

STATEN ISLAND

Family

Where Every Child Matters

April 2012
FREE

**Summer
Camp Guide**



Kids celebrate the earth

Spring around town!

Festivals, concerts, shows, parties and more

Find us online at www.NYParenting.com

ARE YOUR VEINS IN SHAPE FOR SUMMER? GET HEALTHY, WITH A PAINLESS SCREENING.

Summer is coming. Which means bathing suits, shorts and increased physical activity. Gear up with a free varicose vein screening with one of our vascular specialists. Appointments are limited. Call today. 718.226.6800. [Мы говорим на русском!](#)



Vascular Specialists
of Staten Island University Hospital

Jonathan Deitch, MD FACS • Jonathan Schor, MD • Kuldeep Singh, MD RPVI

VARICOSE VEIN SCREENING

Free screenings
from 1PM to 6PM

THURSDAY
APRIL

26

256 Mason Avenue, Building B, 2nd Floor

CALL 718.226.6800



Family April 2012



28



32



38

FEATURES

- 6 Earth celebration**
Tompkinsville hosts an interactive discovery day with emphasis on family fun
BY SHAVANA ABRUZZO
- 12 Make a difference during Autism Awareness Month**
BY REBECCA MCKEE
- 14 Stop struggling with the juggling**
Here are some tips on how to balance family, work, friends, and personal time, so you feel less stressed
BY SANDRA GORDON
- 18 Homesick blues**
10 ways for parents to help their little campers adjust
- 26 Playing it safe**
Tips on preventing Little League injuries
BY TONY WANICH, MD
- 28 Big fun on a small budget**
Birthday parties that won't break the bank
BY CANDI SPARKS
- 32 It can't be easy, being a baby**
One dad's thoughts on why newborns put up such a fight when trying anything new
BY TIM PERRINS
- 34 Find new use for old clothes with a quilt**
Turn your child's baby clothes into a family heirloom
BY KATHY SENA
- 40 Money doesn't buy happiness**
Psychologist's new book finds the best things in life are free
BY ALLISON PLITT

CALENDAR OF EVENTS

- 45 Going Places**
Take the family out and find out what's going on in your town

SPECIAL SECTIONS

- 20 Camps/Programs Directory**
- 30 Party Directory**



28

COLUMNS

- 10 Family Health**
BY SAIDI CLEMENTE, MD
- 16 Mommy 101**
BY ANGELICA SERADOVA
- 36 Ask an Attorney**
BY ALISON ARDEN BESUNDER, ESQ.
- 38 Healthy Living**
BY DANIELLE SULLIVAN
- 42 The Book Worm**
BY TERRI SCHLICHENMEYER
- 43 Parents Helping Parents**
BY SHARON C. PETERS
- 50 New & Noteworthy**
The hottest new products

Letter from the publisher

NYC is on our planet Earth

Having been involved in the Earth Day movement for a long time, I can only say, that here in New York there remains a real lack of awareness on the part of the average citizen, in comparison to other large cities both here in the US and in Western Europe. We lag behind and the streets of our city are a testament to that fact.

Paper is floating everywhere, there are plastic bags hung up in many of our trees and even seemingly educated, intelligent people have become apparently immune to the mess. Cavalierly, most people walk past newspapers blowing down the sidewalk, half-eaten



food casually thrown in the streets, cigarette butts everywhere, and bottles, cans and other refuse tossed onto the streets or thrown to the curbs.

This is outrageous and the only explanation one can find for this ongoing condition is that most people feel "it's somebody else's job" to clean it up. "Not my job; not my mess; not my block; not my washroom; not my sidewalk; not my corner", seems to be the general and pervasive attitude.

How can we change this? I believe the answer lies with our children and the emphasis and responsibility we encourage them to have in relation to the whole environment. I believe we all have to get on the

clean-up team and recruit others to get on the team too. Maybe it's organizing our blocks for regular clean-ups and thereby giving our kids that example to experience personally. We need to train them and ourselves to not be accepting of the mess and the clutter. We all need to stop and pick up the papers as they fly by, not walk over them.

This is an ongoing task that will only make a dent if done with regularity and conviction. We are urging every parent to teach their kids by example that this is our planet earth and that each and every one of us can and does make a difference. We must encourage their participation and discourage complacency and the avoidance of responsibility.

Sweeping your street every week, or bending to pick up the papers that have been tossed down will help

show your kids that this is a priority you have set and that you are willing to get involved in helping even if you weren't the ones who did it.

