

CAMP FAIR: LONG ISLAND CITY, MARCH 2

Queens family

MARCH 2019

NEWYORKFAMILY.COM

Right fit

The perfect camp for your child

The Vaccine Conversation

Considering
Charter
Schools

CAMP
GUIDE
2019





HOFSTRA **SUMMER CAMPS**

A choice that can change your child's life!

learn.

play.

grow.

Your child's amazing summer experience starts on the Hofstra campus!

With more than 75 programs for campers in grades K-12 in arts, academics, sports, career discovery and more, there's something for everyone!



Sign up at
hofstra.edu/camp
or call
516-463-CAMP.

FREE OPEN HOUSE AND CARNIVAL
Saturday, April 13, 2019 | 12-2 p.m.

We also offer door-to-door busing and/or area pickup transportation to parts of Long Island and Queens!



pg. 12



pg. 10



pg. 18



pg. 25

FEATURES

10 | The Importance of Vaccinating Children
A hot topic after recent measles outbreaks

18 | The Right Match
Finding a summer camp the kids will love — and you'll approve

FAMILY FUN

34 | Calendar
The best family-friendly events in NYC for March 2019

ADVERTISING

16 | Charter Schools
20 | Summer Camps

COLUMNS

6 | Bits & Pieces
Winter weather tips for pet owners, a fun new way to wash hands, and more

8 | Events & Offers
All the scoop on our upcoming Camp Fairs, Blackboard Awards for Teachers, and more

12 | Good Sense Eating
Cooking confidence: The missing ingredient in healthy eating?

14 | Education
Why consider charter schools?

25 | Family Health
The risks of choking for toddlers

26 | Healthy Living
Benefits of pediatric physical therapy

28 | Finances
A card to give kids the “Greenlight” to spend their money — wisely

30 | Parent in Profile
Noted NYC chef & foodie Eden Grinshpan dishes on motherhood, her downtown restaurant DEZ, and her passion for travel

32 | Just Write Mom
Reflecting on my experience with three natural childbirths

38 | Treats
Ten great gift spring picks for #FitMamas

letter from the publisher

Vaccines matter

The controversy over vaccinations has created pockets of measles virus outbreaks in many parts of the country, including the New York area, and although the entire medical community will tell parents that immunization is key to public health, there are still pockets of parents who resist recommendations. Our health writer Jamie Lober has written a well-researched piece on this important topic and I urge every parent to read it and absorb the importance of the content.

We are so lucky to have these vaccines and I can tell you first-hand that my childhood was not so fortunate. There were outbreaks of all these viruses and I for one had all of them,



and some of them more than once. It wasn't fun, and I missed a lot of school, and being a kid home sick for a week or two means someone has to be there to take care of you, so it causes all kinds of disruptions in both health and practical family planning.

When it came time for our pediatrician to vaccinate our daughter, there was no question but that modern science offered great options and we were on board. She wasn't always thrilled about it, but they worked and she is a super healthy person. I myself have had some recent vaccines and I'm grateful for their availability.

Summer camps are well represented in

this issue, and thinking ahead to the medical forms one fills out when sending a child to camp, I actually don't think there is a camp that will accept a child who is not fully vaccinated. And by the way, please check out the camp options this month, next month, and the months ahead leading into summer, and sign up on our website to be a subscriber to our newsletters.

Have a great month. Thanks for reading!

Susan Weiss-Voskidis,
Publisher/Executive Editor
Susan@nyparenting.com

New York family

PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss
Family@NewYorkFamily.com

PUBLISHER: Clifford Luster

EDITOR: Mia Weber

ASSISTANT EDITOR: Courtney Donahue

OPERATIONS ASSOCIATE & CIRCULATION: Tina Felicetti

ACCOUNT EXECUTIVES:

Erik Bliss, Erin Brof, Mary Cassidy, Thomas Chillemi, Mary Ann Oklesson, Shelli Goldberg-Peck, Jay Pelc

MARKETING ASSISTANT:

Charlotte Sauvagnat

EVENT COORDINATOR:

Emanuelle Block

ART DIRECTOR: Leah Mitch

WEB DEVELOPER: Sylvan Migdal

GRAPHIC DESIGNERS:

Arthur Arutyunov, Daria Avvento, Gardy Charles, John Napoli, Marcos Ramos

CONTACT INFORMATION

ADVERTISING:

(718) 260-4554
Advertising@NewYorkFamily.com

CIRCULATION: (718) 260-8336

Tina@NewYorkFamily.com

EDITORIAL: (718) 260-2587

Susan@NewYorkFamily.com



New York Family Media is a division of Schneeps Media

PRESIDENT & PUBLISHER:

Victoria Schneeps-Yunis

CEO & CO-PUBLISHER:

Joshua Schneeps

ADDRESS

New York Family Media /
Schneeps Media
1 Metrotech Center North
10th Floor
Brooklyn, NY 11201

www.NewYorkFamily.com

Join the conversation on Facebook, Instagram & New York Family's Mom to Mom Facebook Group



New York Family Media has been recognized for editorial and design excellence by PMA.

New York Family is published monthly by Queens Family Media, LLC.

Reproduction of New York Family Media in whole or part without written permission from the publisher is prohibited. All rights reserved.

©2019 Queens Family Media, LLC



Queens
family

SPONSORED BY



Plan a Summer of Fun!

NEW YORK FAMILY
CAMP FAIRS

Day Camps & Sleep Away Camps

Come and meet the Camp Directors

March 2, 2019, 12-3pm

LONG ISLAND CITY

Plaxall Gallery

5-25 46th Avenue

Win \$500 for Camp this Summer

New York Family Media will pay the camp of your choice up to \$500 for your child to attend a summer camp in 2019.

The camp must be an exhibitor at the Camp Fair.

You must be **Preregistered** and **Attend** the Camp Fair to win!



Speak directly with dozens of camp leaders to find the best camp for your child.



Register Today at
NewYorkFamily.com/Camps

To exhibit at the Camp Fair
call 718-260-2524



A FUN NEW WAY TO WASH HANDS

If you have heard the Happy Birthday song one too many times while your kids are washing their hands, help is on the way.

With SoaPen, kids can draw all over their hands with colorful, berry-scented soap sticks that rinse away to leave their hands clean. Each pen gives 100-plus washes and is non-toxic, with no sulfates, phthalates, parabens, EDTA, or animal by-product.

For every three pens sold in the US, SoaPen donates one to a school in a low income community.

SoaPen creators Amanat Anand and Shubham Issar met while studying Industrial Design at Parsons School of Design. After graduating, they won the UNICEF Wearables for Good Challenge for the concept of SoaPen and started to take SoaPen from a concept to prototype. Along the way, they were list makers on Forbes 30U30 2017, and conducted a successful Kickstarter, which led to launching SoaPen on Amazon in October 2018.

soapen.com



MOM TO MOM

Join our New York Family Mom to Mom Facebook sisterhood and find moms in your neighborhood for advice, community, and support. [facebook.com/groups/nypmoms](https://www.facebook.com/groups/nypmoms)

WINTER WEATHER TIPS FOR PET OWNERS

The temperature has dipped and snow is on the forecast. To keep your four-legged family member safe, consider these winter weather tips:

Offer a warm place for your pet to rest inside. A pet bed works perfectly, just make sure it stays clean and dry.

Don't cut your dog's fur in the wintertime. Your pet's winter coat is a natural barrier from the harsh, cold elements.

Consider a canine coat. Dogs with lots of fur probably don't need an extra layer to go on walks in the winter. But smaller dogs and those with shorter coats may be more comfortable in a dog sweater or jacket.

Check for frostbite. After bathroom breaks and walks, check your pet's ears, paws, and tail for any sign of frostbite or ice and snow build up in the paw pads.

Wipe down after walks. Keep a dry, clean towel handy to wipe down your pet's legs, belly, and paws after each outdoor excursion. Ice-melt chemicals can irritate their skin and cause serious illness if ingested.

Be careful with chemicals. Antifreeze smells and tastes sweet to pets, but it's toxic to them. Consider using a brand made from non-toxic propylene glycol instead.

Clear a path. Use a snowthrower to



make quick work of snow removal and create a path to your pet's bathroom area. Always keep kids and pets away from the equipment.

Don't leave your pet in a cold car. It's just as dangerous to leave a pet in a cold car during winter months as it is to leave them in a hot car in the summertime.

To learn more about the benefits of "outsider life" for pets and people during all seasons, go to SaveLivingLandscapes.com and TurfMutt.com.

LANSINOH WASHABLE NURSING PADS

As wonderful as breastfeeding is, it definitely comes with its fair share of messiness. Luckily, breast pads were invented as a convenient accessory for nursing moms, because they keep the mess to a minimum by soaking up any inevitable leaks.

Enter Lansinoh, a global leader in the breastfeeding market and the no. 1 brand in disposable nursing pads, which just launched Washable Nursing Pads. These reusable pads are super absorbent, ultra-soft, and provide leak-proof protection, wash after



wash. Whether you're a mom trying to breast-feed on a budget, or give back to the planet, Lansinoh has you covered (both literally and figuratively!).

Key features of this great new product for breast-feeding moms include a waterproof

outer layer for comfort and discretion, and a specialized core made with plant fibers for super-fast absorption and drying. Plus, did we mention that the pads are also machine-washable?

Available at Lansinoh.com.



WHERE THERE'S A Y
THERE'S A WAY

SUMMER CAMP

★ 10% EARLY BIRD DISCOUNT*

 **DAY CAMP OPEN HOUSES: 10:00 AM – 3:00 PM**

January 26 | March 23 | April 27 | May 18

SLEEPAWAY CAMP OPEN HOUSES: 1:00 PM – 4:00 PM

January 27 | April 7 | May 5



YMCANYC.ORG/CAMP

*Pay in full by 4/27 for 10% Early Bird Discount | Financial Assistance Available





Plan a SUMMER of FUN!

Camp leaves lasting impressions, creates unforgettable memories, and helps define our youth. Make sure to visit our free and family-friendly Camp Fairs and speak directly with camp directors to find the best camp for your child (be it day camp or sleepaway camp). Brought to you by New York Family and the American Camp Association, New York and New Jersey, these Camp Fairs allow you to have your questions answered and receive early registration discounts.

Saturday, March 2, 2019 12-3pm,
Long Island City, Queens

Saturday, March 9, 2019 12-3pm,
Gramercy Park

Sunday, March 10, 2019 12-3pm,
Upper West Side

Saturday, April 6, 2019 12-3pm,
Upper East Side

Sunday, April 7, 2019 12-3pm,
Fort Greene, Brooklyn

To learn more and sign up today, visit
newyorkfamily.com/camps!

PRESENTED BY



New York
family

SPONSORED BY



NOMINATE YOUR TEACHER FOR A Blackboard Award

The prestigious Blackboard Awards honor local schools, principals, and teachers of excellence from nursery through high school and from every educational sector: Public, private, charter, and parochial. We're currently accepting nominations for the 2019 Blackboard Awards for teachers. It's your chance to honor some of our city's most important unsung heroes.

SUBMIT YOUR NOMINATION!

If you love your child's teacher, please submit a nomination at blackboardawards.com! The deadline for nominations is Friday, April 5, 2019.



the WORLD'S QUEENS NY Fare

A WORLD OF FUN!

Mark your calendar for the second-annual World's Fare festival on May 18-19, 2019! The World's Fare at CitiField is reimagining one of the most iconic fairs. Over 100 vendors will come together in New York City's most diverse borough and unite through authentic food, drink and music curated by the city's leading culinary advocates. The World's Fare will be a grand celebration, advocating equality and diversity in the food industry, and promoting incredible male and female talent that make New York City's food scene so unique.

To learn more and to buy tickets, visit
theworldsfare.nyc.



Hollis Hills Bayside Jewish Center Early Childhood Education And Family Center



210-10 Union Turnpike • Hollis Hills • NY 11364
(718) 776-3500 | hollishillsbaysidejc.org

The Hollis Hills Bayside Jewish Center Early Childhood Education center provides a cheerful, warm, safe and caring environment where young children up to age 5 years old are encouraged to grow emotionally, socially and academically. We integrate language arts, math, science, music and art with the Jewish calendar.

***Flexible schedules to accommodate working families
with extended AM and PM hours***

All of our teachers are certified and we are licensed by the New York State Department of Health.

A kosher hot lunch is served daily.

