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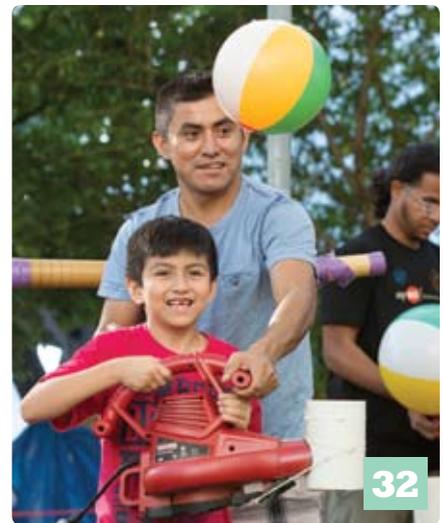
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Original cover illustration by Sylvan Migdal

Another summer ending

I don't really think of summer ending as much as I think of school beginning. Some of the nicest days of the year take place in September. Still, that's not very helpful for the kids, teachers, and parents, all of whom have to return to normal routines in spite of many holidays that, in New York, disrupt the beginning of classes. With the beautiful weather it's often difficult to get in the groove, but somehow by the end of the month it all falls into line.



This issue has some good articles and thoughtful columns helpful for every Back to School student and family.

Being the "new kid" at school is tough. I myself know that. I was ten years old when we moved from one city to another. It really helps to do some prep work, and our writer Cassi Denari has given us some helpful suggestions as to how to prepare

for that day. The more familiar your child is with the new environment and the layout, the better the transition will be. If this applies to your family or someone you know, please be sure to read.

Saying good-bye on the first day is often tough. Separation anxiety is no joke. Many times I've written about

leaving my daughter at preschool and standing out on the sidewalk weeping. She was fine, I was a wreck! Randi Goldfarb addresses this common issue with helpful tips for easing the experience. Homework! Ugh! Denise Yearian gives us a number of essential tips to establish successful routines to make homework happen, without the battles. Every family can use help in this department. So many distractions and busy days make getting homework done in a timely manner often daunting. It's important to establish routines that aid the

process towards success.

There are also columns on food, first-aid, recording treasured moments, college savings; a lot of great information.

We've also show you some options for great out-of-school activities in your area. So many good possibilities for kids and parents to choose from. We have exciting opportunities in this vibrant city of ours. Take advantage of them for your kids.

Enjoy the Labor Day holiday and the beginning of this new school year. If you celebrate the Jewish High Holy Days, Shana Tova! All the best.

Thanks for reading!

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Short Stuff

Enjoy the ride

With summer's warm weather and the rise in gas prices, now is the perfect time to ditch the minivan and get outside. The e-bike movement is a must-try for families looking to avoid the typical grind, to get out of the car, and actually enjoy getting outside. (An e-bike is a bicycle with two accelerators.) Whether running errands or having outdoor adventures, these bikes are the ultimate family transport.

Riese & Müller's e-cargo bike, The Load, offers stability and control while riding, even with the most precious of



cargo. The dual battery technology, fully protected back seat, and massive carrying surface allow you to haul the family

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Banish diaper rash

Some exciting news from Boudreaux's Butt Paste: The brand is launching its first-ever Rash Kicking Kit to help banish pesky diaper rash. Perfect for new moms and dads, the Rash Kicking Kit is a baby registry must-have!

The kit features both the original and maximum strength formulas, plus the all-new Boudreaux's Butt Brush — an inno-

vative, mess-free, silicone applicator that helps parents gently apply a thick and smooth coat of paste on baby's booty to form a protective barrier from wetness. The Boudreaux's Butt Paste Complete Rash Kicking Kit has everything needed to kick rash fast!

Boudreaux's Butt Paste Rash Kicking Kit is \$14.99 at Amazon.com.

End nipple confusion

A new bottle solution from Australia is limiting baby's confusion and resistance to taking a bottle. Minbie is designed to encourage a proper latch, similar to breastfeeding, for a seamless transition from breast to bottle and back.

Generic nipples can often result in confusion and the bottle taking over. Now, Minbie, available in the US for the first time, solves this problem by encouraging babies to latch and feed with their instinctive breastfeeding technique.

This is a unique Bisphenol A-free, anti-colic, and an anti-reflux bottle system.

7-ounce baby bottle, \$8.50 at Minbie.com.



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The new kid

How to prepare your child for life at a new school

BY CASSI DENARI

Your child walks into the crowded cafeteria and scans the room looking for an open table. Suddenly, all eyes are on him. The huge room goes quiet. His peers have stopped mid-sentence, mid-bite to stare at the new kid.

Your child's face is flushed, and his cheeks are turning bright red. It appears he may have forgotten how to breathe. No, this is not a nightmare. It's your child's first day at a new school.

According to the US Census Bureau, more than 2,000,000 families with children between the ages of 6 and 17 move around the United States every year. With those statistics, chances are your child is not the only new kid at school.

But being the new kid doesn't have to be quite so scary and anxiety inducing. With a few simple steps, you can help your child be the new kid they want to be:

Get the lay of the land

Before your child's first day, visit the new school (preferably when class is out or when the school is relatively empty) or get a tour. Find out where her class or classes are, her locker, the library, the gym, the cafeteria, the restrooms, etc. Becoming familiar with the layout and knowing what to expect can ease overall anxiety — including those first-day jitters.

Bring a camera and take pictures (visual aids are always helpful) and get a map of the school. The more familiar your child is with the school, the better.

Take some time walking around the grounds and playing on the playground.

Walk your child through her schedule

and help her envision a typical day at her new school. Courtney Carlisle Bolton, PhD, says, "The more your child can anticipate, the less anxious she may be on the first day. Help alleviate any fears she may have by preparing her in advance of what the daily schedule and routine will be at school."

Meet the players

Meet the principal, the office staff, the classroom teachers, and as many members of the faculty as possible who will be interacting with your child.

See if the principal can suggest a student to be your child's "buddy" for the first day or two of school. This buddy can show your child the ropes and introduce her to other students. Dr. John Duffy, clinical psychologist and author of "The Available Parent: Radical Optimism for Raising Teens and Tweens," says, "This helps your child become acclimated to the building, the culture and, to an extent, the social climate of the school."

Contact the Parent-Teacher Association president and ask if he or she has any information about the school or students that could make your child's transition into the new school easier. Also ask if he can direct you to your child's classroom roster. Contact the other parents to arrange a play date at a nearby park. This is a great way to introduce your child to her future classmates. Having a friend on the first day of school can give your child the confidence she needs.

Get involved

What interests does your child have? Find out if the school offers programs your child might find exciting (theater,



“The more your child can anticipate, the less anxious she may be on the first day. Help alleviate any fears she may have by preparing her in advance of what the daily schedule and routine will be at school.”

music, sports, etc.).

As a parent, join the Parent-Teacher Association, volunteer in the classroom, and get involved any way you can.

“Meeting other parents, kids, and staff is the best way to help your child and your family transition and thrive in a new school,” says Amy Hilbrich Davis, CEO of the professional development company for parents, Inspiring Moms and Dads.

Making friends

The key to making friends is to find a common interest. Help your child be open to finding that common ground.

Talk to your child about a time when you were making new friends. Think back to what worked for you. Share any experiences that you think will be helpful for your child.

Each child is going to have a different approach. Some are going to be fine

walking right up to a peer or a group of kids and introducing themselves. For others, this may be completely out of character.

Jill Kristal, president at Transitional Learning Curves, says her 10-year-old son commented that in order to be accepted by the other kids, he had to wait it out, sit on the sidelines, and give people a chance to get used to him. He figured out a good way to navigate the social minefield of being the newbie.

Help your child. Offer advice, but have respect for her process.

Talk about feelings

Be patient. As with any transition, there is a period of adjustment.

Jenny Rogers, a kindergarten teacher and mother of two, says, “After you and your child have taken that school tour, talk about things that surprised them

or ways that this school is like their old school. This often starts a good dialogue about worries, concerns, and helps the child picture him or herself in this new school. As all great parents do, spin the ‘worries’ into positives!”

Listen to your child. Validate her concerns. Offer up your own experiences and empathize.

In some way or another, we’ve all been there.

Sell it

“Your attitude as a parent is powerful! Be positive! Acknowledge that new can mean scary and create anxiety, yet it also means exciting, more friends, and an improved life. If you, as the mom or dad, believe this, then so will your kids. Live the life you want your kids to live and jump in!” says Davis.

And finally, remind your child that she is the cool, mysterious, new kid and to have fun on this exciting adventure. Trust your child to be successful.