Without a doubt, we can all make a difference. This is our planet. This is where we live and this is where our children will live. Let's help them by cleaning up the backyards and front yards of our fair city and getting them to be on the team too.

Happy Spring and as always thanks so much for reading and thanks for helping us become award winning magazines. Your loyalty is much appreciated.

Susan Weiss-Voskidis, Publisher

STAFF

PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss

PUBLISHER / BUSINESS MANAGER:

Clifford Luster

SALES MANAGER / ADVERTISING:

Sharon Noble

SPECIAL ADMINISTRATIVE ASSISTANT:

Tina Felicetti

SALES REPS: Lori Falco, Sharon Leverett,

Stephanie Stellaccio, Jay Pelc

ART DIRECTOR: Leah Mitch

PRODUCTION DIRECTOR: On Man Tse

LAYOUT MANAGER: Yvonne Farley

WEB DESIGNER: Sylvan Migdal

GRAPHIC DESIGNERS: Arthur Arutyunov, Charlotte Carter, Mauro Deluca, Earl Ferrer

MANAGING EDITOR: Vince DiMiceli

ASSISTANT EDITORS: Courtney Donahue, Juliet Linderman

COPY EDITOR: Lisa J. Curtis

CALENDAR EDITOR: Joanna Del Buono

CONTRIBUTING WRITERS:

Risa Doherty, Allison Plitt, Candi Sparks, Laura Varoscak, Mary Carroll Winingar

CONTACT INFORMATION

ADVERTISING: WEB OR PRINT

(718) 260-4554

Family@cnglocal.com or

SWeiss@cnglocal.com

CIRCULATION

(718) 260-8336

TFelicetti@cnglocal.com

EDITORIAL

(718) 260-4554

Family@cnglocal.com

ADDRESS

New York Parenting Media/CNG

1 Metrotech Center North

10th Floor

Brooklyn, NY 11201

www.NYParenting.com

New York Parenting

MEDIA

Where Every Family Matters

www.NYParenting.com



The acceptance of advertising by **New York Parenting Media** does not constitute an endorsement of the products, services or information being advertised. We do not knowingly present any products or services that are fraudulent or misleading in nature.

Editorial inquiries, calendar information, advertising rates and schedules and subscription requests may be addressed to **New York Parenting Media**, One Metrotech Center North, 10th Floor, Brooklyn, N.Y. 11201.

New York Parenting Media can also be reached by calling (718) 250-4554, emailing family@cnglocal.com or by visiting our website, NYParenting.com.

Join the conversation on Facebook.

New York Parenting Media has been recognized for editorial and design excellence by PPA.

New York Parenting Media is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2012 Readership: 220,000. 2012 circulation audits by CAC & CVC.





FULL DAY PRESCHOOL

Featuring small class sizes and innovative teaching for 3 & 4 year olds.

Hours : 11:15 AM - 4:15 PM

Call for information about our general education tuition rates.

AVAILABLE NOW

HALF DAY CPSE SPECIAL EDUCATION CLASS

Call to learn about our CPSE and private therapy programs.



**Register NOW
for 6 WEEK
SUMMER CAMP SESSION!**

Also available for eligible students-
SEIT/Related Services
(ages 2.6 - 5 years old)
and RSAs (ages 5 - 8 years old).

**Call 718-370-7529 ext. 28
for information about
any of our programs.**

Located at 40 Merrill Avenue, Staten Island, NY 10314



“Fabulous Fingers”

a handwriting program for
young children (PreK - K)
to develop a strong foundation
for both fine motor dexterity
and handwriting in a fun,
interactive environment.

Openings now for PRIVATE, 1:1,
handwriting skill building instruction.

Next GROUP handwriting program
begins July 9, 2012.

**CALL FOR MORE INFO
and program fee.**

Email- cap@childrenatplayeic.org, Website- www.cap@childrenatplayeic.org

Children At Play (CAP) is funded by the NYS and NYC Dept. of Education for eligible students. CAP admits students of any race, color, nationality and ethnic origin.

There's nothing more
important than
our children's health.

NEW YORK STATE-SPONSORED FREE OR
LOW COST HEALTHCARE

Your child may be eligible regardless of immigration status.



Your community's guardian angel since 1984.