- Exciting Programs for Ages 2 to 5 Years
- Nurturing, Engaging Teachers
- Interactive Weekly Shabbat Program
- Fun Music and Movement Program
- Indoor Gym and Outdoor Playground
- Reading Readiness and Literacy Programs
- Nature Education Program



Summer Camp Program

Also offering a fun-filled 8 week Summer Camp Program featuring weekly themes such as:

Week 1 – Under the Sea

Week 2 – Animals

Week 3 – Kids in the Kitchen

Week 4 – Happy Birthday, America

Week 5 – Summer Olympics 2012

Week 6 – Hawaiian Festival

Week 7 – Israel

Week 8 – End of Summer Grand Finale

The Importance of Vaccinating Children

By Jamie Lober

The topic of vaccines has sparked a lot of conversations recently due to the measles outbreaks that are being seen across the country.

“Immunizations are key to public health and prevention of various diseases, so it is important that parents have the information they need to protect their families,” says Sarah Ravenhall, executive director at the New York State Association of County Health Officials.

“The most powerful contributor to the fight against vaccine-preventable disease is science, so that is really important,” says Dr. Patricia Schnabel Ruppert, commission of health for Rockland County.

In the beginning of October, some people traveled from Rockland to Israel, and when they returned, were diagnosed with the measles virus because they had not been vaccinated. As a result of the initial seven cases, there grew to be 124 cases. More than 14,000 doses of vaccines have been administered, with the hopes of preventing more.

“With communicable diseases it is easy to get the infection to another person who is not immune if someone exposes them by the air from sneezing or coughing or touching a surface, and that can occur two hours after the person leaves the room,” Ruppert says.

It has been a team effort to try to treat people who have been exposed as quickly as possible.

“The most important thing, is that you can prevent it very well with the MMR vaccine, which is normally given between 12-15 months of age, and a second time before the person goes to Kindergarten at 4 to 6 years of age,” Ruppert says.

But the recommendations are changing in response to the recent events.

“We are strongly recommending that it is given to babies as young as 6 months of age up to 11 months of age, and when they become a year old, that is the official first dose,” Ruppert says.



The measles in particular is a highly infectious disease, and making the decision to vaccinate your child is even helping others.

“One child with measles spreads it to an average of 18 other people because it is that contagious,” Ruppert says. “There is herd immunity, which means that many people who have resistance to the disease—like babies, pregnant women who are not immune, people who are on chemotherapy or other immune suppressants, and people who have another live virus are protected if there are enough people in the community who are immune to the disease.”

So getting your child vaccinated is about more than just his health.

“Something you probably do not think about when you vaccinate your child is that you are protecting other children in the schools, and your entire family, so you are protecting everyone you love,” Ravenhall says.

It is also a dangerous disease, with severe complications such as ear infections, hearing loss, inflammation of the brain, and seizures.

“There are reasons we do not want people to get terrible diseases like measles, because it is not like a rash and fever and you get better in a week,” Ruppert says.

There are always going to be some people who do not want to accept the facts.

“I argue that vaccinations are not

warranted if you believe in natural hygiene, and I have cured cancer and shingles without the drug approach,” says Gary Krasner, director of the Coalition for Informed Choice in Holliswood.

But the reality is that vaccines are the safest and best thing you can do for your child’s wellbeing.

“Vaccines are tested before they are approved and given to families,” Ravenhall says.

And research supports their benefits.

“The measles vaccine is not the cause of autism or any other problem, and actually, autism is diagnosed more often in children that did not have the MMR vaccine,” Ruppert says.

Let your child know why vaccines matter.

“There are so many diseases that can be prevented like mumps, polio, whooping cough, hepatitis, the flu, meningitis, and measles, so the message you should be telling your child is that you do not want him to be sick,” Ravenhall says.

When you are educated and on the same page, it may become easier to stay current with vaccines and be healthy.

“Your pediatrician is someone you can rely on to give you information about what vaccines your child is eligible for which are important to get but it is also important to be an advocate for yourself and approach that conversation with your provider,” Ravenhall says.



BAYSIDE

Located at Queensborough Community College



Specialized Early Start Program: Ages 3-5

Traditional Day Camp: Ages 6-11 • Teen Travel: Ages 12-14

Sports & Outdoor Adventure • Arts & Crafts • Music & Performing Arts • Flexible Enrollment: 2-8 weeks
Red Cross Swim Instruction • 8:30am-5:30pm + extended day • AC Transportation • Hot Lunch Option
Special Events, Carnivals, Tie Dye, Scavenger Hunts, Color War, Day Trips, New Indoor Atrium

» **Academic Enrichment & Chinese Academy offered all summer!**

» Join us for an info session on Saturday, March 16th OR March 30th
from 11 am to 1pm at Queensborough Community College (22-05 56th Ave)



Register Online - Check out our new website!
www.oasischildren.com • 646-519-5055

As Close to Sleepaway Camp As You Can Get!





Cooking Confidence

The missing ingredient in healthy eating?

What's your excuse for not cooking family meals? Do you lack the time and energy? Are the kids fussy eaters?

Or do you lack confidence in your kitchen skills?

If so, you're far from alone. From newlyweds who take new pots out of the boxes with no idea how to use them—to parents of school-age children—many people have no clue how to prepare a healthy family meal. They can use a microwave, but don't know how to make a scrambled egg or roast a chicken.

Home-cooked meals have been on a downward trend for decades. No country in the developed world cooks less than the United States.

An entire generation grew up with few cooking skills transferred from the previous one. Sadly, there was no passage of "kitchen wisdom" from one generation to the next.

Many parents and guardians are intimidated by cooking dinner at home.

It's not just the cooking; it's meal planning, shopping, cleaning up afterwards—and then what to do with the leftovers.

March is National Nutrition Month—a time to focus on healthier eating—and what better way to eat better than to cook a meal yourself?

It's much easier to produce meals with more healthful ingredients and cooking techniques when you do the cooking yourself.

Three benefits of home cooking

- Generally consume fewer calories
- Avoid unhealthy additives
- Control the ingredients that go into your family's meals

Steps to help improve your culinary skills

Get help. Today it's easy. Turn to illustrated cookbooks and cooking videos on YouTube, social media, or television.

Keep it simple. You don't learn to cook

by starting with a complex, time-consuming dish. Begin by learning a few basics: a roast chicken, an omelet, or lentil soup. Prepare them several times until you're satisfied with the result. Then move on to another dish.

Shop conscientiously. Good cooks take their time selecting their ingredients. Choose the crispest greens, the freshest vegetables, and top-quality protein sources. Even the simplest dishes will sing when you shop wisely.

Have the right tools on hand. A sharpened chef's knife, paring knife, sauté pan, sauce pan, soup pot, and roasting pan with a rack are the basics with which you can prepare most dishes.

Have everything ready. *Mise en place* is a French culinary phrase which means "putting in place" or "everything in its place." Before starting the actual cooking, pull your ingredients out and get them prepped. For example, if you need ½ cup chopped onion for the recipe, chop the onion, place it in a bowl, then repeat for all the ingredients. The actual "cooking" will go more smoothly and quickly.

Taste early and taste often. Flavor is built up in layers. For example, notice how the flavor of a tomato sauce deepens as it cooks. And experiment with herbs and spices. A fresh squeeze of lemon juice or splash of vinegar can help brighten a dish.

Clean as you go. I learned this valuable tip while earning my Girl Scout cooking badge and I've followed it ever since. This makes the eventual cleanup less daunting.

Bring in the kids as you learn. By introducing them to basic techniques at a young age, it's not about making them ready to go on *Iron Chef*. It's about piquing their interest, starting a conversation, and getting them into the kitchen. And yes, kids are generally more likely to try a food if they've invested the time and effort into making it.

A final thought: Are you willing to put in a little extra time now to prevent paying extra money in healthcare costs down the road?



Christine Palumbo is a registered dietitian nutritionist and Fellow of the Academy of Nutrition and Dietetics. She is a 2018 recipient of the Medallion Award from the Academy of Nutrition and Dietetics.

Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition or Chris@ChristinePalumbo.com.

CITY CAMPS FOR CITY KIDS!

3 ADVANTAGE CAMPS ON ROOSEVELT ISLAND!



Advantage Day Camp—best day camp in NYC!

- Every kind of fun imaginable, for campers 4 to 14
- Swimming, art, gym & field sports, enrichment, STEAM programs, tutoring & excursions
- Starts 6/17

Advantage Junior Tennis Camp—best tennis camp in NYC!

- Players 6 to 17 focus on tennis, up close & all summer long!
- Drills, games & match play plus swimming
- Starts 6/10

Advantage QuickStart Tennis Camp—best introduction to tennis ever!

- Customized by age & ability, for campers 4 to 7
- Friendly atmosphere, specialized instruction
- Starts 6/10

Open House March 16!

Getting to Roosevelt Island is easy!
Ferry. Bus. Subway. Car.

Or Camp transportation –
see website for details.

Pick your Camp. Pick your days or weeks. Sign up at advantagecamps.net

Contact Bob Ingersole at bingersole@advantagecamps.net or 212.935.0250

Learn more at advantagecamps.net

ADVANTAGE
CAMPS

Why Consider Charter Schools?

By Shnieka L. Johnson

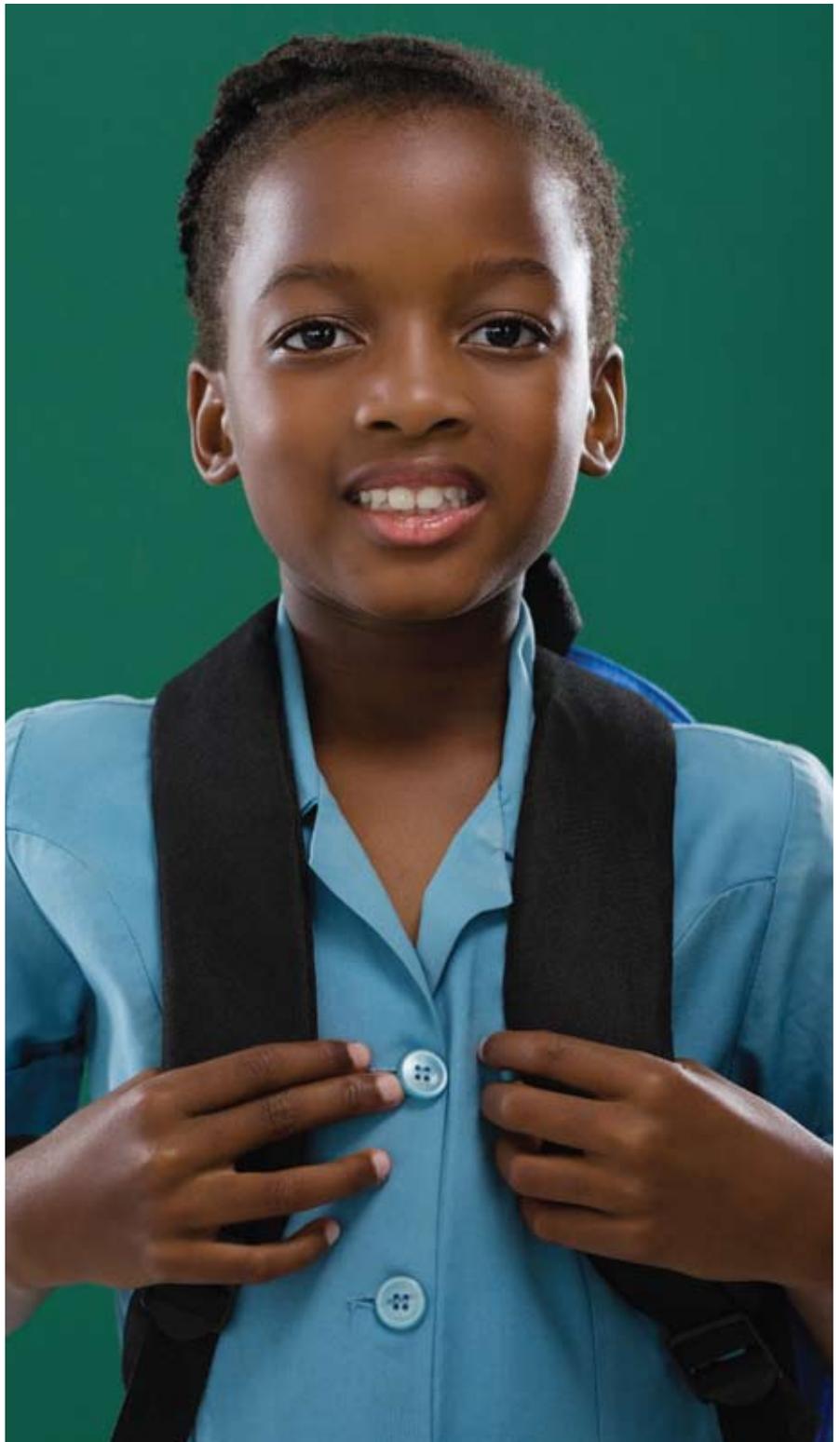
It is prime school-search season in New York City. If you are one of thousands of families weighing their child's educational options for pre-Kindergarten, elementary, middle, and high school, you are in the thick of applications, essays, and assessments or testing. Aside from your normal work and daily activities during this time, you now must add researching schools, contacting administrators, and touring neighborhood options to your busy to-do list. This is true whether you are considering public or private schools.