Cassi Denari is a freelance writer and a professional “new kid.” From kindergarten to senior year she went to 13 schools. By the time she hit high school, she had the “new kid” process down to a science. She is the mother of two boys, and in her spare time, she writes children’s stories.



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How to curb the goodbye blues

Tips for alleviating separation anxiety

BY RANDI GOLDFARB

Reluctance. Guilt. Anxiety. Uncertainty. Sadness.

Children and adults can certainly experience a wide range of intense emotions at separation times, resulting in a whole lot of drama. Separation anxiety is a normative part of development, but it can still be quite challenging. Young children strive to become more independent, but they still need that feeling of safety and security of having a parent nearby. Despite parents wanting their children to become more independent, adults are often conflicted about their children actually becoming more independent! Children make sense of their world thanks to a keen ability to watch everything and everyone — especially parents — around them, and they behave accordingly. When it comes to separation anxiety, how a parent or caregiver conducts themselves during separation is typically the most significant factor as to whether things go smoothly.

We often hear the refrain “My child won’t let me leave!” The truth is, in this case, it really is not the child’s choice! Adults have a great opportunity to be a guide for children for making goodbyes short and still sweet. Being proactive and creating effective strategies to manage separation can empower children to feel competent, help them develop emotional awareness, build greater capacity for self-control, and further independence.

It’s true that school can be a significant time where separation anxiety shows up, but it is certainly not the only venue. For example, when a young child is put down in her crib for a nap, she starts to cry, reaching her arms up to the caregiver. On your way to the bathroom, your toddler runs after you, grasping your legs and carrying on. A friend or family member wants to hold your baby, and he pulls away in resistance, and reaches out to you. A babysitter arrives to watch your child, and



your child becomes visibly distraught, and then his behavior evolves into a full-blown tantrum. Your child is resisting your departure when dropped off at a birthday party or play date.

When adults are proactive, practicing separation strategies in advance, both adults and children will have more confidence when saying goodbye, thus alleviating separation anxiety. Being patient is important, because a child’s behavior can often be inconsistent and can also be affected by life changes. Separation and goodbyes do not need to be full of drama. The less intensity that occurs between you and your child at drop-off, the better it is for all those involved. The calmer you are, the quicker your child can get started with the school day, ready to participate and have fun.

Here are a few tips for smoother separations:

- Approach these situations in a loving, kind, yet firm manner, despite the emotional commotion occurring. Share with

your child that everyone can have a great day even when missing one another!

- Acknowledge and share your own feelings about separation in an age-appropriate manner. This can help normalize your child’s experience with saying goodbye.

- Convey matter-of-factly and with confidence to your child that although goodbyes can be challenging, you can (eventually!) manage them well with minimal distress for all involved.

- It is very important to communicate with your child’s teachers about separation prior to the beginning of school.

- Cultivate trust by always telling your child you are leaving. Do not prolong or drag out goodbyes, regardless of whether your child seems distressed.

- Add an element of playfulness for saying goodbyes, because even goodbyes can be fun!

For more information and to book a Supportive Separation event in your community, e-mail info@zakandnat.com.

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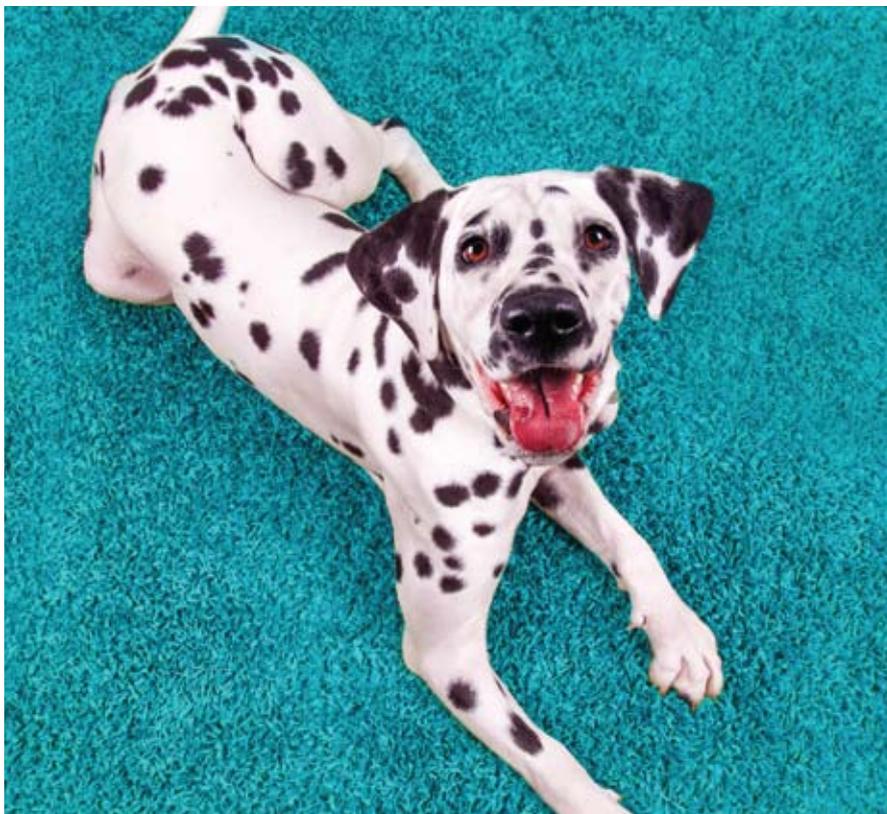


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Helping your anxious fur friend at home

If you have an anxious pup, you know how even the smallest noises or changes in the layout of your home can send your dog running and hiding. Like anxious people, anxious dogs need some extra attention to help them calm down and self-soothe, but with a few small changes in your home, you can help your precious pet feel more at ease and comfortable. We asked Dr. Kurt Venator, chief veterinary officer at Purina, for some tips on creating a safe and healthy environment for anxious dogs at home.

“Dogs and cats have innate needs and behaviors that we should account for in both how we design our living spaces and how we interact with our pets in those spaces, especially if your pet is new to your home or recently adopted,” says Dr. Venator. “In your home, you can help eliminate anxious behaviors in your pet by creating a happy place where your pet can feel safe and secure. This includes finding an ideal spot for your pet’s crate or a comfortable bed they

enjoy with their favorite toys.”

Here are some design considerations from Dr. Venator:

1. Consider neutral wall colors. Despite popular belief, dogs and cats are not color-blind. In fact, they see many of the colors that we see and can actually see better than humans in dim or low light. They also see the ultraviolet part of the spectrum, which means some materials (such as bright white man-made materials like paper, plastic, or fabric) appear fluorescent to dogs, which can be visually jarring. The ideal color palette for pets consists of light hues in the soft yellow to soft violet range.

2. Add carpeting. Place rugs on the floor to prevent slipping and also to provide extra comfort on your dog’s feet and body.

3. A window with a view. Provide access to an outdoor-facing window to comprehend external stimuli and events.

4. Consistency is key. To help prevent anxiety in a nervous pet, it’s important



HEALTHY LIVING

DANIELLE SULLIVAN

to provide a structured and consistent routine for him or her that includes socialization, exercise, and regular feeding habits. Interaction through toys and grooming are also great opportunities for pet-owner engagement and rituals your pet can do to develop familiarity. CleverPet hubs are game consoles for anxious dogs, and it’s a great way to keep them busy — especially if you’re out of the house for a few hours a day.

5. Find help. If your pet continues to show signs of anxious behavior — especially around certain people, places, or objects — it’s best to consult with your veterinarian, a certified animal behaviorist, or a certified dog trainer to see if he or she can evaluate your pet and provide appropriate suggestions. If it’s not possible to avoid the stimulus that is triggering the dog’s anxious behavior, experts can work with you to develop a behavioral plan that can help alleviate your dog’s fears.

6. Stay calm. Keep in mind that dogs look to their owners for reassurance, so showing them that we are calm and relaxed as much as possible is likely to help them understand there is nothing to be scared of and no legitimate reason to feel anxious.

7. Consider medication. As a last resort, some dogs do require special medications known as anxiolytics to control their anxiety. These would be administered in tandem with a behavioral plan. Again, consult a veterinarian to see if this is a viable treatment option.

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



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College preparation you might overlook

My 17-year-old daughter is off to college this fall, and will turn 18 in December. I want to make sure that I am the one to make decisions for her if something happens, and also to make sure I have access to her health information. Can she sign a power of attorney and healthcare proxy? Can I download one online and have her sign it? Is there a norm these days for parent authorization to receive health info?

It's difficult sending the kids off into the world without worrying about the myriad challenges they will encounter. After purchasing everything one needs for dorm life, another concern is how you will continue to make medical and legal decisions for them while they are away.