CALL 1-888-809-8009

TTY/TDD: 1-800-662-1220

VISIT WWW.HEALTHPLUS-NY.ORG



Earth celebration

Tompkinsville hosts an interactive discovery day with emphasis on family fun

BY SHAVANA ABRUZZO

Earth rocks! You and the kids will come away with a greater appreciation of our unique planet, plus discover cool ways to care for its incredible biodiversity — from identifying critters and plants that live in your garden, to harvesting rainfall using a bike, while watching a 35-foot “dragon” hash it out with “St. George.” All you have to do is mark your calendars!

Earth Day is around the corner, and the Community Association of Tompkinsville Park Promoting Fun and Whimsy — as if any more needed to be said! — will celebrate the world’s largest, international, environmental event at Tompkinsville Park on April 21 with a fun-packed, interactive, family day of educational spectacles, demonstrations, and activities to help us preserve energy and respect our habitat.

The Sixth Annual St. George Day Festival promises something for everyone — rain or shine.

There will be a Great Tree Walk of the Neighborhood; a City Harvest cooking exhibit of healthy and natural foods; a recycling relay race; and a Stop ‘N’ Swap, hosted by Grow N.Y.C., where you can bring your unwanted items for other visitors to take home. Remember, one person’s trash is another’s recyclable treasure.

Representatives from the Lower East Side Ecology Center will also be on hand to alert you about disposing of your electronic waste correctly, and New York City Compost Project will lead a fertilizing workshop, so that your flowers and veggies will be the talk of the neighborhood.

Creative types are in for a treat, as well. They’re invited to come and champion alternatives to gas-powered vehicles on an interactive mural.

Other activities include exhibits



(Above) Twirlers like the Tribe Hamsa Belly Dancers are set to wow — again! (At left) Students from the College of Staten Island’s International High School perform a dragon dance at a past Earth Day event.

from local artists, vendors, readings, and a kids stage — all to raise awareness about Mother Nature.

The day’s theme is St. George, the Christian martyr who — legend has it — slew a dragon during the Crusades. In case you’re wondering about the connection between the two observances — St. George Day is celebrated on April 23, one day after Earth Day which typically falls on April 22. (Alas, St. George, the neighborhood, didn’t derive its name from the saint, but from George Law, a developer who acquired rights to the waterfront.)

The warrior, however, and his nemesis, an impressive 18-foot behemoth toted by 18 people, will appear in a giant puppet show about water conservation in which man and beast resolve their differences peacefully.

Be prepared to similarly “ooh” and “aah” during the parade of dragons, a pageant-worthy cavalcade featuring eight, enormous, homespun beasts, including a “trash dragon” made out of recycled materials by the Green Teens from the Parks Department. The roving, three-headed dragon will be hard to miss as it picks up litter which you can help transform into a giant metal topiary serpent.

The dragon theme extends to Fido. Dress up the family pooch and enter him or her in the doggie dragon contest for bragging rights and other rewards.

Earth Day has been a part of our national and international celebrations since 1970 when its founder — Sen. Gaylord Anton Nelson from Wisconsin — established “a national day for the environment” because he felt that “the economy is a wholly-owned subsidiary of the environment, not the other way around.”

Folks on the North Shore have taken that sentiment to heart, and are using it as a tool to empower their communities.

“We are creating a joyous and celebratory environment in which we can bring people together to share ideas and celebrate our neighborhood,” said association spokeswoman Jenny Lytton.

The Sixth Annual St. George Day Festival will take place on April 21, noon-8 pm [Tompkinsville Park, Bay Street and Victory Boulevard, in Tompkinsville]. In the event of rain, activities will be held at 208 Bay Street, between Victory Boulevard and Hannah Street in Tompkinsville; <http://www.stgeorgedaysi.com>.



NORTHEAST REGIONAL
EPILEPSY GROUP

Epilepsy: **Knowledge is Power**
Patient Education Conference

Saturday, May 5, 2012

Hilton Garden Inn | 8:30am-9:00am: Registration & FREE Breakfast
1100 South Avenue, Staten Island, NY 10314 | 9:00 am-Noon: Program

Program:

- Diagnosis and Treatment Options: New and newer • *Salah Mesad, M.D.*
- Epilepsy Treatment and Issues in Men and Women: They are not the same • *Evan Fertig, M.D.*
- Memory Problems: Are there any treatments? • *Robert Trobliger, Ph.D.*
- Epilepsy: Natural Treatments: What you need to know • *Evan Fertig, M.D.*

To register call (914) 428-9213 option 6 or events@epilepsygroup.com
or register online at www.epilepsylifelinks.com



It's Our Mission.