So, how does one choose the best option? Begin with the big decision—public or private. Then, take a look at the options within your preferred category.

For those utilizing the City's public school options, you have many options in your district, with priority at your zoned school, and you will also have access to a host of charter schools.

Charter schools (founded by not-for-profit Boards of Trustees) receive government funding, but unlike public schools, they operate independently under a contract (or "charter")—an example of what has been labeled by some as "public asset privatization" or contracting out. Many of the city's charter schools utilize public school space. Since the passing of the New York Charter Schools Act of 1998, there has been debate from government officials and families alike on whether these schools should be considered public. According to the United States Department of Education, given that charter schools are open to all students and do not charge tuition, they are categorized right alongside your area public schools.

"We serve the communities in which we are located, and in 2019–2020, we will offer kindergarten through second grade," says Emily Kim, the Chief Executive Officer of



Zeta Charter Schools, which has sites in the South Bronx and the Inwood/Washington Heights areas. Zeta opened its doors in the fall of 2018.

Charter schools may not have all the regulations of a districted school, but they are accountable for academic results and upholding promises that the charter school stemmed from. With well over 200

charter schools in the city, there are tens of thousands of New York City families that are served by these institutions, and these schools have thousands more on their waitlists.

So, why are so many families choosing charter schools? Charter schools have more flexibility in their offerings, a longer school year, extended daily hours, and additional

programming.

“Much of my experience is in charter education, and I love how charters are free to innovate and raise the excellence bar for children,” Kim says.

Although every charter is different (the model, goals and policies may vary) — overall, they are outperforming their neighborhood counterparts on state tests (English language arts and math).

“Parents deserve to have a high-quality school option, as well as a choice as to where they send their children to school. Charters provide parents with much-needed educational options for their children, which raises the bar for public education generally,” Kim says. “We serve families, and want them to be close partners with us in their children’s education. Through this partnership, we ensure children meet their highest and best potential.”

Many families are drawn by the opportunity to send their children to high-performing charter schools. Most operate through a lottery placement system due to the demand.

“Charters provide parents with much-needed educational options for their children, which raises the bar for public education generally.”

“We were zoned for a failing public school (math and reading scores were in the single-digit percentile) and private school is too costly,” says Tiffany G., who is a parent at Harlem Hebrew Language Academy Charter School. Her daughter, now in fourth grade, started at the school in kindergarten.

“Public schools in New York are wonderful, if you are wealthy and thereby able to afford an affluent neighborhood where high-quality public schools can be found. For many who are not wealthy or able to afford expensive neighborhoods, public schools are poor performing, sometimes perilous places. The current public school system exacerbates our city’s economic system of have and have-nots, while many charter schools offer a high-quality of education accessible to all New Yorkers regardless of income,” she says. Adding: “There is a tremendous amount of variety

among charter schools, as they are not bound by all the same regulations as public schools. Shop around to find the school that is the best fit for your child’s learning needs.”

For families in the midst of the school search, an online common application (available via nyccharterschools.org) represents approximately 75 percent of New York City’s charter schools adding ease to the process of applying. The online form, due by April 1, makes searching school options and information on each accessible. New York families interested in applying to charter schools should check individual school websites for listings of tours, open houses, and application instructions.

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 at shniekajohnson.com.



Our World Neighborhood Charter School 2

135-25 79th St, Howard Beach, NY 11414

Visit us at <https://www.owncs.org/own-2>

Kindergarten through Grade 3

Free Public Charter School has joined the District 27 School Community



Visit Us To Learn About Our Great School

- Rigorous Academic Curriculum
- Spanish Beginning in Kindergarten
- Study of World Cultures
- Pillars of a Positive Community
- Arts & Music Integrated Into Curriculum
- Individualized Learning
- Free Breakfast & Lunch
- 1:1 Student Laptop Program

**Open House
Dates:
Tues. Mar.12 4pm**

For additional information | Contact Lucille Ranchor | 646-415-2775 | admissions@owncs.org

Academy of the City Charter School

Woodside
718-487-9857
www.academyofthecity.org
Our school fosters community, supports families, welcomes children of all backgrounds, celebrates diversity and promotes social justice. With our challenging, hands-on liberal arts experience we strive to develop joyful, creative, independent and successful lifelong learners. Our Vision: Every child in our diverse community reaches academic, social and personal excellence. The New York State Education Department has named us a reward school for the third year in a row. We continue to pursue academic excellence along with providing hands on curriculum.

devoted to curriculum subjects. Students will master skills and attain subject proficiency by the end of the 8th grade. Included is a requirement that all students study Latin for three years, a key language for building a strong vocabulary and understanding of romance languages such as Spanish and Italian. Mathematics and English Language Arts are prioritized by allocating twice the amount of instructional time that is customarily devoted to these critical instructional areas. Science, Social Studies, the Arts, Physical education and Health, along with time allocated for enrichment and extracurricular activities round off the typical daily schedule. It requires that all students take available Regent-level courses, such as Algebra 1, Earth Science or U.S. History 1 in grade 8.

Middle Village Preparatory Charter School

Middle Village, 718-869-2933
www.middlevillageprep.org
info@middlevillageprep.org
Our school prepares students for success at a selective college prep high school of their choice. The curriculum is rigorous and designed to meet and surpass the New York State Education Department requirements. Central to the instructional model is a longer school day and increased classroom instructional time that is

Our World Neighborhood Charter School

Astoria & Howard Beach
718-392-3405
www.owncs.org
admissions@owncs.org
This fall Our World Neighborhood Charter School 2 (OWN 2) joined the District 27 school community of Queens and is currently enrolling students for Kindergarten-2nd Grade. We are also currently accepting applications for the 2019-

2020 school year. OWN 2 is committed to an educational philosophy based on inquiry, active and experiential learning, and social justice. Through a literacy-based, integrated and standards-driven curriculum that encourages community and honors diversity, our students receive the broad education they will need to meet the academic and social challenges of the best NYC High Schools, and indeed, to thrive in today's world. We are located in one of the most ethnically diverse neighborhoods in the U.S. and celebrate this by integrating the cultural richness of our community with the lessons of the classroom and the governance of the school. All members of the school community --- students, teachers, and administration --- are expected to reflect on the nature and quality of their work and interactions, and to strive to reach their full potential as learners and as citizens.

The Renaissance Charter School

Jackson Heights
718-803-0060
www.renaissancecharter.org
A PreK-12 public school whose mission is to foster educated, responsible young leaders who through their own personal growth will

spark a renaissance in New York. Our school has been a leader in national education through its example, outreach and collaboration. It regularly collaborates, via school consortiums, federal grants and through nationwide conferences. As a leader in the charter movement, we are committed to serving as a strong model of public school reform. Our school has a unique "three-tiered curriculum" consisting of core studies, experiential learning, and community involvement. Also announcing: The Renaissance Charter School 2 - A second charter school now being developed by the leadership, faculty and community of Renaissance. The school has been approved, and will open in September, 2020, in Community School District 24.

VOICE Charter School of NY

Lena Horne Campus (3rd-8th Grades)
Lower Campus (K-2nd)
Long Island City
718-361-1694
www.voicecharterschool.org
What makes VOICE special is the unusually high level of care and trust that pervades our community and drives hard work. With support from administration and peers, teachers are constantly improving their own



VOICE
charter school

All students will learn. All students will sing.
Learn! Sing!
We are currently accepting applications.
Contact us for applications and more information.
Children who live in district 30 have priority as required by state law.

Long Island City, New York
(718) 361-1694 • www.voicecharterschool.org

Like us on



or follow us on



Facebook Search: NewYorkFamily

practices, sharing techniques, learning and collaborating more deeply. At VOICE students cultivate powerful voices, both individually and collectively. They also learn to listen. As students grow they are given greater opportunities to undertake

more ambitious projects, pursue their passions, take ownership of their decisions, assume leadership roles and care for their peers-- because these are the behaviors of young people who grow into responsible, happy, lifelong-learning adults.



The Renaissance Charter School

Announcing The Renaissance Charter School 21 Our new school will be opening in Sept. 2020

The Renaissance Charter School ("TRCS") is a PreK-12 public charter school located in Jackson Heights, Queens, New York. Our mission is to foster educated, responsible young leaders who through their own personal growth will spark a renaissance in New York.



Open House for the 2019 school year for Pre-K – 12th:

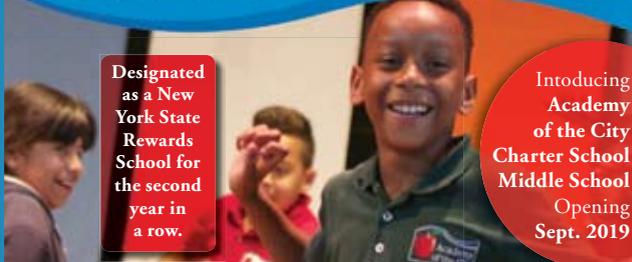
Wednesday, Feb. 13th at 6PM and Thursday, March 14th at 9AM

Application deadline is April 5th, 2019. The lottery will be held April 12th

35-59 81st Street, Jackson Heights, New York 11372
 renaissancecharter.org • T: 718.803.0060 • F: 718.803.3785



31-29 60th St., Woodside, NY 11377
 (718) 487-9857
 www.academyofthecity.org



Designated as a New York State Rewards School for the second year in a row.

Introducing Academy of the City Charter School Middle School Opening Sept. 2019

With a progressive educational model, students of the City Charter School grow and thrive. We provide:

- A safe, loving environment;
- A Lead and Associate teachers in Kindergarten-First grades and Lead teachers in Second-Eighth grades;
- A rigorous, thoughtful, literacy-based curriculum including Math, Science, and Social Studies that exceeds the Common Core Standards and prepares students for the best middle and high schools;
- Teachers for Visual Arts, Music, Science and Spanish (3rd-8th grades) who integrate these subjects with the classroom curriculum;
- Support teachers who guide instruction of students, include 2 ELL teachers, 3 Special Education teachers and 5 at risk teachers for Reading and Math;
- Extended school day and school year;
- An integrated educational approach where all students needs are met including English language learners, students with special needs, and high performing students;
- Translation assistance available; and
- After school program from 4-6 p.m. onsite

All applications must be submitted/postmarked before 5pm, April 1, 2019.

We are a public elementary school that is tuition-free, community-based charter school located in School District 30 (LIC, Astoria, Sunnyside, Woodside, East Elmburst, Jackson Heights)

middlevillageprep.org

Applications will be available online February 1st, 2019

MIDDLE VILLAGE PREPARATORY CHARTER SCHOOL

Lottery to be held on April 17th, 2019 at 7pm

- ✓ Charter Schools are Non-Traditional Public Schools
- ✓ Charter Schools Help Students Achieve
- ✓ Charter Schools Give Parents a Choice
- ✓ Charter Schools Have the Freedom to Teach in an Innovative Environment
- ✓ Charter Schools Serve All Students

All applications for incoming 6th Grade students are due by April 1st, 2019
 Preference given to students living in District 24 and children of MVP Employees

We encourage all students from District 24 to apply, including English Language Learners (ELLs) and students with IEPs.



Band



S.T.E.M. Lab



Project Lead the Way



CK CAMPUS
ctkny.org



info@middlevillageprep.org
 Middle Village Preparatory Charter School
 PO Box 790224
 Middle Village, NY 11379

THE RIGHT MATCH

Finding a summer camp the kids will love — and you'll approve

By Kimberly Blaker

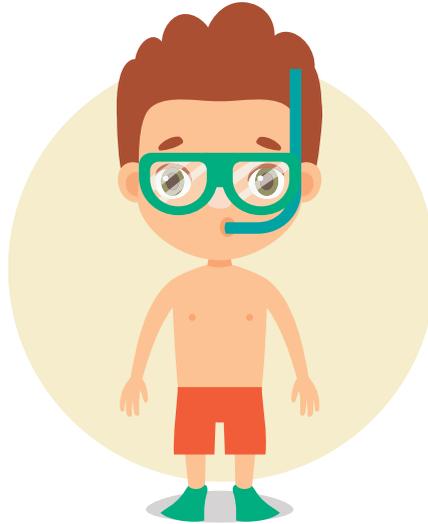
Whether you're looking for enrichment for your child, a way to keep your child occupied and supervised while you work, or a short reprieve from parenting, there's a summer camp out there that's just right for every family. Here are some things to consider in finding the perfect camp.