Most states place the age of majority at 18. This means that until your child turns 18, he or she is most likely not legally competent to sign a healthcare proxy or power of attorney (or make a Last Will and Testament).

When she turns 18, however, the situation changes. At that point, you will no longer be legally able to access your child's healthcare information or speak with her doctors, which are subject to Health Insurance Portability and Accountability Act (commonly called HIPAA) privacy laws that restrict the dissemination or disclosure of a patient's privileged medical information absent consent. You might be paying the bills — and even paying for her health insurance — but at that point, you cannot get information without her consent. This can be particularly unsettling in a crisis situation.

The way to resolve this is to have your teenager sign a HIPAA release once she turns 18. The release will authorize disclosure of your child's healthcare information directly to you if you call the healthcare provider. You can keep a copy or ask your child to furnish a copy to her doctor and the college health center. If your child is uncertain about granting you blanket access to all health information (and assuming

you are reluctant to use an “I pay the bills, I get the information” strategy), the release can be tailored to exclude certain types of information (sex, drugs, and alcohol, for example), except in dire situations.

Next, have your child execute a healthcare proxy. If your 18-year-old is in an accident and cannot communicate medical decisions to her doctor (or the doctor in the hospital), in the absence of a healthcare proxy in place, a parent might need to go to court to obtain the authority to make those decisions. In New York, since 2010, the Family Health Care Decisions Act allows a patient's family member to make healthcare decisions if the patient lacks decisional capacity and did not execute a healthcare proxy. However, this statute only bestows such authority in a hospital or institutional setting, not a physician's office. Other states may not have a similar statute.

Even though you have raised your child to go out into the world, you still remain a source of financial and even medical support, and are the likely “in case of emergency” contact. It is important to get the requisite authority to make those decisions in advance before a crisis occurs. And, if you do not have these advance directives for yourself, it is a good opportunity to get those documents finalized as well for both parent and child.

Last, but not least, is a power of attorney. A power of attorney (sometimes referred to as a durable power of attorney) appoints an individual (or multiple individuals) to act as agents on a person's behalf with regard to financial or legal (non-health) matters. The scope of the authority is determined by the individual signing the power of attorney and granting the authority, and can be as broad or as narrow as the person wishes.

If your child is fiercely independent and resisting the idea of granting such control to you, despite continued dependence on your financial support, it can help to propose a trusted aunt, uncle, cousin, older



ASK AN ATTORNEY

ALISON ARDEN BESUNDER, ESQ.

sibling, or even responsible friend of the family to serve in one of these roles or as a co-agent with the parent.

In the context of older people, they tend to be reluctant to grant someone such control over their affairs with a power of attorney, as doing so is, implicitly, a recognition of their own actual or potential cognitive decline. With teenagers off to college, it presents different concerns about the parent continuing to have control over them just as they are on the brink of complete independence. Teens may also be concerned that the power of attorney can be used by the parent to access their grades, which the college will not usually disclose absent the grant of authority, regardless of who pays the bills. Be prepared to address this and other concerns with your child when discussing the topic with them.

So, as you plan to celebrate your teen's 18th birthday, have a plan to discuss these topics and documents at some point after you bring out the cake, and rest easier that you will still be able to be there for her in a time of crisis.

Alison Arden Besunder is the founding attorney of the law firm of Arden Besunder P.C., where she assists 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. Submit questions that you would like to see answered in this column to alison@besunderlaw.com.

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Fall Activity

DIRECTORY



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Forest Hills
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Continued on page 18

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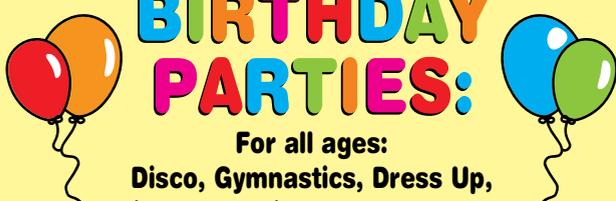
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Fall Activity

DIRECTORY



Continued from page 16

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Continued on page 20

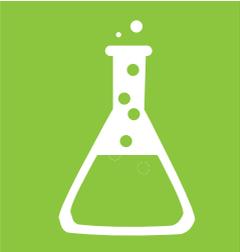
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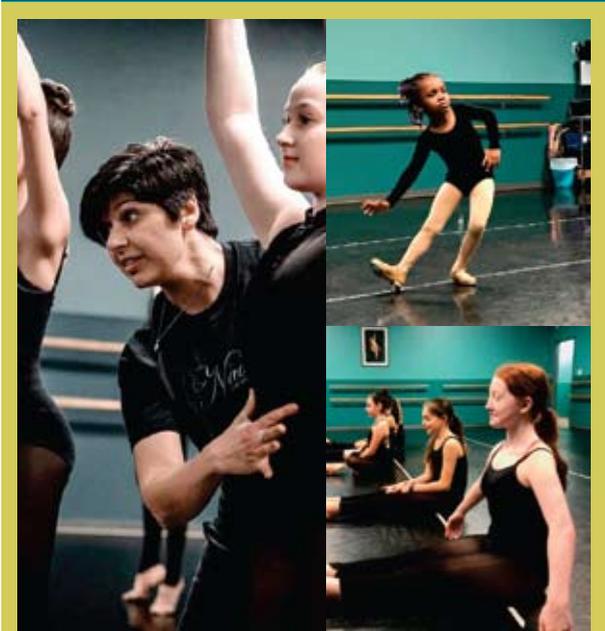
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Fall Activity

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Ridgewood Dance Studio

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Attendees of the All Star Code fund-raiser.

Coding for all

Organization opens doors in tech for young men of color

BY SHNIEKA L. JOHNSON

Manhattan mom Christina Lewis is the founder and chief executive officer of All Star Code, a New York City-based nonprofit organization with a mission to educate, prepare, and place black and Latino young men in the tech industry.

This impetus behind starting All Star Code was Lewis's late father, Reginald F. Lewis (1942–1993). She had learned that when he was a young man, he had participated in a summer program that led to him attending Harvard Law School. Through work with her family foundation, the Reginald F. Lewis Foundation (which supports schools, programs, and groups that promote economic and social justice), and individual work in philanthropy, she had seen a number of organizations that promoted girls being exposed to coding and technology. However, no organization had

surfaced that catered to these young men. There was nothing like All Star Code.

After much time in conversation with individuals in education, the non-profit sector, and technology, Lewis decided to establish All Star Code, in honor of her father.

“My dad, Reginald F. Lewis, was an iconic figure in the history of black business and one of the greatest entrepreneurs of all time. When he died in 1993, my dad was the owner and CEO of TLC Beatrice International, the largest black-owned business in the U.S. and one of Forbes Magazine's top 400 list of richest people in America,” said Lewis. In February, PBS premiered the documentary “Pioneers: Reginald F. Lewis and the Making of a Billion Dollar Empire.”

“I channeled his legacy to start All Star Code, a New York-based nonprofit that aims to give the next generation of diverse leaders the tools they need to succeed in

the technology industry,” said Lewis. “As a business journalist, I had a front-row seat to observing the growth in income inequality. In honor of my father's legacy — and all who have fought for equal rights — I created this program to help the next generation of youth catch the next wave of opportunity.”

Lewis and her team have raised more than \$1 million for the growth and development of the All Star Code's six-week summer intensive program.

“We are constantly tweaking and improving our curriculum based on our current and past year's feedback, which comes from both internal and external evaluations. We seek to provide both a mix of coding education and the soft skills necessary to succeed in the business world,” explained Lewis.

The “All Stars” also establish an invaluable network of mentors and like-minded peers. With locations now in New York

“I created this program to help the next generation of youth catch the next wave of opportunity.”

City and Pittsburgh, this free program has been deluged with applicants — nearly 1,000 applications were submitted for the 160 available spots.

“The idea is that we are one All Star Code, so while there may be some regional differences, we strive to learn from our expansion sites and offer consistent programming across all our regions,” said Lewis.

“Five years ago, we didn’t even have a desk or a team. Now, All Star Code currently employs 20 people. Every year, we’ve doubled the number of students we serve, and now we’re proud to host eight cohorts of students across two cities — New York City and Pittsburgh, which were selected out of over a thousand applications,” said Lewis. “This year’s six New York cohorts are being hosted by Goldman Sachs, Medidata, Cisco, Major League Baseball, JP Morgan Chase, and Oath. And in Pittsburgh, All Star Code’s first expan-



All Star Code founder Christina Lewis.

sion city, two cohorts are being hosted by Chatham University and the University of Pittsburgh.

“We also have to thank the Reginald F.

