8 at 6 pm at the Vanderbilt YMCA [224 East 47th St. in Manhattan] and on June 10 at 4 pm at the J.J. Byrne Playground [344 Fifth Ave. in Brooklyn].

"Sun is a Star" CD by Like Father Like Son, \$15, digital download, \$10, CDBaby.com.

Memento for a mentor

Before students and parents pack their suitcases for their much-deserved summer getaways, they should take a moment to thank the educators who have made a difference. Poet Sarah Kay's new book, "All our Wild Wonder" (Hachette Books), can be your go-to gift for that special mentor.

Kay's latest single-poem volume is a wonderful childhood reminiscence about a principal that fascinated and inspired

5-year-old Kay, who grew up to be a writer and educator.

Skilled line drawings by Sophia Janowitz evoke the wistful, fragmented nature of Kay's happy memories.

"All our Wild Wonder" book by Sarah Kay, \$12, BarnesAndNoble.com.



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and Sunday, June 24th at 10:00 am - meet in Library Building Room 15
Queensborough Community College (222-05 56th Ave. in Bayside)



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