The benefits of summer camp

Summer camp offers plenty of benefits, and many kids thrill at the idea of going away. But for some kids — particularly those who are shy, introverted, or homebodies — the thought of going away for a night, let alone a week or more, can be cause for considerable anxiety. For kids who are adamantly opposed, forcing summer camp on them may not be in their best interest.

But for kids who are more than eager — or at the very least willing to give it a shot without too much fuss — summer camp offers lots of opportunities they aren't likely to experience at home or anywhere else. If you're not familiar with the benefits, summer camp:

- Fosters independence
- Is a place to develop new and lasting friendships
- Helps kids develop new skills
- Leads kids to discover new interests and



hobbies

- Provides the opportunity for creative expression
- Gives kids a break from being plugged-in
- Offers daily exercise
- Improves their self-esteem
- Teaches kids to work with others
- Makes kids feel part of a community
- Prevents or reduces summer learning loss

Getting started in your search

Before you begin looking into summer camps, first create a list of the criteria you're looking for. Here are some initial things to consider:

- What is your budget?
- What is the purpose of sending your child to camp?
 - Do you want a resident (overnight) or a day camp?
 - Are you looking for a short-term (week or two) or summer-long program?
 - Do you want a camp that's very structured or one that provides your child lots of freedom and choices?
- What are your child's interests, such as a particular sport, hobby, or other interest?

Once you've narrowed down some of the criteria, you can begin your search. An excellent place to start is your local parenting magazine. Many summer camps advertise in regional parenting publications. You can also



visit www.summercamps.com, where you can search by zip code or category.

The American Camp Association accredits summer camps. So this is another excellent place to look for a camp. The Association educates camp owners and directors in health and safety for staff and campers as well as program quality. It then





accredits camps that meet the organization's standards.

Next steps in camp search

Once you've selected a few summer camps that meet your primary criteria and that fit your child's interests, share the choices to see what excites your child. Let your child know up front that you still need to thoroughly investigate the camp(s) before making a final decision. But do keep your child's choices in mind to ensure he or she gets the most out of camp.

Once you and your child have narrowed the list to a manageable selection, you'll want to investigate the camps further. There are several things you'll want to consider:

What are the staff's qualifications? Many summer camps use teens as staff. They make excellent mentors and can bring liveliness to the programs. However, the programs themselves should be developed by professionals and have professional oversight to ensure kids are getting the most from the camp programs.

How does the camp ensure your child's safety? Find out what kind of safety training the camp provides its staffers. Also, is there staff on hand at all times that knows CPR? What are the procedures in the event your child becomes ill, has an accident, or there's an emergency?

What is the daily schedule for campers? Ask for a daily itinerary, so you know your child will be getting everything you and your child anticipate from the program.

What are the rules? Each camp has its own set of rules. So, find out whether your child is allowed to call you. If it's a summer-long residential camp, can parents come and

visit? Can your child bring along a cellphone or electronics? Also, how much money should your child bring, and how is your child's money managed?

Kimberly Blaker is a freelance writer and the author of a kid's STEM book, "Horoscopes: Reality or Trickery?"



Spend Your Summer
@RIOULT
DANCE CENTER

Summer
DANCE CAMP

ALL LEVELS

Ages 6-13
JULY 1st - AUG 9th

Youth
Intensive

Int & Adv Dancers

Ages 14-16
JULY 12th - AUG 16th

visit www.rioult.org/summer for more details!

www.rioult.org
(212) 398-5903

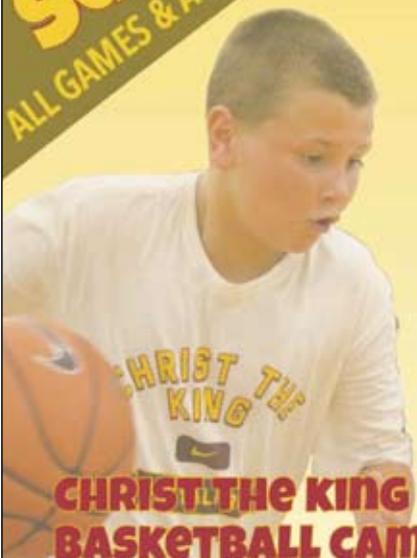
34-01 Steinway St
Astoria, NY 11106



Summer Fun
ALL GAMES & ACTIVITIES TAKE PLACE ON THE CAMPUS



CK KIDS AMERICAN DANCE & DRAMA CAMP
FOR BOYS & GIRLS AGES 3 - 14
July 8 - August 16



CHRIST THE KING ROYALS BASKETBALL CAMP

FOR BOYS & GIRLS AGES 7 - 16
Week #1 July 22 - July 26
Week #2 July 29 - August 2
Week #3 August 5 - August 9
Week #4 August 12 - August 16
Girls Week August 19 - August 23

CK KIDS OPEN HOUSE
MARCH 30TH
1PM - 3PM



PRINCESS & PIRATES CAMP
FOR BOYS & GIRLS AGES 3 - 5
August 5 - August 9



CHRIST THE KING ROYALS SOCCER CAMP

FOR BOYS & GIRLS AGES 7 - 16
Week #1 July 8 - July 12
Week #2 July 15 - July 19
Week #3 August 19 - August 23

LIL' CHEFS CAMP
FOR BOYS & GIRLS AGES 4 - 14
July 15 - July 19



Register Online www.ckny.org
68-02 Metropolitan Avenue, Middle Village NY 11379
718 - 366 - 7454

Kimmy Ma ARTStudio

LAUNCH CREATIVE MINDS!

Register a trial & Receive \$15 trial credit with full time summer enrollment before 5/1!

Medium Based Art Instruction

Charcoal /Pastels, Watercolor & Acrylic Painting

Schedule a visit today for

Spring Session (Feb - June)

M-F After School, Sat & Sunday.

Summer

7/6-8/11 Weekend Workshop (10-noon)
Saturday (age 5-10) or Sunday (Age 8-15)

7/1- 8/22 (Age 5-12) MTWTh
Art fundamentals 4-6pm

7/7-8/8 (Age 9+) 1-3:30 T/WTh
Young Artist Program

www.kimmyma-ARTStudio.com

646-209-9352 • 190-19 Union TPK, Fresh Meadow, NY 11366

Art curriculum is designed by Mrs. Ma
Master of Art, School of Education NYU
facebook.com/kimmyartstudio

BLUE DOLPHIN SUMMER CAMP

June 24th - August 16th

Ages
8-15

80-22 Parsons Blvd.

Open House Dates

Thursday February 28th, 4:30pm - 6:30pm

Saturday March 11th, 11:00am - 1:00pm

Thursday March 21st, 4:30pm - 6:30pm

Thursday April 4th, 4:30pm - 6:30pm



Dress Up Days, Games, Gold Rush Treasure Hunt, Carnival Games, Gaga, Indoor Swimming Pool, Free Early Drop off

For more info: (718) 847-6470 Visit www.Bluedolphincamp.com

Summer

AT THE KEW-FOREST SCHOOL

CORE ACADEMIC & RECREATIONAL OPTIONS

Martial Arts • Cooking • Drama
Swimming • Arts & Crafts
Computers • Day Trips
and More!

OPEN HOUSE
APRIL 6
10am-12pm

ALL CHILDREN
Entering Pre-K to 8th Grade
Are Welcome



July 1 - August 16

Monday through Friday

9:00am - 4:00pm

Register by the Day,
Week or Full 7 Weeks!

Before & After Care
is Available

GET A
FREE
DAY!
REGISTER BY
APRIL 30



THE

KEW-FOREST SCHOOL 119-17 UNION TURNPIKE • FOREST HILLS, NY

Advantage Camps

Manhattan Upper East & West Sides & Roosevelt Island
646-884-9649

www.advantagecamps.net

Best NYC Camps for NYC Kids! East Side & West Side, Advantage has the perfect match for your camper! Advantage Day Camp offers kids ages 4-14 a variety of sports, art, enrichment, and experiences. Plus early drop-off and late pickup. Advantage Junior Tennis Camp is where players 7 to 17 focus on the game, with drills, games & match play, plus swimming. And, for campers 4-7, there's Advantage QuickStart Tennis Camp, with tennis customized for age, ability and fun! Two great locations - Roosevelt Island Racquet Club & Manhattan Plaza Racquet Club/The Beacon School. Choose days, weeks or all summer. Sign up now!

Blue Dolphin Summer Camp

Jamaica

718-847-6470

www.bluedolphincamp.com

A 2-8 week program from 7am-6pm for campers ages 3-15 with bus service available. Our camp is a great place to make friends in a relaxed and fun-filled environment, to build self-esteem and independence and to challenge themselves with new physical and creative activities, such as Taekwondo, ceramics, Basketball, softball, Tennis, Yoga, Lacrosse, Hockey, Gaga ball, and so much more! With a caring staff and instructors and diverse programs; it's easy to understand why so many campers love Blue Dolphin Summer Camp.

CK Kids Summer Camps

Middle Village

718-366-7454

www.ckny.org

Ages: 3-16 years old

Don't Miss the Summer Fun at CK! Christ the King has 3 exciting summer camps to offer children of all ages. Camps appeal to all

interests' soccer, basketball, dance, drama, cooking, arts, waterslides, and karate. On-site Math and ELA programs available. Special weekly camps for cooking and princess & pirate themed are held in July. All activities take place on the CK Campus. Come for a week or the whole summer! Flexible scheduling, convenient location, sibling and multiple week discounts.

Garden School Summer

Jackson Heights

718-335-6363

[www.gardenschool.org/](http://www.gardenschool.org/programs/summer/)

info@gardenschool.org

For children Nursery - 13 years old, we are able to customize your schedule to suit you and your camper. Half day, full and extended days are available from 7:30am-6:00pm. Activities include Arts, Academics, Sports and STEAM. Free swim is included at our onsite swimming pool, as well as lunch and snacks for full

time campers. Door-to-door transportation is available for a fee.

Hofstra Summer Camps

Hempstead - Nassau County
516-463-CAMP (2267)

www.hofstra.edu/academics/ce/summer-camp

Situated on more than 240 acres, HOFSTRA UNIVERSITY SUMMER CAMPS is the largest University-based summer camp on Long Island. A favorite of families for more than 30 years, Hofstra provides campers K-12 with full access to state-of-the-art classrooms, computer and science labs, acres of professional-grade athletic fields, and air-conditioned indoor athletic facilities, including an Olympic-size pool. Door-to-door and area pickup transportation is available to parts of Long Island and parts of Queens.

ID Tech Camps

Held at 150 Prestigious Campus Locations

MILL BASIN DAY CAMP
SUMMERS OF FUN & ADVENTURE!

5945 STRICKLAND AVE, BROOKLYN, NY 11234 718.251.6200 FAX 718.251.3600 WWW.MILLBASINDAYCAMP.COM

- SWIMMING
- BASKETBALL
- VOLLEYBALL
- HANDBALL
- SOCCER
- KARATE
- GYMNASTICS
- FOOTBALL
- GAGA BALL
- DODGE BALL
- WIFFLE BALL
- TRACK & FIELD
- FLOOR HOCKEY
- SPRINKLER PARK
- DANCE
- 2 COMPUTER LABS
- VIDEO GAME DESIGN
- JEWELRY DESIGN
- DRAMA
- FASHION DESIGN
- ROCK BAND
- BAKING
- ARTS & CRAFTS
- TALENT KARAOKE
- TELEVISION STUDIO
- CIRCUS PROGRAM
- BLACK TIE GALA PARTY
- LEGO LAB
- GIANT SCREEN THEATER
- 60FT OBSTACLE COURSE
- JUNGLE GYM
- 3-D MOVIE THEATER
- "OLD SCHOOL" ARCADE
- CARNIVAL
- DAY TRIPS
- "WII" ROOM
- TINY TOWN WESTERN CITY
- Rock Climbing "NEW"
- Laser Maze "NEW"
- Virtual Reality "NEW"
- Mad Science Lab "NEW"
- "NEW LOCKER ROOMS"

- Campers Grades Pre K - 9
- Flexible Registration Schedule
- Door To Door Air Conditioned Bus Service!
- All Activities On Site
- Day Trips
- Hot Lunch & Snack Daily
- 50+ Activities

www.millbasindaycamp.com • 718.251.6200

Check Our Website For Open House Dates!



iD Tech

THE #1 STEM CAMP

FOR AGES 7-19

From coding and game dev to robotics and design, your child will develop in-demand skills and ignite lifelong passions—all in a fun, inclusive environment. Choose from 50+ innovative courses and join our community of over 400,000 alumni. Get ready for the best summer ever!