Lewis Foundation and AT&T, which continue to provide essential financial support for our organization,” said Lewis.

Since 2013, All Star Code has had about 300 participants in programs hosted by corporate partners. The program’s curriculum focuses on science, technology, engineering and mathematics, and teaches students web development. The program includes guest speakers and mentoring. On average, an astounding 95 percent of All-Star-Code graduates go on to four-year colleges with the majority either majoring or minoring in computer science.

For many years, Lewis has been recognized for her entrepreneurship as well as her individual philanthropy. She remains focused on growing All Star Code and continuing to motivate young men of color toward success. She explained, “We announced a plan to serve 1,000 students annually by 2020, and we are on track for that. We are also always looking to expand to new cities, as well as support our alumni in both their coding and business ventures.”

For more information, visit AllStarCode.org.

Shnieka 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.shnieka-johnson.com.

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End the hassles over homework

BY DENISE YEARIAN

Homework is an important component of a child's educational experience. For many kids, it's a given — they just do it without complaining. But for others, it's a battleground, a place where war ensues every weekday evening.

Even in well-functioning families, homework can be one of the hottest parent-child crisis buttons. So how can you, as a parent, keep the battle to a minimum and make homework a positive experience?

A child's ability to be successful with homework begins with the value parents place upon learning. Success in this department requires helping your child develop essential homework skills, creating a working alliance with your child and his teachers, and learning to deal with common homework problems. Here are a few tips to help get homework done — without the battles:

Hand over the reigns

Asking about homework and helping out is an important part of guiding your child through his assignments, but excessive involvement may stifle his ability to learn to work independently. Be available for assistance and feedback, but do not jump in too quickly to correct homework, or wait until the 11th hour when, out of frustration, you end up completing his homework for him. Remember, the more responsibility you assume, the less responsibility your child will take. Hand over the reigns. This will give your child responsibility and ownership of his homework.

Eliminate excuses

From time to time, kids will make excuses to avoid doing homework. There may be times when the excuse is valid,

but at other times it could just be a ploy to avoid the unpleasant. For this reason, parents should familiarize themselves with their child's abilities. Then you'll know if Junior is really struggling or just wanting to take the easy way out.

Establish rules and routines

One way to avoid homework hassles (and help your child become an independent learner) is to establish rules and routines. This should include a regular place and time for doing homework, as well as guidelines regarding screen-time and cell-phone usage.

Try to create a pleasant homework environment. For example, if you decide to work at the kitchen table, make sure it's clean and that you have ample supplies within reach. You might even include a healthy snack or drink. Some children work better with quiet music playing or a window open for fresh air. Others are easily distracted and need absolute quiet. Try to figure out what works best for your child, and stick with it.

Guidelines regarding screen-time and cell-phone usage should be established from the very start. This avoids the potential of getting trapped into lengthy discussions and arguments when the phone rings or their friend is available to play a video game online.

While establishing these rules, remember that there may be a circumstance in which your child needs to call a classmate to double-check an assignment. If this is the case, set a time limit on the call — five minutes or so. This should be ample time to write down any information needed.

From time to time, a TV special may rouse your child's interest. If the special comes on during homework time, give your child the option of doing his work

early, or offer to record the program or use a digital media player such as Apple TV, so he can watch it at his leisure. Above all, be consistent with rules and routines. This avoids procrastination and lets your child know his boundary lines and your expectations.

Assist in planning

From time to time, children feel overwhelmed if they have to complete a long-term assignment, such as a report or special project. As a parent, you can alleviate some of the stress by helping your child divide the work into bite-size chunks. For example, if your child has to do a book report, and it's due by the end of the month, set a date when he should have the book read, another date when the rough draft should be done, and another date when the final report should be completed. Do not nag, but follow up when the allotted dates arrive.

Eliminate careless mistakes

A lot of kids rush through their homework to get it over and done with. In general, this is not a problem if the work is thorough and complete. But if your child is rushing through his homework and, as a result, makes careless errors, has sloppy handwriting, or fails to pay attention to directions, it's time to intervene.

Explain to your child that you want him to do his best work, not his fastest. Suggest that he underline or highlight important words or phrases in the assignment directions, so he will remember what needs to be done. Also, encourage him to look over his work for accuracy.

Each night before the homework gets put into the backpack, review his assignments. Check for neatness and accuracy, as well as for interesting ideas and good organization. Encourage, but do not de-



mand that all the mistakes be corrected. Remember, the goal of some assignments is creativity and original ideas, in which case spelling and grammar can be worked on at a later time.

If you suspect your child has made mistakes due to poor understanding, provide assistance. If you continue to see the same problems cropping up, talk with the teacher or consider hiring a tutor.

Increase self-confidence

If your child lacks the confidence to work independently, he may perceive himself as destined to fail and see others as having all the answers. If this is the case, spend time encouraging him, not only

in the area of homework, but with other school-related activities. Emphasize your child's strengths rather than his weaknesses. When you do review homework, start with what has been completed correctly before focusing on the revisions.

Easing the overload

If you suspect your child is receiving more homework than he can handle, talk with his teacher. Find out how much time the assignments should take. Based on what you learn, set a specific amount of time for homework to be done. If finishing the homework continues to be a problem, return to the teacher and explain the situation. Perhaps it's more than your child

can handle. Teachers are often willing to make adjustments in quantity of homework assigned when they understand a problem exists. Above all, remember the importance of down time. Like adults, children need time to wind down from a busy school day, to think, or simply rest.

In conclusion, as parents, we want our children to get the best education possible. To achieve that goal, we must show them how to be independent, responsible learners. If we do the job right, education will continue long after their school days are over.

Denise Yearian is the former editor of two parenting magazines. She is the mother of three children, and has six grandchildren.

Five real-life skills from Hebrew school

BY ERIN BESER

As we experience an unprecedented period of disruption in our every day, real-world lives, it's hard to imagine how this could not impact the form and structure of our Jewish communities. Watershed moments in Jewish history have given rise to new models of Jewish education and affiliation, and we are standing at the precipice of just such a shift. If you're choosing a program for your child to experience the best of Jewish values and tradition, here are five real-life skills you should look for in your child's program:

1) Act and listen

Judaism is an epic story that has been handed down from one generation to the next. In order for an ancient story to become relevant and meaningful, it needs to come alive and be experienced. Storytelling should be an integral part of the Hebrew school experience, with each learner taking active part in telling and retelling the core narratives of the Jewish people. Not only can stories be told by learning drama and improvisational comedy techniques, but through film, memes, presentations, and social media as well. Stories created for and by our learners will translate ancient texts to modern methods of communication.

2) Build

Secular trends in progressive education have begun to move away from standardized, Industrial-era models of education, and Jewish education should, too! Science, technology, engineering, arts, and mathematics programming — through its emphasis on problem-solving, creativity, curiosity and ingenuity — has the potential to transform the way we think about holiday customs, Torah texts, the Hebrew language, and more. Whether designing Sukkot — a traditional holiday structure — to withstand a certain amount of wind or rain, or engineering candle-lighting robots for Hanukkah, this educational approach must be included in any Hebrew school that considers itself a part of this new generation.



3) Sing and dance

Music has not only been proven to enhance learning across disciplines, but it also builds a strong sense of community and connection. Participating in Jewish prayer is an exciting and energetic way to prepare learners for real life in the Jewish world. While you might think it's just one of those things they'll need to know if they would like to have a bar or bat mitzvah, Jewish prayer can be so much more than that. Being able to keep up with the beat of Jewish prayer services, wherever you may choose to attend, will feel empowering to the next generation of Jewish learners to sing out wherever their Jewish journeys take them.

4) Taste

Eating Jewishly is a deeply social, cultural, religious, and always enjoyable activity. Learners should have the opportunity to investigate the roots of symbolic Jewish food, prepare and taste cuisines from diverse Jewish communities, and take their

study of traditional dietary laws on the road to see how eating Jewishly is alive in their neighborhood and how healthy, organic, and sustainable eating has authentic roots in Jewish environmentalism.

5) Debate

Why does Jewish tradition place so much emphasis on question-asking, interpretation, and debate? Why do *you* think? Debate is a core value in Jewish texts, recognizing the holiness that is sparked by impassioned arguments on both sides. Well-facilitated debate enhances critical thinking and communication skills, while fostering an atmosphere of open-mindedness, and a sense of community and respect. The toxic nature of our national discourse demand that the next generation of Jewish learners model respectful, yet passionate dissent.

Erin Beser is the director of Community Learning and Engagement for the Jewish Community Project in Lower Manhattan.

Our children represent the future.