Quality Health Coverage

Child Health Plus with Fidelis Care

- Free or low-cost health insurance coverage for children up to age 19 in New York State. Almost every child is eligible!
- Checkups with your child's doctor
- Immunizations (shots)
- Hospital and emergency care
- Prescription drug coverage
- Dental and vision care
- Speech and hearing services
- More than 48,000 quality providers



FIDELIS CARE®

Proof of age, income, and address necessary to enroll.

Some children who had employer-based health insurance coverage within the past six months may be subject to a waiting period before they can enroll in Child Health Plus. This will depend on your household income and the reason your children lost employer-based coverage.

Child Health Plus is a New York State-sponsored health insurance program offered by Fidelis Care.

To find out if you are eligible for one of our government-sponsored health insurance programs, call Fidelis Care at:

1-888-FIDELIS (1-888-343-3547)

(TTY: 1-800-421-1220) • fideliscare.org

To renew your coverage each year, call 1-866-435-9521



Our magazines win nine awards

New York Parenting Media took home nine awards from the recent Parenting Media Association Editorial and Design Awards Dinner, in San Antonio, Texas.

Susan Weiss, publisher and executive editor and Sharon Noble, sales manager, were thrilled to be present at the dinner to accept six finalists awards and three gold winners in a variety of categories for *Brooklyn Family*, *Queens Family*, *Bronx-Riverdale Family*, *Staten Island Family*, *New York Special Child*, and *Long Island Special Child*.

The awards recognize excellence in journalism, photography and design, and are judged by a panel from the University of Missouri School of Journalism. Prof. Daryl Moen coordinated the annual contest. A panel of 22 judges reviewed entries from many publications to choose the winners in each category. All judges drew upon significant professional experience in selecting the winners.

“The quality of the entries continues to rise,” noted Moen. “Some of the design categories, including feature and publication design, are magnificent. In writing, there are dozens of writing entries, particularly in the column categories, that are outstanding, and the competition is stiff.”

That said, our **gold-award-winners** deserve special mention and congratulations:

• **Personal Essay:** For Laura Varoscak and Wanda Troy-Regier’s moving account and memories of teaching in Downtown Brooklyn and Lower Manhattan “Ten Years Later — Teachers Talk 9-11.”

The judges comments: “When you think you’ve read everything imaginable about 9-11, these New York magazines produce two heart-



(Clockwise from top) Sharon Noble, Parenting Media Association President Joanna Love, and Susan Weiss at the PMA Awards Dinner; Monica Brown; Laura Varoscak.

felt essays by teachers who experience that dramatic and sad day in New York City with their classes. The stories are acarefully constructed around the significant moments and lessons of the day. And

rather than being sad testaments, they offer hope that any situation can be overcome.”

• **Family Fun:** For Monica Brown’s “Around Town” columns in *Staten Island Family*.

The judge's comments: "Packed with useful, actionable information, these columns inspire us to move and get out and play! Nicely written, and full of reflective detail. These columns go deep into the subject matter, offering not only destinations for families but a lot of history about the places as well."

•**Overall Writing:** Our Brooklyn Family magazine took home the association's most prestigious writing award.

The judge's comments: "A bright, well-written magazine. The highlight is the collection of columns that bring a variety of voices to each issue. Some are by writers with expertise in the field. Others are personal essays. They are all well written. There are well written features too."

Publisher and Executive Editor Susan Weiss was thrilled as she accepted the award, and thanked her entire team, including Managing Editor Vince DiMicili, Art Director Leah Mitch, Production Manager On Man Tse, Layout Manager Yvonne Farley, Calendar Editor Joanna DelBuono, and Assistant Editor Courtney Donohue.

"Proudly, we accepted these fine awards on behalf of our excellent staff of freelance writers, staff writers, and copy editor Lisa J. Curtis," she said.

When asked about the nine awards for this year, Weiss hastened to add that in addition to Varoscak and Brown, the magazines contributors include a roster of talented writers including Risa Doherty, Allison Plitt, Candi Sparks and Mary Carroll Wininger.

"Our superb contributors and regular columnists and essayists make my work so satisfying," Weiss continued "We are so fortunate as to have partnered with many talented and dedicated parents and professionals who have brought their expertise and interest in the parenting world to us. These magazines are put together with love and devotion by everyone on the team. We love what we do and we love being parents. It's what drives us and makes this so very meaningful."