Held at over 150 prestigious universities

Queens College | Adelphi | NYU
Marymount Manhattan College | NYIT
Columbia | Pace University | Stanford

Get a brochure and find a camp near you!

iDTechCamps.com | 1-888-709-8324



Garden School Summer Camp

ARTS • ACADEMICS
SPORTS

June 24th - August 16th
Nursery - 13 years old

Half / Full / Extended Days
7:30am-6:00pm

Customize your schedule to suit you and your camper

- Onsite swimming pool
- Lunch & snack included
- Special events
- Lessons/Free swim 2 x daily
- Door-to-door transportation
- Drop-in available

Tours available by appointment

Register before we fill up!

33-16 79th Street, Jackson Heights, NY
(718) 335-6363 • gardenschool.org/programs/summer/

1-888-709-8324
www.iDTech.com

iD Tech is the world leader in STEM education, with 400,000 alumni since 1999. Summer programs for ages 7-19 are held at 150 prestigious campuses including Stanford, NYU, HKU, and Imperial College London. Students build in-demand skills for futures in coding, game development, robotics, and design. Visit iDTech.com.

Summer at The Kew Forest School

Forest Hills
718-268-4667
www.kewforest.org/page
summer@kewforest.org
To serve the community's need for a safe and exciting summer program, The Kew-Forest School offers Summer at Kew-Forest! For all children entering grades pre-K to eight. Our academics provide enrichment in reading, writing, and mathematics in

a relaxed environment while our recreational program builds individual interest in activities like art, sports, cooking, swimming, drama and more. Register by the day, week, or for the full seven weeks! Before and after camp care options are also available. Ask us about our available discounts or how you can schedule a private tour.

Kimmy Ma Summer Arts

Fresh Meadow
646-209-9352
KimmyMa-ARTStudio.com
Our summer programs include art fundamental classes that explore medium usages in paintings & drawings with art vocabularies, ideal for school age learners. The Young Artist Programs in classical training formats incorporate concept development guidance while exploring techniques & color theories, ideal for serious learners age 9+. To prepare for

portfolio and auditions with customized schedule, please consult with Mrs. Ma for private lessons. Visit our FB page to see our student gallery. Family programs in March & illustration/cartooning in the April spring break are available.

Magic Day Camp

Bayside
718-634-8109
www.magicdaycamp.com
contactus@magicday.com

A privately owned summer day camp that has successfully operated for more than 30 years. Providing door to door transportation to families everywhere in Queens at no additional cost. Generations of children have experienced a safe and rewarding environment to explore new and enriching experiences that foster both mental and physical growth. With daily swimming, trips, sports programs, dance programs, parks, state of the art facilities and incredible summer days, every day is truly magical! Daily hot and cold lunches are included.

Start Imagination Camp for our youngest children ages 3-5 who are fully potty trained, and our Teen Travel Program for kids ages 12-14. Extended day trips and even overnights are part of this teen experience. We have everything a camp should have; great facilities, loads of activities, and most importantly the most well trained, caring staff in the industry.

Rioutl Dance Center

Astoria
212-398-5903
www.rioutl.org/summer

Twirl into a world of fun at RIOULT's summer programs! Your dancer's technique will soar as they explore a plethora of styles & repertory. We offer full day and help day programs, as well as early drop off and late pick up. In this nurturing environment, your child's creativity and athleticism will flourish. Visit www.rioutl.org/summer and sign up today!

YMCA of New York

www.ymcanyc.org/programs/camp/find-camp

With dozens of locations across the five boroughs, and our Sleepaway Camp upstate, New York City's YMCA has a summer camp that your child will love—at a location convenient to you!

- All Y camps feature:
- Well-trained staff who serve as positive role models
 - Activities and games that develop self-esteem and leadership skills
 - Activities that promote cultural diversity
 - Exposure to new age-appropriate, challenging, and fun experiences
 - An atmosphere that fosters fairness, teamwork, and cooperation
 - Visits to the City's top attractions, including zoos, aquariums, parks, and museums
 - Health, exercise, and nutrition education
- Check the website for locations and open house dates!

Mill Basin Day Camp

Mill Basin - Brooklyn
718-251-6200
www.millbasindaycamp.com

Our camp is dedicated to providing an exciting and fulfilling camp experience for children entering Pre-K through 9th grade. The modern, fully equipped, air-conditioned and secure space offers a wide range of on-site activities. Campers are supervised by qualified staff in a fun and safe first environment. Door to door bus service is available to most locations. Call or come in for a personal tour of the facility.

Oasis Day Camp at QCC

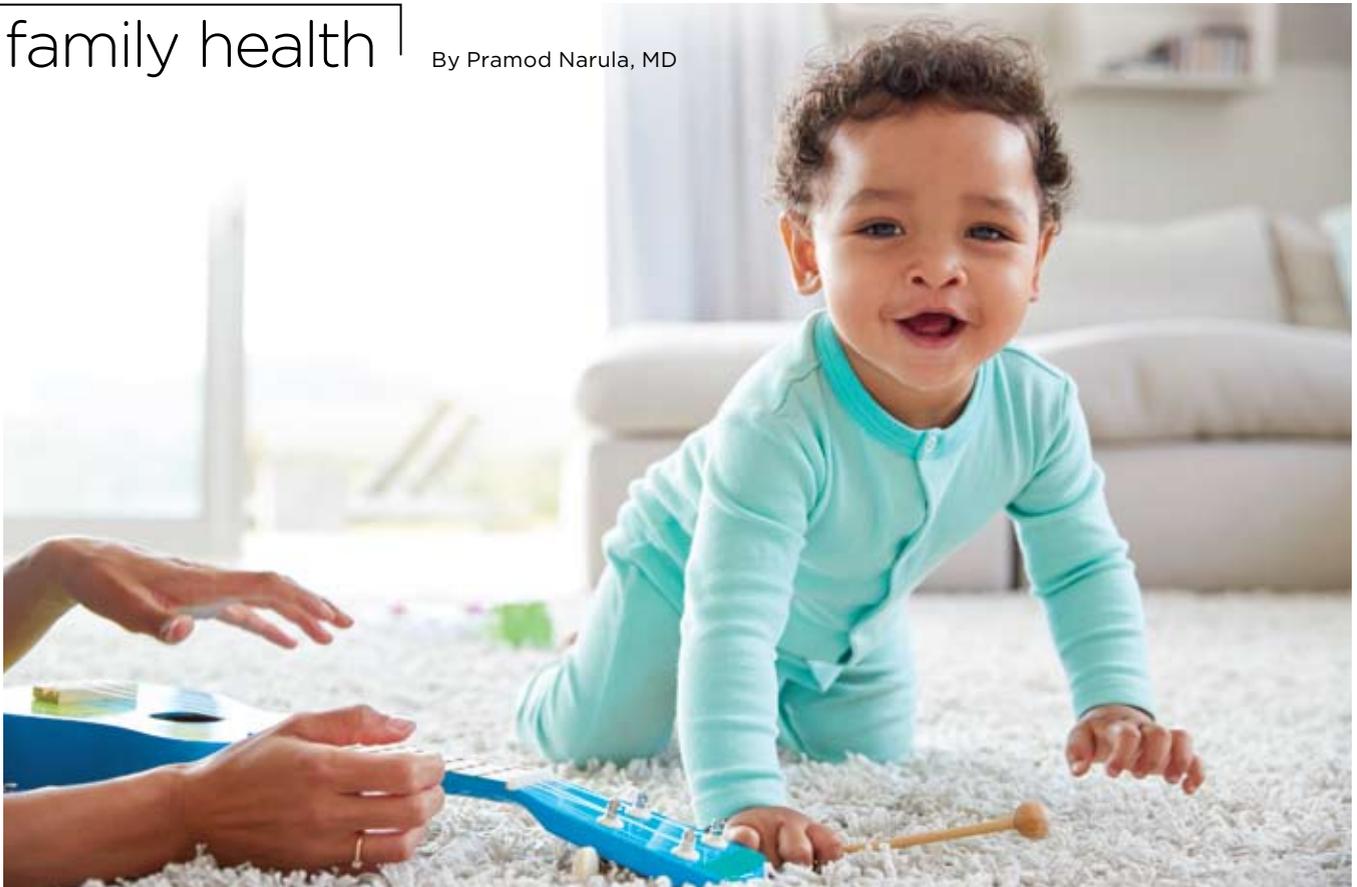
Bayside
646-5195057
For campers ages 3-15.

Our staff focuses on creating activities and instruction that are developmentally appropriate for the varied ages of our campers. Campers are split into Lower Camp, Upper Camp, and two specialty programs, Early



NYC
Camp Guide
2019

Check it out at
www.nyparenting.com/camp-guide



The Risks of Choking for Toddlers

My son is 3 years old, and he is a little rambunctious. He runs around, touches everything, and, more often than not, everything winds up in his mouth. I am constantly worried about the potential choking dangers but I don't want to be too over protective. What can I do to make sure my son stays safe while becoming more mobile and playful?

You are right to want to be careful, as children under the age of 5 are at the highest risk for choking on small objects. Your son's trachea (the "windpipe" that connects the throat to the lungs) is much smaller than that of an adult or older child, with a diameter approximately the same size as that of a drinking straw. However, by knowing the risks and the precautions you can take, you and your son can be happy and carefree.

Toys are an integral part of children's play. However, they can pose a significant risk of choking, especially for children ages 3 and under. It is best to avoid toys that have loose parts that are smaller than one and quarter inch in diameter and shorter than two and a quarter inches long. Legos, dolls, or figurines with small attachments that break off; marbles; pen and marker caps; crayons;

erasers; and toy cars with wheels that come off can all pose a risk of choking. Broken latex balloons and the beads often used as filler in stuffed animals can also lead to suffocation if inhaled. Pay attention to toy labeling, especially the suitable age range. If a toy is meant for an older child, it can wait for a few years. Even when your son plays with toys appropriate for his age, it is important to keep an eye on him.

During parties and celebrations, be mindful of the kind of food being served to your child, as well as of treats that may be left out in the open and within his reach. Many foods that are safe and even healthy for adults and older children can be serious choking hazards for children under 5. Whole grapes, raw vegetables, raw peas, fruit with skin, seeds, carrots, celery, and cherries can all pose a risk. Your son can still eat these foods as long as he is supervised and they are mashed, cooked, or otherwise softened. Dried fruits, sunflower seeds, nuts, peanuts, and spoonfuls of peanut butter or peanut butter on soft bread, popcorn, and bony fish can also easily block the airway. Candy—always tempting to children—can be particularly hazardous, especially small, hard candies.

Even when these objects are kept out of

reach, it is still important to supervise your son. Little things that you may not even notice or be aware of—coins in the couch cushions or dropped trinkets—can also pose a danger to young children. Make sure to keep floors and surfaces within your son's reach free and clear of any small objects. If you bring your son to a relative or friend's house that is not child-proofed, request ahead of time that they be mindful of small objects and be extra watchful while you are there. You can also teach your son safe habits—chewing slowly, not talking while eating, and not putting foreign objects (including toys) in his mouth—which can reduce the risk of choking.

If, despite all precautions, the worst happens, be prepared with knowledge of how to perform the Heimlich maneuver and CPR. In a choking situation, as with any medical emergency, call 9-1-1 immediately.



Pramod Narula, MD is the Chairman of the Department of Pediatrics at NewYork-Presbyterian Brooklyn Methodist Hospital.

Benefits of Pediatric Physical Therapy

When most people think of children needing physical therapy, they think of a child using it to heal from a broken arm or leg, or another injury. Yet physical therapy is a highly effective, non-invasive means of helping heal and support a myriad of medical and even developmental issues. The American Physical Therapy Association lists the following as circumstances in which physical therapy can be beneficial:

- Developmental activities
- Movement and mobility
- Strengthening
- Motor learning
- Balance and coordination
- Recreation, play, and leisure
- Adaptation of daily care activities and routines
- Equipment design, fabrication, and fitting
- Tone management
- Use of assistive technology
- Posture, positioning, and lifting
- Orthotics and prosthetics
- Burn and wound care
- Cardiopulmonary endurance
- Safety, health promotion, and prevention programs

One of the caveats of having your child go to physical therapy, however, is that you have to attend often multiple times a week — which can be challenging to fit into an often already-packed schedule for parents and children. When you have other siblings thrown into the mix, it can become quite a feat to take your child to appointments three times a week. Yet, there are physical therapists who make home visits, and not only say that the physical therapy exercises are only part of the treatment, but that the family also plays a large part of recovery and treatment.