The **Free Synagogue of Flushing** is about to begin its second century of serving the Jewish community of Queens, New York. We are witnessing as part of our renaissance a significant growth in membership of young families with children.



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jbraginsky@fhjc.org (Jessica - Dir. Of Ed)

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We are about to begin our second century of serving the Jewish Community of Queens, and are experiencing a true renaissance with a significant growth in membership of young families with children. We offer Hebrew school classes starting at age 6, and religious education starting at age 5, and continuing religious education for our post-Bar and Bat Mitzvah students. Only a short eight years ago we were a synagogue with no Religious School. Today, families from Forest Hills, Sunny Side, Astoria, Woodside, Elmhurst, etc. are all making the trip to Flushing to be a part of the new Free Synagogue of Flushing. The children in our program range in age from 6 to 14 years old. We are fortunate to have a wonderful educational staff consisting of talented college-age instructors filled with passion, dedication and devotion to our children who represent our next generation of educated American Jews.

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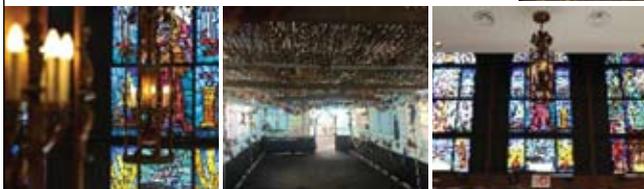
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EDUCATION

Preparing your child for a more productive year

I want to help my kids have a productive school year. What can I do at home to set them up for success?



TIPS FROM A TEACHER

LAUREN ROSEN

A supportive learning environment at home is just as important as one at school. Set up a quiet space for your child to do his homework as soon as the school year begins. Getting him involved in the process will give him a sense of ownership over his learning.

Have your child choose the spot in your home where he would like to work. Remind him that it should be a quiet space where other people aren't likely to be walking around and should have a flat surface to work on as well as a comfortable chair. Then set up organizational systems.

One idea is to have a small corkboard where you can hang up weekly assignments, as well as spelling and vocabulary words so that your child always knows where they are and has easy access to them. Also, keep sharpened pencils, crayons, highlighters, index cards, and other school supplies in a small bin in the space.

Lastly, have your child put his touch on it. That could mean placing fun stickers on the bin, putting a special stuffed animal on the table, or a favorite pillow on the back of their chair. When your child likes the space where he is doing work, he is more likely to want to go there and get it done!

We absolutely cannot forget that a new school year

can be overwhelming for parents as well! Having a spot in your home that is geared up with all of the things that you will need will be helpful for you as well. Put up your own corkboard and calendar. Here, you can hang up any important papers that come home and immediately pencil in important dates, so you are never caught off guard or miss anything. If you have more than one school-aged child, color coding is a great idea. Mark all events for that child in a certain color, and use the same colored push pins and folders for all school materials pertaining to each child.

Wishing you all a terrific school year!

Lauren Rosen has been teaching in Manhattan private schools for 10 years. She lives in Manhattan with her husband and daughter. You can reach her at MrsL-Rosen@gmail.com.



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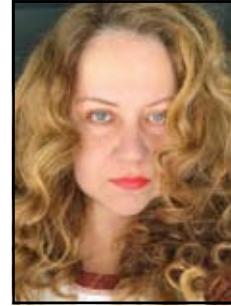
Keeping a record of treasured moments

My first daughter was born before I had a cellphone, back in the days before the ability to photo-journalize an infant's first days were convenient, or perhaps, even available to the average person. I took a lot of photos on my camera and shared them with friends and family. But I wanted more. I was so in awe of this little human that I wanted to remember everything she did. I also wanted to track when she ate and slept, because I was utterly terrified of her not getting everything she needed. So I took a notebook and wrote down when she ate and slept each day,

and then on the bottom of the page, I wrote a paragraph or two about what she did.

Even on the most sleep-deprived days, I wrote something, even if it was just: "It rained all day today, and we stayed inside. Amanda was happy and slept the most she ever has. Then Nanny came to visit and Amanda slept in Nanny's arms for a hour while Nanny sang 'Camptown Races.'"

Simple, right? It required no creative thought whatsoever, which was great, because I knew I could keep it up, and I did for the first full year. With my second



JUST WRITE MOM

DANIELLE SULLIVAN

daughter, I think I made it until nearly a year, but with my last-born son, it may have been more like six months. Still, when I read back those snippets now, it is such a wonderful snapshot of our lives that I only wish I had continued doing it as they grew older.

I especially wish I chronicled their first few days of school. I wish I had simply written down the muddled phrases and sentences that Amanda exchanged with her new, little 5-year-old classmates who would become lifelong friends. There is something amazing about hearing the dialogue exchanged during memorable events years later. Of course, you can likely just take out your phone now and take video if the circumstances and teachers allow it, but there is something wonderfully simple about writing it all down.

Every September, I get nostalgic about back-to-school season, and even though I am well past the first day of preschool and kindergarten with my kids, I remember all the feelings surrounding those days — both my kids' and mine — and chronicling that is a treasure, too.

So, if you are gearing up to send your little one off into the world on the first day of school, absolutely take your phone, and snap as many photos as you can, but when you get home, and it's just you there reflecting on what just happened and how your little baby is going to be away from you all day, grab a notebook, and jot it all down. Years from now, you'll be glad you did — and so will they!

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

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Calendar

SEPTEMBER



Andrew Kelly

Meeting all the makers

Get on your inventor and science cap for the annual World Maker Faire at the New York Hall of Science on Sept. 22 and 23.

This event is the East Coast's biggest celebration of invention, creativity, and curiosity. New features this year include a cosplay contest, exhibits on gaming and mixed reality, Adrian Landon's steel kinetic sculptures, YouTube phe-

nom Backyard Scientist (Kevin Kohler), and much more.

World Maker Faire, Sept. 22 and 23, 10 am to 6 pm. Tickets range from \$25 to \$40, and weekend passes are available. Reservations not required.

New York Hall of Science [47-01 111th St. in Flushing; (718) 699-0005 X 353; www.makerfaire.com/new-york/buy-tickets; makerfaire.com/new-york].

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Calendar

Submit a listing

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

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

SAT, SEPT. 1

IN QUEENS

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

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. Recommended for ages 4 and up and their adult companions.

Saturday Sculpture Workshops:

Socrates Sculpture Park, 32-01 Vernon Blvd.; (718) 956-1819; www.socratesculpturepark.org; 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.

Hands on History – 18th-century Music and Sing-Along:

King Manor Museum, 153rd Street and Jamaica Avenue; (718) 206-0545; 1 pm – 4 pm; Free.

Come listen to and enjoy live 18th-century music at King Manor, performed by Larry Moser (hammered dulcimer) and Mary Nagin (fiddle)! Make your own shaker instrument, decorate it, and dance and play along to tunes that Rufus King and his family would have listened to in their home. Then visit the rest of the museum and learn more about Rufus King — Founding Father and early voice in the anti-slavery movement. Recommended for ages 3 and up, adults also welcome!

Omar's Summer Send Off: Forest Park Carousel, Forest Park Drive and Woodhaven Boulevard; www.nycgovparks.org/events/2018/09/01/omars-summer-sendoff; 2 pm to 6 pm; Free.

End your summer right! Join us at a party hosted by Omar Olusion! Come celebrate the

Japanese music and more



Summer concerts at the Noguchi Museum continue with Koto visionary Yumi Kurosawa on Sept. 9.

Bang on a can and listen to the classic Japanese music performed by Kurosawa, who was born and raised in Japan. She will perform a beautifully crafted program of original and classic Japanese music played on Japan's traditional instrument.

Yumi Kurosawa, Sept. 9 at 3 pm. Free with museum admission. Suitable for older children.

The Noguchi Museum [9-01 33rd Rd. in Long Island City, (718) 204-7088; www.noguchi.org/programs/public/bang-on-a-can-yumi-kurosawa].

holiday weekend with live DJ music, dance contests, fun games, and magic shows. Omar's unique mix of creativity, passion, amusement, and magic will keep guests of all ages on their feet and entertained!

Circus Amok: Socrates Sculpture Park, 32-01 Vernon Blvd.; (718) 956-1819; www.socratesculpturepark.org; 3 pm to 4 pm; Free.

Come one, come all! Circus Amok returns to Socrates Sculpture Park with its funny, political, one-ring circus spectacular: jugglers, stilt dancers, acrobats, puppets and papier mache lions fill the ring in a performance designed to help us navigate these treacherous times. Prepare to be dazzled, alarmed, enchanted, and enraged! Laugh, cry, celebrate!

SUN, SEPT. 2

IN QUEENS

Vet Tech 201: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; Nancy.tognan@gmail.com; 9:30 am to 11:30 am; \$26 (\$32 non-members).