In addition to the editorial awards, the cover or our November 2011 issue, which featured a baby outfitted in a turkey costume, was singled out for a design award.

"I was particularly fond of that "turkey", said Weiss, who picks out

the image for every cover and works with Mitch to make sure that every cover is special.

Additionally, the cover for New York Special Child Fall-Winter Issue was also a finalist-winner.

"Over the years that we have been a member of Parenting Media Association, I have seen such a fine

array of work and talent presented at these awards dinners. To have our magazines be included — and be winners — is a dream come true," said Weiss. "We work hard and strive for excellence and it's thrilling to know that we have succeeded. We will continue to reach high in the years ahead."



Our November cover.



FAMILY HEALTH

SAIDI CLEMENTE, MD,
Staten Island University
Hospital

The importance of disciplining kids

As a parent, consider it your duty to teach your child the difference between acceptable and unacceptable behavior. That may sound like a lot of work, but, surprisingly, getting your child to behave the way you want may not be as difficult as you think. Here are a few tidbits you should remember:

- Be patient. Changes could take weeks of practice.
- Discipline and punishment are

not the same thing.

Discipline is a whole teaching system based in a good relationship, praise, and instruction as to how to control behavior. Punishment is only a consequence for undesirable behavior and a small part of discipline.

Ideally, behavioral modification should have a good balance between focusing on the unacceptable and reinforcing the acceptable.

Discipline should start from the time your baby is born. It starts by making sure that you are responsive to your baby's needs. At the same time, you're laying the framework for consistency. Here are a few ways to teach discipline:

The first step of teaching your baby discipline is teaching her how to sleep on her own. Start with keeping a consistent nap time, meal time, and play time, and don't waiver.

Once your baby becomes active and starts exploring the environment, disciplining is based around safety, but also understanding her natural curiosity.

When the toddler years come, the desire for independence and power struggles will become the biggest problem. Choose your battles wisely and avoid saying "no" all the time. Always offer choices. This way, your toddler feels that she is exerting independence while doing what you want anyway. (For example, ask her, "Do you want to wear your red pajamas or your blue pajamas?" Either way, she's still going to put on her PJs.)

Also, plan ahead and don't overestimate your child. A race as to who will brush their teeth first will, again, get her to accomplish the task.

Always be consistent, and make sure that all caregivers stick to the same set of rules

and apply the same consequences. Do not discuss disagreements in front of your child. This way, you are not teaching your child to create confrontations to get her way, or from whom she can get what.

Always stick to your promises. Do not promise your child you will do something that you will probably not actually do.

Let the natural and logical consequences take over. If your child drops a cookie on the floor, she will not get to eat the cookie.

Withhold privileges closely related to the misbehavior, and try to apply this immediately after the fact. Always follow through.