Physical therapists Sonia Miller and Ainelou David from the Visiting Nurse Service of New York say that when you ask most parents what comes to mind when they think about pediatric physical therapy, “you’re likely to hear about softball, horse



riding, or bicycle injuries that send children to the ER or physical therapy outpatient programs for several carpool-disrupting weeks.” Yet, pediatric physical therapy—especially the kind offered in the home—is much more than that, and here’s why:

Pediatric physical therapy is not just for sports injuries. When a doctor prescribes physical therapy for a child, the diagnosis can be multifaceted and complex. In addition to common sports or playground injuries, pediatric physical therapists provide rehabilitation for children born with muscle or skeletal conditions, respiratory illness, blindness, cancer, and other health challenges.

Exercises are tailored specifically for children. To keep a child engaged throughout the rehabilitation process, pediatric physical therapists often use games or age-appropriate props to make the therapeutic process fun and encourage adherence to a prescribed therapeutic care plan.

Parents should be involved in the treatment sessions. It’s vital that a parent is involved in the treatment process for a

variety of reasons. Not only does parental participation help to ensure that prescribed exercises actually get done, it can also help reassure a child who frets at frequent trips to the doctor’s office. The idea of pediatric rehab can make some parents uncomfortable at first, but it’s often worth the effort.

Therapy provides comfort for both the patient and the parent. Sometimes physical therapy is used to help strengthen the spirit as much as the body.

Home is where the heart is. David has a particularly personal connection to her role as a pediatric physical therapist working in homecare. “As a mother, I appreciate getting that extra special touch of care at home—if my child were sick, that’s where I would be all the time, keeping her comfortable and confident, until she can safely step back into her daily routine without me.”



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

Buckley Country Day School
Toddler through Grade 8



Opening The Eyes And Awakening The Mind

OPEN HOUSE

TUESDAY, MARCH 12TH, 9AM

COLUMBIA UNIVERSITY
TEACHERS COLLEGE AFFILIATE SCHOOL
1.U. Willets Road, Roslyn, New York
Admissions Office: 516.472.2702
WWW.BUCKLEYCOUNTRYDAY.COM



Looking for free, full-day pre-K?
Discover Sunnyside Community Services'

SUNNYSIDE UP

Come to one of our
February Open Houses or schedule
a private tour at your convenience.

For more information, email
prek@scsny.org, or
call 718-784-6173 ext. 410.

"I can't say enough great things. I recommend
Sunnyside UP to everyone!"
- Maureen, local parent.



SUNNYSIDE COMMUNITY SERVICES

WWW.SCSNY.ORG | 718-784-6173 | INFO@SCSNY.ORG

Sunnyside UP is funded by the NYC Department of Education and partially
funded by the NYC Department of Youth and Community Development.



THE WINDSOR SCHOOL

LEARN TODAY. LEAD TOMORROW.

A Private College Preparatory Middle and High School in NYC for Students in Grades 7-12

- Celebrating our 50th Anniversary!
- Recently reaccredited by the Middle States Association of Secondary Schools and Colleges
- Small class size offering individualized instruction
- Convenient to the 7 train and 12 MTA bus lines

CURRENTLY ACCEPTING APPLICATIONS FOR 2019-2020

Affordable Tuition - Merit Scholarship & Financial Aid Available

SUMMER ENRICHMENT PROGRAM

- **Regents Classes for Credit Advancement**
Jump a year ahead in one or two subjects!
- **SAT Test Prep Classes**
Prepare for the August or October test!

THE WINDSOR SCHOOL

37-02 Main Street, Flushing, New York 11354
(718) 359-8300 • www.thewindsorschool.com

Our seniors have gone on to attend more than 120 different colleges and universities



25 different nations within our student body



50 exciting course offerings for students to choose from

Students have unparalleled access to 83 museums across 5 boroughs

12 km. from Manhattan



100% of students graduate and are accepted to college each year

12

an average of twelve students per class allowing for individualized instruction

6 different interscholastic sports teams and clubs for students to participate in

17+ AP and unique elective courses



A Card to Give Kids the “Greenlight” to Spend Their Money—Wisely

By Tammy Scileppi

In the old days, kids used piggy banks to save their allowance (some still do). But now, piggy has gone digital!

A revolutionary new tool teaches youngsters about money and helps parents raise financially smart children. It's called Greenlight—and it's a debit card for kids that parents manage through an app on their phones.

Now you can give your kids the “green light” to spend money—wisely—when they need it. It's perfect for tweens, teens, and college students.

It took an uber-creative, tech-savvy team of parents to come up with a truly innovative digital concept that would benefit youngsters and parents alike and jumpstart smart, lifelong financial habits.

Tim Sheehan, dad, chief-executive officer, and co-founder of Greenlight, says it enables parents to choose the exact stores where their children can spend to make smarter buying decisions, and notes that since launching in 2017, Greenlight has helped families nationwide save more than \$2 million.

“Greenlight is safe, smart, and flexible, which is why we think it's been such a huge success,” he explains.

Whereas cash can be spent anywhere, Greenlight's unique, patent-pending store-level controls give parents the option to choose the stores and exact amount where their kids can spend. You can set a specific amount that your child can spend at a store, or choose an amount that they can spend anywhere.

Sheehan says there were many times when one of his kids needed money, but he and his wife weren't always carrying cash because they made their purchases with debit and credit cards.

“I thought, there has to be a better way than rushing out to an ATM at the last minute. Not to mention, cash can be lost, and we didn't have any insight into where it



was being spent,” he recalls. “My co-founders and I surveyed 2,000 parents nationwide and learned that most of them were facing the same problem. So, we created Greenlight to solve that problem in the market. Listening to our customers led to our mission: to help parents raise financially smart kids.”

And Sheehan says his family uses the card regularly.

“We use it to make the kids more independent after school. We give them \$10 each week to buy their own snacks and budget lunch money, or to save, if that is what they choose. Now, they make choices and consider the prices of what they are buying before they buy,” he says.

Here's what parents and kids can do using Greenlight:

Make it visual! With Greenlight, you can create savings goals that provide a visual progress bar for your child to track how he's doing when saving for a specific item. This encourages him in the simplest way — if you want the bar to keep moving, keep saving!

Encourage saving! Create a way for your

child to save and make it appealing for him to do so. Greenlight's Educational Savings Account includes a parent-paid interest rate, which can be used to incent kids to save and to help them learn about compounding interest.

Set a budget! Teaching your kids early how to create a budget is extremely helpful later in life. They can use Greenlight to create spending categories (“greenlights”) that reflect the budget they have created with you.

Provide real-world experience! Challenge your kids in various real-life scenarios. For example, let your child determine if he or she has enough money to buy something when they need to add the price plus sales tax, or how much a meal at a restaurant is going to cost when you have to add up the items ordered, sales tax, and tip.

“Personal financial management is usually not taught in schools, but kids need to learn these skills if they are going to successfully manage their money later as adults,” Sheehan says. “That's where Greenlight comes in. We believe that the earlier you begin to teach and prepare your kids, the more time they have to learn, ask questions, and make mistakes in a safe and supervised way.”

Register for a Greenlight account by visiting www.greenlightcard.com, or by searching for Greenlight in the Google Play or Apple App Store. Your first 30 days are free. After your free trial period, it's just \$4.99 per month for the entire family, including cards for up to five kids. There are no other fees unless your kids lose their card multiple times (they offer one free replacement card).

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting. Interviewing hundreds of New York City's movers and shakers has been an amazing adventure for her. Scileppi's work has appeared in a variety of media outlets. She has also written book cover copy for Simon and Schuster.

Emma's Tutoring



- Taught Grades Pre-K – 5
- 10 Years Teaching
- General Education and Special Needs
- Specializes in Math and ELA

- Master's Degree
- Establishing Good Rapport with Students is Important
- Safe Learning Environment

We Work Through Mistakes

markov.emilija@gmail.com • 917-583-0244

AUTISM SERVICES

Your insurance pays, we provide.

DIRECT BEHAVIORAL SERVICES provides customized ABA services and social groups (funded by your health insurance) to children and adults with autism in Manhattan, NYC areas & NJ. No waiting list.

We work on social skills, language, play skills, self-help skills and academic skills at home, school and community. Supervised by a Board Certified Behavior Analyst (BCBA).

Call **347.559.6131** or email directbehavioralservices@gmail.com
www.directbehavioralservices.com

Private pay also accepted.

FAMILY SPEECH CENTER



CERTIFIED SPEECH-LANGUAGE PATHOLOGISTS

CERTIFIED OROFACIAL MYOLOGISTS

EVALUATION & TREATMENT FOR CHILDREN AND ADULTS

(718) 939-0306
www.Familyspeechcenter.com
Familyspeechcenter@verizon.net
 We accept most insurance plans

CONNECT WITH LOCAL MOMS

Join our Facebook sisterhood: www.facebook.com/groups/nypmoms



JUST wee TWO

where children and grown-ups learn and play together

For 8 months – 3½ years

REGISTER NOW FOR SPRING & SUMMER
 at our Bayside Location

Join Us For Fun

- Arts & Crafts
- Music • Stories
- Creative Movement
- Playtime
- Narrow Age Spans
- Maximum 10 Children Per Class
- 1½ Hour Classes
- Professional Staff

“Just For Me”
 2½ – 3½
Separation Program
 Partial Separation Classes Also Available

Infant Classes and ABC Enrichment Classes also available

For information call 1-800-404-2204 or 516-433-0003
 Or log onto our website: www.justweetwo.com

Other Locations: Park Slope & Brooklyn Heights, Plainview & Manhasset, Greenwich & North Stamford, CT

Long Island Speech & Myofunctional Therapy



844-5-SPEECH
www.lispeech.com

Specializing in the Treatment & Correction of:
 Language Disorders * Memory & Auditory Processing Difficulties * Fluency * Voice Disorders * Motor Planning Disorders * Deviate Swallowing * Tongue Thrust * Feeding Problems/Aversions * Thumb Sucking * Articulation Disorders * Oral Facial Muscle Weakness

Specialized Therapy Approaches Including:
 PROMPT Therapy * Individual Feeding Therapy * Augmentative Communication Evaluations and Therapy

444 Lakeville Road
Lake Success, NY 11042
718-640-6767

PARTICIPATING WITH MOST MAJOR HEALTH INSURANCE COMPANIES

Chef in the City

Noted NYC chef & foodie Eden Grinshpan dishes on motherhood, her downtown restaurant DEZ, and her passion for travel

By Radhamely DeLeon

Whether she's going viral for doing the robot while strapped to a breast pump or sharing photos of her and her almost-2-year-old daughter Ayy, chef, food blogger, and TV personality (you can catch her North of the border on "Top Chef Canada") Eden Grinshpan is definitely not one to keep up glossy appearances of motherhood. It's clear from her unabashedly silly posts that she has found a happy medium between herself as a person and as a mom.

Food is understandably a very big factor in their household. As a certified fabulous foodie herself, Grinshpan, a Brooklyn mama, was excited to start introducing solid foods to her daughter's diet so they could bond over bites. Though she tries to widen Ayy's palette as much as she can, it's not always easy. "The older she gets, the more she knows, the pickier she gets," Grinshpan says. "It's been a little bit of a battle."

With all of the healthy food options available to families now, like Grinshpan's recently opened restaurant DEZ (where she is the co-owner and executive chef) it's especially easy to get hung up on strict vegetable-based diets. So, how does one balance her little one's meals? Moderation is key.

"[My daughter] likes sugar, she likes sweet things. She gets a lot of fruit, she loves fruit... But, you know, she gets a little junk," Grinshpan says. "I had to let go a little bit because I was a little controlling over everything being healthy, but I'm very much a believer of trying to keep it 75-80 percent healthy, and the rest you can kind of be easy."

Grinshpan's love for cooking first began when she started watching the Food Network as a sophomore in high school. She recalls being "obsessed" with Food Network stars Ina Garten, Nigella Watson, and Jamie Oliver. When it came time to decide where she should go to college, culinary school was



“the only thing that really made sense.” Thus began the start of her culinary career, or what she likes to call her “love affair with food and cooking.”

She enrolled in Le Cordon Bleu in London where she graduated with a *grande diplom*e in pastry and cuisine. Rather than looking for work, Grinshpan, whose heritage is Canadian and Israeli, sought to see the world.

“A lot of people are afraid of being uncomfortable or not close to what they know, but honestly I’ve never grown more than when I was away. I really, truly believe my time abroad was my education,” she says. Grinshpan then went on to backpack through India and Southeast Asia, and lived in London for two years.

Even at the time of our interview, they had just returned from a family trip to Israel. How have their travels changed now that Ayy’s joined the family? Parents are often afraid of taking long flights with their children, but Grinshpan feels the benefits outweigh the cons.

“For me, it’s kind of like ripping off a

“A lot of people are afraid of being uncomfortable or not close to what they know, but honestly I’ve never grown more than when I was away. I really, truly believe my time abroad was my education.”