Come see and learn from a licensed veterinary technician as we delve deeper into the science of animal care. Students will get to work with the vet tech one-on-one using tools and techniques at a more advanced level than in Vet Tech 101. From testing hearttrates and examining animal X-rays or bones, to using stethoscopes and viewing slides, all our Vet Tech 201 students will learn the invaluable techniques for in-depth animal examination. For ages 11-15. Participation in a prior Vet Tech 101 program is a must in order to qualify for Vet Tech 201 (Please do not register if you have not participated in Vet Tech 101; contact Zachary at Ext. 204 for further assistance).

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

Sept. 1.

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

LIC Community Boathouse offers free kayaking and canoeing (weather permitting) at Hallett's 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.

Omar's Summer Send-Off: Fantasy Forest Amusement Park, United Nations Ave. South; 2 pm to 6 pm; Free.

MON, SEPT. 3

IN QUEENS

Cowpoke class with Hopalong Andrew: Book Culture LIC, 26-09 Jackson Avenue; <https://www.bookculture.com>; 4 pm; \$10.

At this new weekly, drop-in singalong, Hopalong Andrew plays "cowboy" music with interactive activities, perfect for young cowpokes and their grown-up sidekicks. He'll get everybody to sing along, dance along, play along, and have an all-Americana good time.

FURTHER AFIELD

New York Renaissance Faire: Hudson

Calendar

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

Valley State grounds, 600 Rt. 17A, Hudson Valley; (845) 351-5171; renfair.com/ny; 10 am-7 pm; \$29.95 adults, \$13 children 5-12, children under 5 free.

Hear ye, hear ye! Travel back in time to a beautiful 16th-century English village! See amazing acrobats, magical fairies, swash-buckling pirates, jousting and more! With kid-friendly shows, crafts, games and tempting treats, there's something for everyone. Check website for stage schedules.

TUES, SEPT. 4

FURTHER AFIELD

Little Playtimes: LEGOLAND Discovery Center Westchester, 39 Fitzgerald St., Westchester; (866) 243-0770; <https://westchester.legolanddiscoverycenter.com>; 10 am-2 pm; \$24 for an adult and child, children 2 and under free.

Have a LEGO® play date! Little ones build their curiosity with LEGO® bricks while parents mingle together. Activities include story time, Animal Bingo and Farmers Workshop. Check website for schedule.

WED, SEPT. 5

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!

FRI, SEPT. 7

IN QUEENS

Queensboro Dance Festival: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; www.flushingtownhall.org; 7:30 pm; \$16 (\$10 members, students and teens).

For one night only, the Queensboro Dance Festival comes to Flushing Town Hall as part of its annual summer tour in Queens! The Queensboro Dance Festival presents a vibrant array of contemporary and cultural dance companies all from Queens. Enjoy a slice of Queens dance, followed by an audience talk-back with the choreographers.

SAT, SEPT. 8

IN QUEENS

"A League of their Own": Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; www.movingimage.us; 11 am; \$15 (\$11 seniors and students / \$9 youth (ages 3-17) / free for children under 3 and members).

Set in the 1940s and based on the real All-American Girls Professional Baseball League,

the films follows the women on the newly formed Peaches team and their less-than-enthusiastic manager. During World War II, with many men fighting abroad, women began taking on jobs that previously only men were able to hold like professional baseball player. The film follows the women's struggle to gain fans and respect but with director Penny Marshall's comic touch throughout. And don't forget, "There's no crying in baseball!" Recommended for ages 10 and up.

Saturday Sculpture Workshops: Noon to 3 pm. Socrates Sculpture Park. See Saturday, Sept. 1.

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

We camp to create lasting memories, connect with the natural world, and bond with our families. Camping affords us the opportunity to unplug from the diversions of everyday life and to laugh and play with our families. The Urban Park Rangers celebrate the tradition of camping and we look forward to welcoming your family. To enter your family in the lottery, visit nyc.gov/parks/rangers/register.

SUN, SEPT. 9

IN QUEENS

Grandparent's Day: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; Nancy.tognan@gmail.com; 10:30 am to noon; \$15 (\$21 non-members).

Spend a special day with Grandma or Grandpa! Enjoy a relaxing nature walk, share a special story, meet cuddly animals and create a memorable craft together. Limited to 10 participants and ONE adult per child.

"A League of their Own": 11 am. Museum of the Moving Image. See Saturday, Sept. 8.

Artists at Noguchi – Yumi Kurosawa: The Noguchi Museum, 9-01 33rd Rd.; (718) 204-7088; www.noguchi.org/programs/public/bang-on-a-can-yumi-kurosawa-september-9-2018; 3pm; Free with museum admission.

Bang on a Can and The Noguchi Museum continue their 2018 monthly summer concert series with koto visionary Yumi Kurosawa, presented in the museum's galleries. She will perform a beautifully crafted program of original and classic Japanese music played on Japan's traditional instrument.

TUES, SEPT. 11

IN QUEENS

Discovering Bugs! Calling all Junior Entomologists: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; Nancy.tognan@gmail.com; 10 am to noon; \$18 (\$24 non-members).

Join us for an interactive workshop led by

professional entomologist. Put on your lab coat and step into our "lab" to meet some special creatures up close and learn their importance in nature. Visit insect experiment stations and make some cool observations. Following a presentation, children will participate in a Who's Bugging You game show. Limited to 40 participants. "Insect" snack included. Each junior entomologist will receive a hard covered copy of *Discovering Bugs* by Kelly Gauthier. For ages 7-12.

FURTHER AFIELD

Little Playtimes: 10 am-2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Sept. 4.

THURS, SEPT. 13

FURTHER AFIELD

The Feast of San Gennaro: Most Precious Blood Church, 109 Mulberry St., Manhattan; (212) 491-2806; sara@sunshine-sachs.com; <https://sangennaro.nyc>; 11:30 am-11 am; Free.

The beloved Feast of San Gennaro, which is celebrating its 92nd anniversary this year, is an annual festival presented by Figli di San Gennaro (Children of San Gennaro), a not-for-profit community organization dedicated to keeping the spirit and faith of the early Italian immigrants alive. The Feast is New York City's largest and longest running festivals and attracts more than one-million people from around the world each year, to take part in the religious processions, colorful parades, free musical entertainment, and a wide variety of authentic Italian cuisine.

FRI, SEPT. 14

IN QUEENS

La Patronal: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; flushingtownhall@gmail.com; www.flushingtownhall.org; 6 pm to 7 am; \$16 (\$10 students; free for teens).

Fall/Winter 2018 season kick-off dance party with La Patronal! Rooted in the tradition of "fiestas patronales," or town fairs common in rural villages across Latin America, this unique brass band from Lima, Peru, presents Peru's most rooted heritage and traditions through music and dance. Their lively performances encourage audience participation and dancing with contagious percussion and vibrant brass and winds.

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am-midnight. Most Precious Blood Church. See Thursday, Sept. 13.

SAT, SEPT. 15

IN QUEENS

Saturday Sculpture Workshops: Noon to 3 pm. Socrates Sculpture Park. See Saturday, Sept. 1.



Inside a miniature world

Take the key and open the gate to a whole new small world at Gulliver's Gate, open in Time's Square daily through Dec. 22.

Gulliver's Gate is a large-scale interactive exhibit of a miniature world that provides visitors with a bird's-eye view of The Beatles performing outside of Buckingham Palace, and Nessie rising up out of Loch Ness in the Scottish Highlands. Visitors will watch in awe as planes take off in the Gulliver's Gate airport. At the end of the tour, participants can even have a miniature 3D version of themselves printed out and

placed in the displays, to live on as a "model citizen" for eternity.

To make the exhibit interactive, guests are given an RFID key, which brings each exhibit to life.

Gulliver's Gate, daily 10 am to 8 pm now through Dec. 22. Admission \$36, \$27 children ages 4 to 12 and seniors, and free for children under 3 years old. Reservations not required. Suitable for all ages.

Gulliver's Gate [216 W. 44th St. between Seventh and Eighth avenues in Time's Square, (212) 235-2016; www.gulliversgate.com; customer-care@gulliversgate.com].

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am–midnight. Most Precious Blood Church. See Thursday, Sept. 13.

"Disney Junior Dance Party On Tour": Beacon Theater, 2124 Broadway at W. 74th Street, Manhattan; (212) 465-6500; www.disneyjuniorstour.com/events; 4:30 pm; Tickets start at \$50.

This high-energy live concert experience brings beloved characters to life. New to the tour is the star of Disney Junior's hit, "Fancy Nancy," plus a live on-stage appearance by

Bingo and Rolly from "Puppy Dog Pals." The 90 minute interactive show features 20 songs from Disney Junior's hit series, LED technology, a giant Mickey-shaped DJ booth, high-tech scrim screens and 4D special effects.

"iLuminate": Schimmel Center, 3 Spruce St., Manhattan; (212) 346-1715; schimmel-center.org; 7:30 pm; Tickets start at \$39.

"iLuminate," the action-filled journey of light and sound, tells the story of a group of 20-somethings who dance to the beat of life in a city of glowing colors and heart-pounding tempos. The production uses popular and classic hits by Michael Jackson, Bruno Mars, James Brown, Janet Jackson, Chris Brown, LMFAO, The Wanted, and Sam Smith, together with technological elements to create a glowing visual design.

SUN, SEPT. 16

IN QUEENS

38th Annual Antique Motorcycle

Show: Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; www.queensfarm.org; 11 am to 4 pm; \$7.

Come see a display of motorcycles of various makes and models that have been out of production 10 years or more. Trophies will be awarded for various categories. Enjoy a day outdoors with live music, hayrides, historic farmhouse tours, food, and fun.

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am–11 pm. Most Precious Blood Church. See Thursday, Sept. 13.

"Disney Junior Dance Party On Tour": Noon. Beacon Theater. See Saturday, Sept. 15.

"iLuminate": 4 pm. Schimmel Center. See Saturday, Sept. 15.

MON, SEPT. 17

IN QUEENS

"Birdsong and Vocal Learning" – Queens County Bird Club Presentation:

Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; Nancy.tognan@gmail.com; 8 pm; Free.

Prof. Ofer Tchernichovski will discuss several topics related to the learning of birdsong that his laboratory at Hunter College has been investigating.

TUES, SEPT. 18

FURTHER AFIELD

Little Playtimes: 10 am–2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Sept. 4.

Calendar

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

THURS, SEPT. 20

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am–11 pm. Most Precious Blood Church. See Thursday, Sept. 13.

FRI, SEPT. 21

IN QUEENS

Monitor Night with Puppet Kitchen: Museum of the Moving Image, 36-01 35th Ave.; (718) 777-6888; www.movingimage.us; 6 pm to 8 pm; \$25 (\$15 members).

Join the Puppet Kitchen at the Museum of the Moving Image with special guest Paul McGinnis! Have you ever wondered how the puppets you see on TV come to life? One of the secrets is in giving performers a look at what the camera sees through a live-feed video monitor. At Monitor Night, we set up a few cameras and monitors so you can come learn about this technique alongside experienced puppeteers who come to hone their skills. Bring a puppet or use one of ours. All are welcome to play. Children under 12 must be accompanied by an adult.

Banda Magda: Flushing Town Hall, 137-35 Northern Blvd.; (718) 463-7700; flushingtownhall@gmail.com; www.flushingtownhall.org; 8 pm; \$16 (\$10 students; free for teens).

Led by Greek-born composer, arranger, singer and accordianist Magda Giannikou, Banda Magda takes the audience on a global journey of music, rhythm and storytelling. Drawing on the band's global background the group combines South American rhythms with jazz improvisation, cinematic arranging, sophisticated audience participation, mid-century classics and world "chansons" sung in six languages.

FURTHER AFIELD

The Feast of San Gennaro: 11:30 am–midnight. Most Precious Blood Church. See Thursday, Sept. 13.

SAT, SEPT. 22

IN QUEENS

World Maker Faire 2018: New York Hall of Science, 47-01 111th St.; (718) 699-0005 X 353; <https://makerfaire.com/new-york/buy-tickets>; makerfaire.com/new-york; 10 am to 6 pm; \$40 (\$25 students 3-17 years old; Free children under 2) weekend passes available.

This event is the East Coast's biggest celebration of invention, creativity and curiosity.

Adventure Time Leaping Lizards: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 10:30 am to 11:30 am; \$12 (\$18 non-members).

Compare the scales of two different lizards and find out what makes them so interesting. Toddlers and parents or caregivers enjoy some special time together as they socialize

with other youngsters and learn about nature. Each class focuses on a different science theme and includes live animal guests, art projects, trail walks, and children's literature. Limited to eight participants with ONE adult per child. No siblings except babies staying in infant seats. For ages 18–36 months (with parent participation).

36th annual Queens County Fair: Queens County Farm Museum, 73-50 Little Neck Pkwy.; (718) 347-3276; www.queens-farm.org; 11 am to 6 pm; \$10 per day (\$5 children under 12; free members).

Our traditional county fair boasts blue ribbon competitions in produce, livestock, arts and crafts, and more. Enjoy pie-eating and corn-husking contests, pig races, hayrides, carnival rides, and midway games. Visit our Bavarian beer garden featuring traditional live music and dance, check out craft and food vendors, and get recycling tips at the Con Edison Ecology booth. This is also opening weekend of The Amazing Maize Maze.

Minhwa: Colorful Paintings with Many Secrets: Voelker Orth Museum, 149-19 38th Ave.; (718) 359-6227; administration@vomuseum.org; www.vomuseum.org; 1 pm; \$2 Suggested Admission.

JungOck Chang turned her attention to art when she left teaching in New York City public schools. She cultivated her interest in Minhwa, a style of Korean traditional folk painting and spent the past six years studying and painting. Her images draw on Minhwa's long pictorial tradition.

FURTHER AFIELD

Submerge 2018: Hudson River Park, Pier 84, West 44th Street, Manhattan; (212) 627-2020; <https://hudsonriverpark.org/explore-the-park/locations/pier-84>; 11 am to 4 pm; Free.

Celebrate the city's coastal waters by bringing marine science to life. Join us for citizen science, free hands-on activities, kid-approved science entertainment and presentations by renowned scientists. Enjoy kayaking, fishing and activities galore!

SUN, SEPT. 23

IN QUEENS

World Maker Faire 2018: 10 am to 6 pm. New York Hall of Science. See Saturday, Sept. 22.

36th annual Queens County Fair: 11 am to 6 pm. Queens County Farm Museum. See Saturday, Sept. 22.

Think Tank – Solar Bots: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 1 pm to 2:30 pm; \$18 (\$24 non-members).

Come one, come all, as we build our own sun-powered robotic machines! Take a shot at building a robotic car, plane, boat, or ... puppy dog! Join us as we learn how to transform energy from one form to another. Chil-

dren will explore their inner scientist with this fun-filled, hands on experimenting class. Limited to eight participants. For ages 7–10.

TUES, SEPT. 25

FURTHER AFIELD

Little Playtimes: 10 am–2 pm. LEGOLAND Discovery Center Westchester. See Tuesday, Sept. 4.

SUN, SEPT. 30

IN QUEENS

Forest Friends: Alley Pond Environmental Center, 228-06 Northern Blvd.; (718) 229-4000; 12:30 pm to 2 pm; \$185 (\$21 non-members).

The forest is a special habitat for many creatures. Meet some forest friends, enjoy a scavenger hunt through the forest, share a story, and make an animal craft to take home. For ages 3–4, with one adult and ages 5–6.

LONG-RUNNING

IN QUEENS

Jamaica Farmers Market: Down to Earth Jamaica Farmers Market, Parsons Boulevard between Jamaica and Archer Avenues; (914) 923-4837; info@downtoearthmarkets.com; downtoearthmarkets.com/markets?region=Queens&market=Jamaica+Friday+Farmers+Market; Fridays, 8:30 am, until Fri, Nov. 16.

Shop for locally grown fruits and vegetables and eggs, honey, and baked goods from 8 am to 4 pm.

Jamaica Farmers Market: Down to Earth Jamaica Farmers Market, 160th Street off Jamaica Avenue; (914) 923-4837; <http://downtoearthmarkets.com/markets?region=queens&market=Jamaica+Saturday+Farmers+Market>; Saturdays, 8:30 am, until Sat, Nov. 17.

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, until Fri, Nov. 30; \$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.

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, until Fri, Nov. 30; \$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

Calendar

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

velocity, launch window, gravitational assist, and more.

Activity Table: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; Saturdays and Sundays, 2 pm to 4 pm, until Wed, Oct. 31; Free with garden admission.

Family-friendly botanical themed arts and crafts activities.

Farmers Market: Down to Earth Cunningham Park Farmers Market, Cunningham Park parking lot off Union Turnpike; (914) 923-4837; info@downtoearthmarkets.com; www.downtoearthmarkets.com; Sundays, 9 am-2 pm, until Mon, Nov. 19; Free.

The market features local farms and food makers with fruits, vegetables, meats, and eggs straight from the farm, artisan breads and baked goods, pickles, organic olive oil and more.