Band-Aid. You do it, you get it over with, and you get to have an experience,” she explains. “To be able to take Ayy to Israel and to eat the food that I grew up eating, and to see the places, that mean so much to me.”

These travels, as well as Grinshpan’s own Israeli roots, are what inspired her the vibe for her restaurant, DEZ (short for “desert”), a fast-casual Middle Eastern eatery located

in the heart of Nolita. Co-founded with Samantha Wasser, (who is known in the food world for the NYC vegan restaurant by CHLOE) DEZ’s fresh and tasty meals are ideal for everyday dining with a twist.

As we caught up over the phone, there was a small cry in the background. Grinshpan laughs. “She’s here,” she says, referencing her young daughter. “She was supposed to go down an hour ago, but guess what? She’s watching ‘Peppa Pig!’”

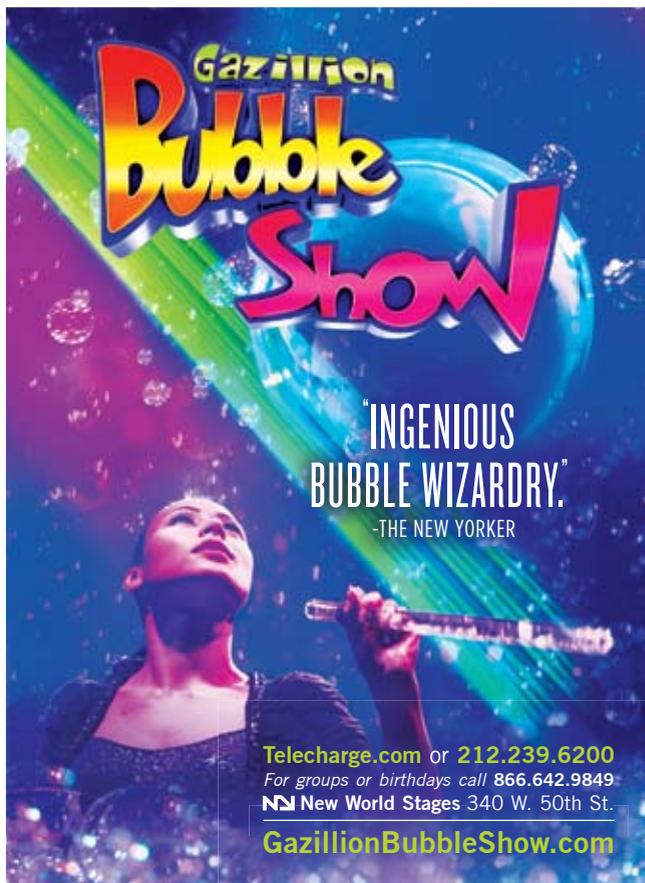
Whether she’s sharing candid photos of her breastfeeding in the back of a car (#NormalizeBreastFeeding), or her hilarious take on the traditional maternity shoot (a tower of gourmet doughnuts were involved), Grinshpan is definitely honest about the realities of being a parent.

“Yeah, [my husband and I] get flustered sometimes, but in the end, we just laugh about it because it’s just so ridiculous,” she says. “The things we get flustered about in the grand scheme of things, they’re nothing.”

To learn more about Eden Grinshpan, visit edeneats.com!



Online
ACTIVITY GUIDE
at
nyparenting.com/activity-guide



**Gazillion
Bubble
Show**

“INGENIOUS
BUBBLE WIZARDRY.”
-THE NEW YORKER

Telecharge.com or **212.239.6200**
For groups or birthdays call **866.642.9849**
New World Stages 340 W. 50th St.
GazillionBubbleShow.com

It's Only Natural

Reflecting on my experience with three natural childbirths

By Danielle Sullivan

When I gave birth to my children, I chose natural childbirth all three times. With my first child, I had no idea how painful it would be. I remember it being so bad at one point that I thought the birth had to be imminent after 12 hours of labor—only to find out I was just three centimeters dilated!

Whenever I hear other moms who had natural childbirth discuss their experience, it often echoes my thoughts way back in my first labor experience: I might not make it through because the pain became so heightened.

Many describe the delivery as excruciating, and some even go as far as to say that they didn't know how they would handle it once it got intense, and thought, "how do women do this?" Ironically, many of us get a second wind and think, well, if other women have done it for thousands of years, then we can too (whether we have to is entirely another question).

I have to admit, I felt the same way. I have never been a wimp in the pain department and I thought that if others did it, I could do it too. I wanted to be fully present without having to feel drowsy or delusional from medication. But when the pain kicked in with no sight of even being remotely ready to push, I considered an epidural and spoke to the anesthesiologist.

It turned out to be basically out of the question because I am so prone to headaches. The anesthesiologist questioned me on my headache history and informed me that an epidural could bring on more headaches or a very long headache after the birth. The last thing I wanted to do was have more or worse migraines, so I decided against it.

Eventually, my daughter was born at the 18-hour mark without pain medication. By the second and third pregnancies, I knew I wanted to experience natural childbirth again because, despite the pain, it was a beautiful experience that I will never forget. I felt amazing right after giving birth, could walk, was not drowsy, and had no need for any pain medication the entire time.

But I also remember going to the hospital the second and third time in labor and



knowing exactly what I was in for that day. It was better in the sense that I knew exactly what to expect, but it was also much worse simply because I did know exactly what to expect. Luckily, each subsequent pregnancy ended in a shorter labor. My second daughter was born after just five hours and my son was born in a little more than three hours of active labor.

I am finished having children, but sometimes I wonder if I were to have another child, would I choose natural childbirth again? I have heard so many fabulous accounts of labor with an epidural. I watch "A Baby Story" on television and I see the mothers talking and joking while in active labor—even when pushing the babies out—and I am truly amazed. By the time I reached the transition phase, I was completely unable

to speak. I was grunting and screaming on and off, and squeezing the life out of my husband's hand. I've also heard from other moms who said that although they were prone to headaches, the epidural didn't worsen them, so I likely could have had one.

Like many things in pregnancy and even more in parenting, there is rarely a right or wrong answer for every individual. You do your homework, rely on your doctor or midwife, and do the best you can. Make

a plan, but feel free to change your mind in the moment, too.

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



MAKE BROADWAY PART OF YOUR FAMILY

Visit WWW.FAMILIES.BROADWAY

The Broadway League brings you fantastic FAMILY OFFERS this winter.

for more information.

Participating shows*:

- Aladdin • Anastasia • The Band's Visit
- Beautiful: The Carole King Musical • The Cher Show
- Chicago The Musical • Come From Away • King Kong • Kinky Boots
- Frozen • Kiss Me, Kate • The Lion King • My Fair Lady
- The Phantom of the Opera • The Prom • Waitress • Wicked

(*Shows subject to change and availability.)



Advertise with us!

New York family



Queens family



Brooklyn family



Bronx|Riverdale family



Westchester family



To place an ad in any of our monthly titles, please call **718.260.4554**

calendar



MARCH

UGLY DUCKLING, PRETTY LIGHTS

Prepare to be dazzled by awesome light features at the upcoming “The Ugly Duckling” show by Lightwire Theater at Tribeca PAC on March 16. Lightwire Theater brings a classic tale to the modern stage in an unforgettable theatrical experience. Lined with electroluminescent wire, the beloved story of “The Ugly Duckling” plays out on stage through a cutting-edge

blend of puppetry, technology and dance. With super-cool visuals, poignant choreography and the creative use of music ranging from classical to pop, this production brings this story into a new and brilliant light. This show is great for ages 5-10. 11am. *Tribeca PAC [Borough Of Manhattan Community College, 199 Chambers Street. tribecapac.org.]*

1 FRIDAY

FURTHER AFIELD

Teknopolis 2019. Technology will take over the Brooklyn Academy of Music during the third Teknopolis exhibition! Ages 6 and up can explore floors of interactive exhibits that will bridge the arts and digital media. This year the exhibit will offer two different experiences, allowing visitors to pick and customize what they see. Visit bam.org for ticket time slots and more info. 9:30am-9:30pm. Adults: \$21; children (ages 6-14): \$16. *BAM Fisher, 321 Ashland Pl., Brooklyn. bam.org.*

2 SATURDAY

“Tradition Meets Modern Beauty: Wonju Seo’s Contemporary Interpretation Of Korean Pojagi” Exhibit.

The exhibition features the New Jersey-based artist’s Pojagi (traditional Korean patchwork wrapping cloths) collection. Using contemporary imagery as inspiration, Seo’s geometric fabric textile art shines in this limited-run exhibit. Recommended for ages 10 and up. There is a suggested donation fee of \$5. 12-5pm. *Flushing Town Hall, 137-35 Northern Boulevard, Flushing. flushingtownhall.org.*

FURTHER AFIELD

Teknopolis 2019. See March 1

3 SUNDAY

“Tradition Meets Modern Beauty: Wonju Seo’s Contemporary Interpretation Of Korean Pojagi” Exhibit. See March 2

FURTHER AFIELD

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 calendar@newyorkfamily.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!



Photo by Anne Tan Detchkov

Garden Variety

Calling all budding gardeners! Get your hands dirty at the Queens Botanical Garden’s annual Children’s Garden Open House on March 23. With planting activities and garden crafts, children of all ages will get the opportunity to plant their own seeds in the children’s garden, explore the QBG plant collection, create

their own trail mix, and participate in a garden-wide scavenger hunt! Enjoy both the indoors and outdoors with the QBG’s nature and garden programs. This free event run 1-4pm and is great for kids of all ages and the whole family. *Queens Botanical Gardens [43-50 Main Street, Flushing. queensbotanical.org.]*

Teknopolis 2019. See March 1

4 MONDAY

Inspiring Women In Science: Bingo! Come to this bingo game in honor of the incredible women in science. Learn and test your knowledge on these aspiring women while playing this classic game—a fun way to learn and have fun! 4-5pm. Free. *Ridgewood Library, 20-12 Madison Street, Ridgewood. queenslibrary.org.*

7 THURSDAY

FURTHER AFIELD

Teknopolis 2019. See March 1

8 FRIDAY

FURTHER AFIELD

Teknopolis 2019. See March 1

9 SATURDAY

Shorts for Tots. The Museum of Moving Images invites young movie lovers and their caregivers to this fun-loving movie premiere! Showing shorts like “Zog,” “Flipped,” and “Pig on the Hill” you and your child are sure to have a blast! Watch films about free-thinking dragons, pigs, and enjoy their feel-good lessons with your little movie critic. 11am-12pm. \$14. *Museum of the Moving Image, 36-01 35th Avenue, Astoria. movingimage.us.*

FURTHER AFIELD

Teknopolis 2019. See March 1

10 SUNDAY

Shorts for Tots. See March 9

FURTHER AFIELD

Teknopolis 2019. See March 1

18 MONDAY

FURTHER AFIELD
Spring Break Camp at the Guggenheim. Are your kids creative? Do they like art? If so, perhaps the Guggenheim’s Spring Break Camp is for you! Through gallery and studio exploration, campers will get to develop their own artistic style by learning new artistic techniques from teaching artists who will introduce them to new approaches to art and a variety of mediums. Daily, through March

22, 9:30am-4pm. \$600/\$500 for members. *Guggenheim Museum, 1071 5th Avenue, Manhattan. ny.guggenheim.org.*

19 TUESDAY
FURTHER AFIELD

Spring Break Camp at the Guggenheim. See March 18

13 WEDNESDAY
FURTHER AFIELD

Brooklyn Museum: Stroller Tour. Cultivate the minds of your babies as well as your own at the Brooklyn Museum. Explore touchable objects, songs, art with your 1-week to 24-month-old child on this interactive stroller tour. Mix, mingle, and appreciate art with other caregivers and Brooklyn’s youngest museum-goers. Single strollers only. 10-11am. \$25. *Brooklyn Museum, 200 Eastern Parkway, Brooklyn. brooklynmuseum.org.*

Spring Break Camp at the Guggenheim. See March 18

14 THURSDAY
FURTHER AFIELD

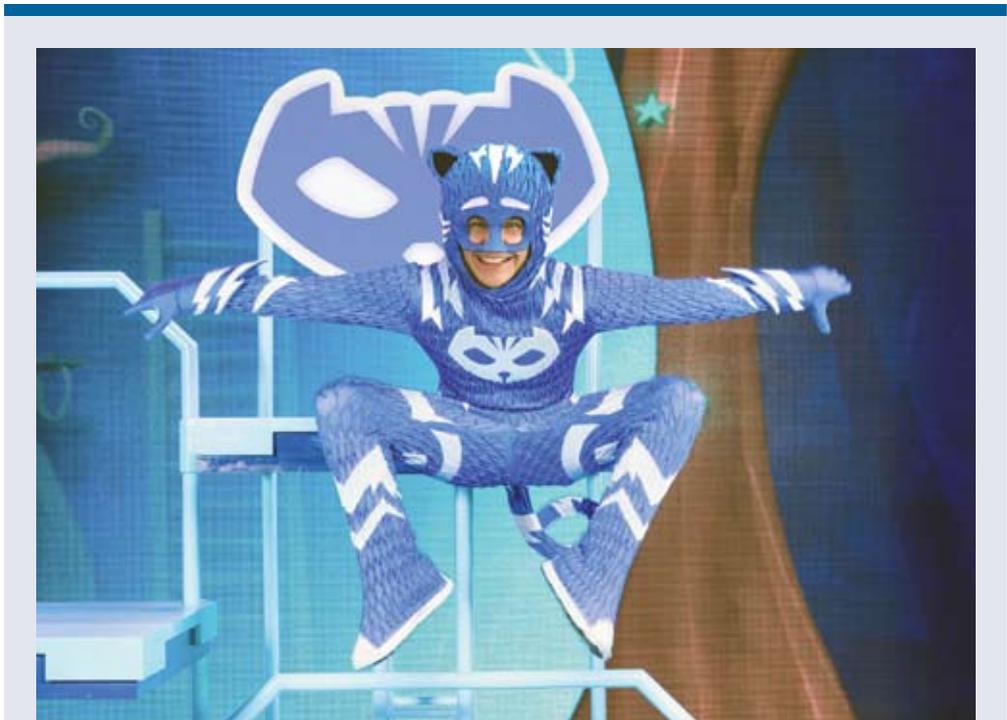
Spring Break Camp at the Guggenheim. See March 18

15 FRIDAY
FURTHER AFIELD

Spring Break Camp at the Guggenheim. See March 18

16 SATURDAY
FURTHER AFIELD

St Paddy’s Day Parade. Don your snappiest green outfit and bring the whole family to join in on the longtime Irish tradition of New York City’s St. Patrick’s Day Parade on Saturday, March 16, 2019. St. Patrick’s Day commemorates the death of Saint Patrick, one of Ireland’s most notable patron saints. The parade runs down 5th Avenue from 44th Street to 79th Street. The parade starts at 11am and ends around 5pm. Come be a part of



Mask-querade

Your kids will love this screen-to-stage adventure show. “PJ Masks Live” is returning to the big stage (the Kings Theater in Brooklyn, to be exact) with an all new, live musical show called “PJ Masks Live! Save the Day,” starring the heroic trio, Catboy, Owlette, and Gekko along with their new friend PJ Robot, as they try to save the day from the Baddies—Romeo, Night Ninja and Luna Girl! “Fluttering Feathers! Leaping

Lizards! What a CAT-tastrophe!” The show will delight fans of all ages with live performances featuring a world-class production, familiar and original music, acrobatics and immersive interactivity. It’s going to be super fun as Catboy, Owlette, Gekko go into the night to save the day. Show times are at 1pm and 2:30pm. *Kings Theater [1027 Flatbush Avenue, Brooklyn. pjmaskslive.com.]*

one of New York City’s oldest traditional celebrations and avoid getting pinched by wearing all the green in your closet! Free, 11am-5pm. *5th Avenue from 44th Street to 79th Street, Manhattan, nycstpatrickspatrade.org.*

23 SATURDAY
Children’s Garden Open House.

Get your hands dirty at the Queens Botanical Garden’s annual open house. With planting activities and garden crafts, children of all ages will get the opportunity to plant their own seeds in the children’s garden, explore the QBG plant collection, create their own trail

mix, and participate in a garden-wide scavenger hunt! Enjoy both the indoors and outdoors with the QBG’s nature and garden programs. 1-4pm. Free. *Queens Botanical Garden, 43-50 Main Street, Flushing. queensbotanical.org.*

Disco Glow Kids Party. End the weekend with a night of dancing, music, and glow-in-the-dark face paint with your kids! Partake in arts, crafts, and enjoy some live entertainment before Monday morning hits. Laugh, craft, and bust a move with your kid on the dance floor with Parties Mania! 3-6pm. \$25. *Doha Nightclub, 3834 31st Street. (347) 801-4381.*

eventbrite.com.

30 SATURDAY
Workshop Mornings.

All visitors—small and large—are invited to explore the Museum of Moving Images before the crowds roll in. Tour the exhibits and participate in themed art projects with museum educators. Take advantage of all the MoMI has to offer while also enjoying a light breakfast of refreshments with your own little artist. 9-10:30am. \$5. *Museum of the Moving Image, 36-01 35th Avenue, Astoria. movingimage.us.*

FURTHER AFIELD

“PJ Masks Live! Save the Day”. “PJ Masks Live” is returning to the big stage with an all new, live musical show, starring the heroic trio, Catboy, Owlette, and Gekko, along with their new friend PJ Robot, as they try to save the day from the Baddies! The show will delight fans of all ages with live performances featuring a world-class production, familiar and original music, acrobatics, and immersive interactivity. Show times are at 1pm and 2:30pm. Daily through March 31. Tickets start at \$39.50. *Kings Theatre, 1027 Flatbush Avenue, Brooklyn. pjmaskslive.com.*

31 SUNDAY
FURTHER AFIELD
“PJ Masks Live! Save the Day”.
 See March 30

LONG-RUNNING
“Bionic Me” Exhibit. Explore how bionic technology has evolved when you visit the New York Hall of Science! The Hall’s new exhibit “Bionic Me,” will immerse visitors in medical and industrial breakthroughs through hands-on displays and full-body experiences. All ages can control a robotic arm, see in the dark using night-vision, move a ball with just their mind, and more. Daily, 10am. Free with



St. Paddy’s Day

Don your snappiest green outfit and bring the whole family to join in on the longtime Irish tradition of New York City’s St. Patrick’s Day Parade on March 16, 2019. St. Patrick’s Day commemorates the death of Saint Patrick, one of Ireland’s most notable patron saints. The parade runs down 5th Avenue from 44th Street to 79th Street. The parade starts at 11am and ends around 5pm. Come be a part of one of New York City’s oldest traditional celebrations and avoid getting pinched by wearing all the green in your closet! Free, 11am-5pm. [*5th Avenue between 44-79th Streets, nycstpatricksparade.org]*

Hall admission. *New York Hall of Science, 47-01 111th Street, Corona. nysci.org.*

FURTHER AFIELD
T. Rex: The Ultimate Predator.
 This March, The American

Museum of Natural History is bringing in a new exhibition that explores the tyrannosaur superfamily. Learn about the latest research by scientists, discoveries, fossils, and casts. Their engaging learning

opportunities and virtual reality experience will surely not disappoint the kids. Open to the public March 10 (March 8 for members). Daily. Prices vary. *American Museum of Natural History, 79th Street Transverse and Central Park West, Manhattan. (212) 769-5100. amnh.org.*

“The Trolls Experience.” Calling all “Trolls” fans who “just can’t stop the feeling!” Come dance, sing and hug at the all-new interactive DreamWorks Trolls The Experience is up and running in New York City; running now daily. \$25. 218 West 57th Street, Manhattan. trollstheexperience.com

TILT Kids Festival. The Cultural Services of the French Embassy and the French Institute Alliance Française (FIAF) are pleased to announce the fourth annual TILT, a festival for kids, families, and adults showcasing lyrical and thought-provoking multidisciplinary international projects and new commissions from musicians, theater makers, visual artists, and philosophers will take place in New York from March 2-31. Locations, prices, and times vary by individual event. Tickets start at \$15. *Multiple locations, Manhattan. frenchculture.org.*

The Marketplace

FAMILY CARE

Contemporary Family Care
 Licensed Care Services since 1992
DAY CARE PROVIDED
 Newborn–12 years • Before/AfterSchool
 Call for a tour today
ALSO IN YOUR HOME
 Nannies, Companions, Personal Assistants,
 Kosher Housekeepers, Cleaners
 Live In or Out
Call 718-949-9233

PARTY PLANNING

DENISE MAKES CAKES

 “Creating delicious memories one cake at a time!”

 917.689.4857
 DeniseMakesCakes.com
 DeniseMakesCakes@gmail.com

Stay Connected

To advertise with us please call 718-260-4554

FRESH & FIT

Spring is right around the corner—celebrate the shift in the seasons by treating yourself to these 10 #FitMama must-haves in sporty, seasonal shades

By Mia Weber



1



2



3



5



6



4



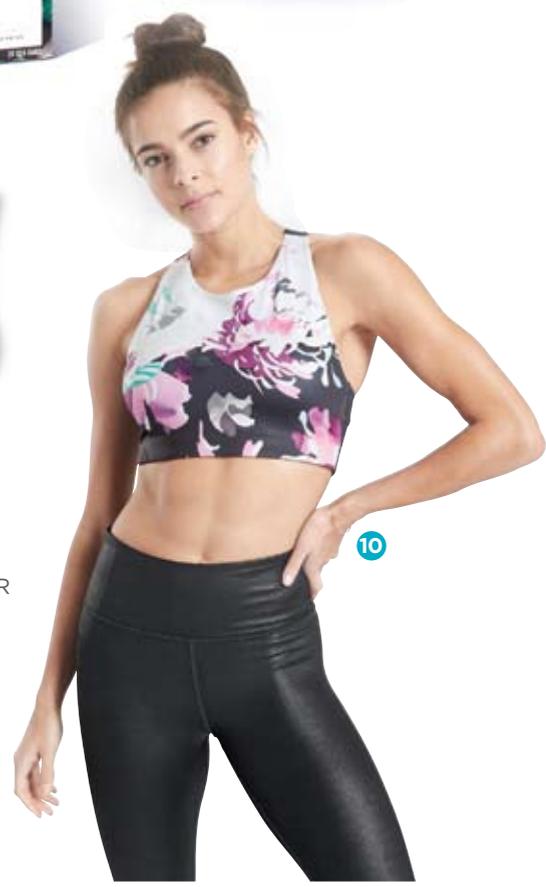
7



8



9



10

1. L.L.Bean Signature Made in Maine Duffle in Blue, \$149, llbean.com 2. BANDIER x Cynthia Rowley Belt Bag, \$135, bandier.com 3. Tory Sport Performance Double-Hood Running Jacket, \$328, toryburch.com 4. Fresh Sugar Lip Treatment - Pisces, \$26, fresh.com 5. Sakara Life Tea Collection (Sleep, Detox & Digestive), \$50, sakara.com 6. Manduka Meditation Cushion - Star Dye, \$38, manduka.com 7. Megababe Rosy Pits Daily Deodorant, \$18, megababebeauty.com 8. S'well 17-oz. Bottle in Blue Cornflower, \$35, swellbottle.com 9. Pair of Thieves Ah-Mazing Women's Ankle Socks 2-Pack, \$16, pairofthieves.com 10. Athleta Printed High Neck Bra in Spring Night, \$54, athleta.gap.com.

For more product picks, visit newyorkfamily.com!

Magic Day Camp



WE ACCEPT
PARTICIPATING
UNIONS

PAYMENT
PLANS
AVAILABLE

"Where Every Day is Magical!"



FREE
Door to Door
Transportation
NEW for 2019

Family Owned
& Operated for
Over 30 Years

Air-Conditioned
Busses!!!



- Daily Swimming at a Private Country Club Pool with Instruction
- Organized Sports
- Professional Tennis Instruction
- Arts & Crafts
- Full Dance & Drama Program
- 3 Exciting Trips Every Week
- Spacious Outdoor & Indoor Play Areas with Air Conditioning



2-8 Week
Sessions
Available



- FREE Door to Door Transportation All Of Queens and Nassau
- Daily Hot & Cold Lunches with Special BBQ and Pizza Days Included

We
Accept
1199

Open House
Jib Lanes
Sundays 12-3
Mar 10th &
17th



Early Drop Off and Extended Day
LICENSED PROFESSIONAL SUPERVISION
Convenient Bayside Location

Children Ages 4 to 15

We Can Be Reached at (718) 634-8109 • www.magicdaycamp.com

I just feel,
mmm, super!



Whether your superhero needs relief from fighting villainous infections and allergies, or just a regular check up, Dr. Gold has it covered. Most insurance plans accepted. Sorry no kryptonites.

MD1CARE Gold Pediatrics is now open in Bayside. We specialize in General Pediatrics, Adolescent Medicine (Teens), and Adolescent Gynecology (Young Women).

Marigold Castillo, M.D.

Board Certified, American Board of Pediatrics

MD1CARE.nyc



42-05 Francis Lewis Blvd, Bayside, NY 11361

(718) MD1-CARE