Adventure Course: Alley Pond Park, Cross Island Pkwy and Grand Central Pkwy; (718) 217-4685; www.nycgovparks.org; Sundays, 9:30 am and 1 pm, Sun, Sept. 2 – Mon, Oct. 29; Free.

Alley Pond Adventure Course is an outdoor adventure that fosters trust, problem-solving, and team-building right in your own backyard at beautiful Alley Pond Park in Queens. Be sure to check out the website before you go, and dress for an adventure. Please dress appropriately: no sandals, flip flops, or open-toed shoes are allowed. Our programs are appropriate for those ages 8 and older. The Adventure Course program lasts about two hours. Due to its popularity, we ask that you arrive at least half an hour before the start time of each program. Space is limited. A valid Photo ID is required for participants ages 18 and older.

Queens Botanical Garden Farm &

Compost Open Hours: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; www.queensbotanical.org; Wednesdays, 3:30 pm to 5 pm, until Wed, Oct. 31; 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.

Queens Botanical Garden Farmers Market: Queens Botanical Garden, 43-50 Main St.; (718) 539-5296; info@downtoearthmarkets.com; www.queensbotanical.org; Fridays, 8:30am, until Sat, Nov. 17; Free entry.

Shop for locally grown fruits and vegetables and eggs, honey and baked goods.

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.

Governors Island: New York Harbor, Manhattan; <https://govisland.com>; Weekdays, 10 am-6 pm, Saturdays and Sundays, 10 am-7 pm, until Wed, Oct. 31; 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.

Ocean Wonders - Sharks!: New York Aquarium, 602 Surf Ave. between W. Eighth and W. Fifth streets, Brooklyn; (718) 265-3448; www.nyaquarium.com; Daily, 10 am; Free with admission to the aquarium.

The new exhibit will amaze visitors as they journey through nine galleries breathtakingly eye-to-eye with sharks, rays and hundreds of species of ocean wildlife. As you explore the exhibit, the wondrous world deep below the ocean surface is revealed, whether it is in the Coral Reef Tunnel, The New York Bight or the dark and mysterious Hudson Canyon's Edge with large sand tiger sharks, sandbar sharks, nurse sharks and hundreds of marine species which live off the coast of New York.

"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, until Sun, Sept. 30; \$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.

the Marketplace

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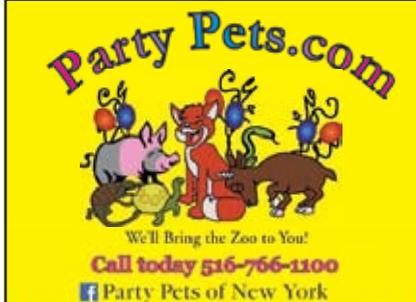


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Savings 101

Tips to help young-adult children save for retirement

Mark Henry, a certified estate planner as well as founder and chief executive officer of Alloy Wealth Management, offers five tips that parents can pass on to their young-adult children to help them start planning for retirement:

Don't wait

Explain to them the importance of beginning retirement savings just as that they start their first job.

"While they reason that their salary is low as they start out, and they have bills, they need to make saving a disciplined habit, starting with just a little," Henry says. "It's not going to be easy to start saving later; you make more money, but then you've got more expenses. So start the important life habit now, and it will be easier then."

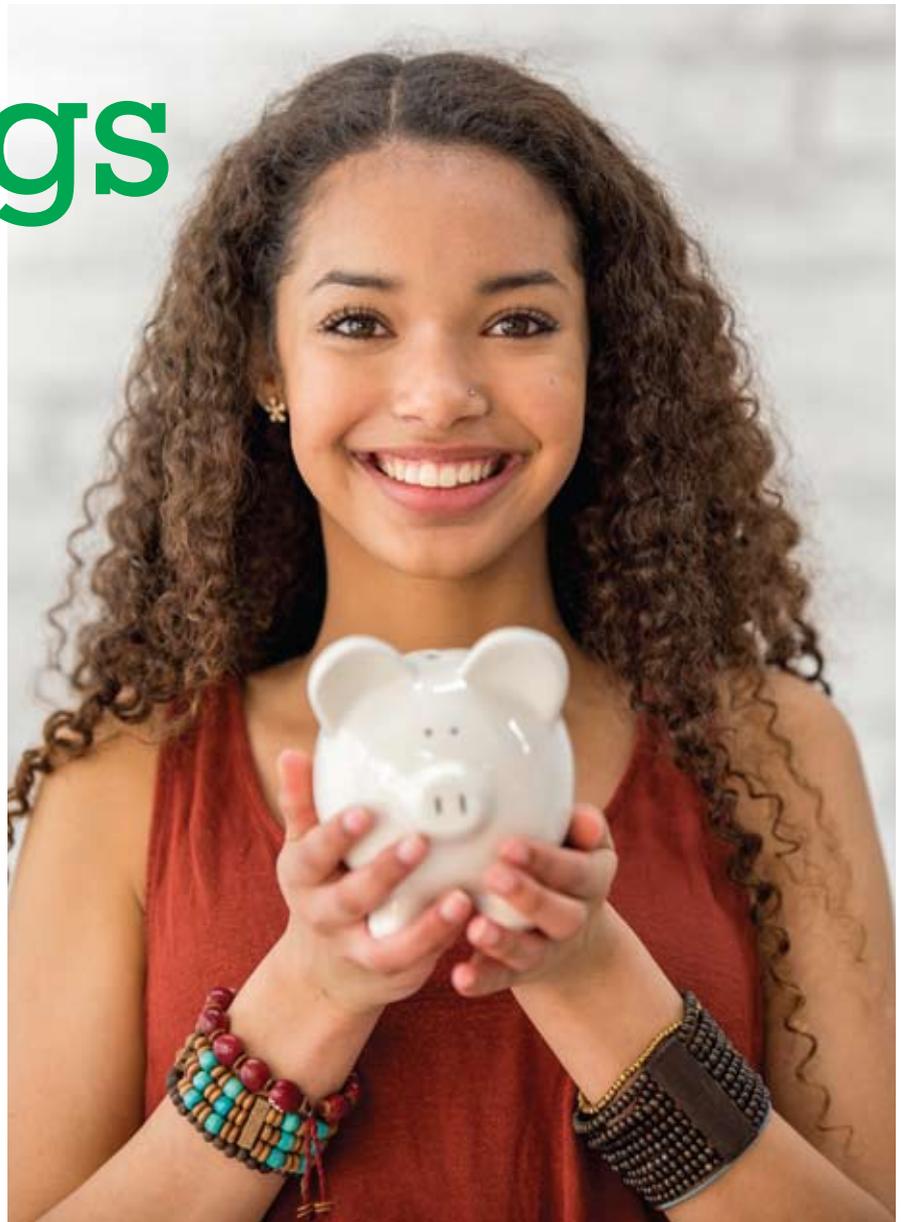
Learn the basics

Retirement planning can be a boring topic for some young people, but Henry says tying its importance to a new job that gives them a big opportunity to get ahead financially can instill pride in learning some of the retirement basics.

"Young workers should at least understand the purpose of target-date funds," Henry says. "Many plans offer these funds, which automatically adjust how a person's money is invested based on their age and how close they are to retirement."

Capitalize on the 401(k)

Their parents' generation profited from this.



"Throw in the fact that pensions are gone for the most part — and their parents' generation felt the brunt of this fall-off — and the kids should pay heed to a great way to save," Henry says. "And the percentage a company matches the 401(k) is an important consideration."

Increase contributions over time

Financial advisors generally recommend that you save between 10 and 15 percent of your pay for retirement. That's usually too high for someone in their 20s, but Henry says, "You can work toward that goal by increasing your contribution by one or two percentage points every time you get a raise."

Stick to an honest budget

"Help them learn to budget money

with three simple categories: give, save, and spend," Henry says.

"With this foundation, they'll learn how rewarding it is to set a savings goal and regularly put aside money to reach it, which is the basis for successful retirement investing.

"Parents today know the younger you are when you begin retirement investing, the more money you can have when it's time to retire," Henry says. "They need to emphasize that to their kids, and they can teach them by starting with simple concepts and building on them over time."

Mark Henry is a certified estate planner as well as founder and CEO of Alloy Wealth Management (www.alloywealth.com). Henry has more than 30 years of experience in business and finance. He is also an investment advisor representative.



VOTE

Family Favorites 2018

Each year we honor the best family-friendly businesses, services and attractions.

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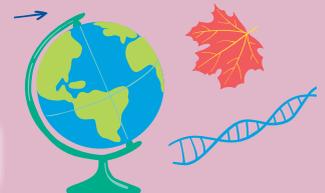


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