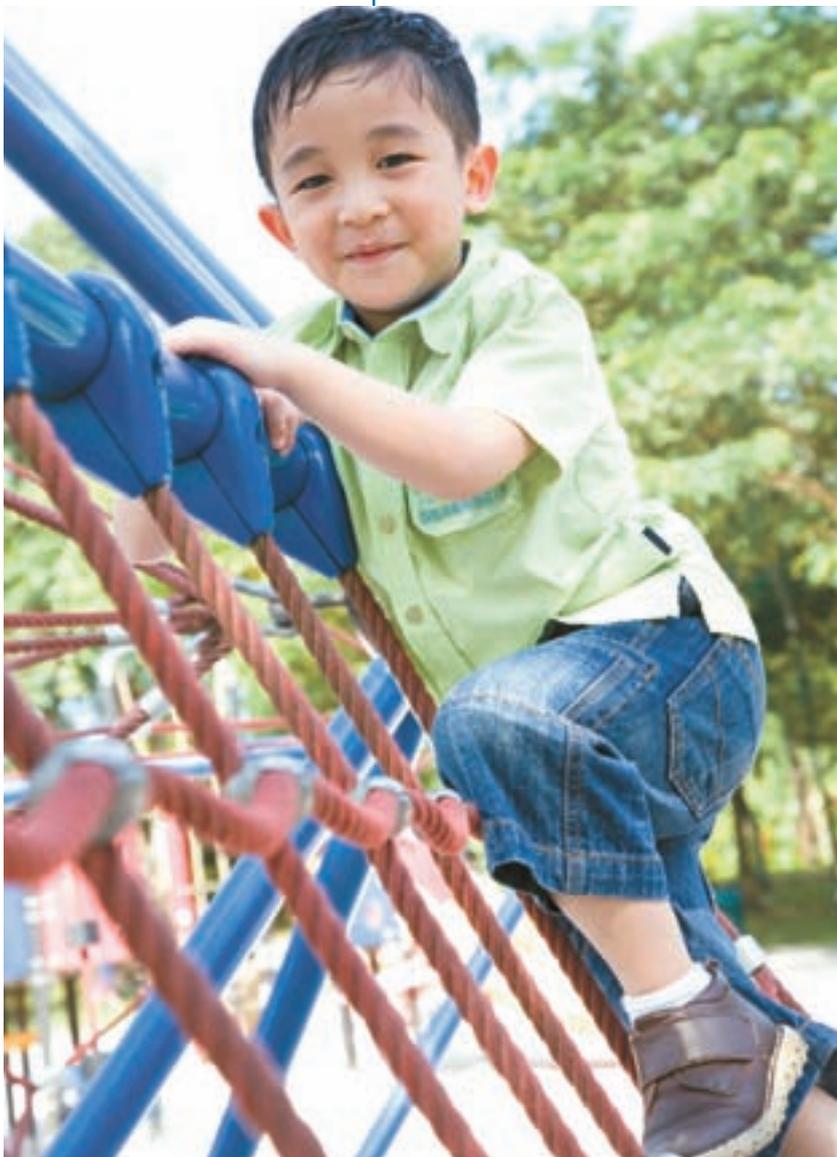
Use time-out as a last resort, and use it wisely. Do not give time-outs for everything. When you are giving a time-out, make sure that you choose the most boring place in the house and that the child stays there. If needed, hold the child in your lap and explain that you are doing this because she is not staying quiet. She will probably learn that it is better if she does this herself. Once she serves time-out, introduce her again to a positive activity, but do not scold or lecture her. Wait until later.

Use praise on your child when she does something right. Children won't know what's acceptable if you don't point it out to them. Also, set a good example — don't expect that your child will know how to handle frustration, if you yell and throw a fit when things don't go the way you expect.

Do not spank your child. It does not work, it can become a habit, you may actually inflict harm, and it will teach your child that it is OK to hit to control somebody — even somebody she loves.

Remember, always consult your pediatrician if you have questions or concerns.

Dr. Saidi Clemente is board-certified in childhood neurodevelopmental disabilities and is division director of Developmental Behavioral Pediatrics at Staten Island University Hospital.



ADELPHI ACADEMY OF BROOKLYN

Effectively preparing young people for college, career and life, one day at a time.

~ Celebrating 150 Years of Educational Excellence ~



THE PRIVATE, INDEPENDENT, CONTINUING, CO-EDUCATIONAL, COLLEGE
PREPARATORY DAY SCHOOL OF CHOICE

~ PRE-KINDERGARTEN THROUGH SENIOR YEAR ~
ESTABLISHED 1863

The cornerstone of the Adelphi philosophy goes beyond academics. We rear young men and women to become productive valuable members of society. We take what is especially unique in each student and nurture their talents with encouragement and devotion. Our curriculum is designed to broaden the scope of each student's thinking and to instill an appreciation for learning. Not just for the sake of learning, but for the purpose of growing both mind and spirit. For 150 years Adelphi has passed the torch of learning that shines on the importance of self expression. Every student is given the confidence to feel that whatever they conceive by mind, they can achieve by action.

- ✓ Small Class Sizes with an 8 to 1 Student -- Teacher Ratio
- ✓ 100% College Placement Rate
- ✓ New York State Regents Exempt Program
- ✓ Individualized Attention
- ✓ Intimate, Safe, Caring and Nurturing Environment
- ✓ Member of the Middle States Association of Colleges and Secondary Schools
- ✓ Celebrating 150 years of Education Excellence

Award Winning Programs Include:

Special Needs ~ Tutoring and Independent Study ~ SAT Prep ~ College Guidance
Before and After School Care ~ Extra Curricular Activities ~ Interscholastic Athletics ~ Fine
Arts ~ Community and School Service ~ Drivers Education ~ Online Summer School
Summer Day Camp

OPEN HOUSE DATES:

APRIL 18TH, 2012, 6:00PM,

MAY 16TH, 2012, 6:00PM AND JUNE 13TH, 2012, 6:00PM

SCHOLARSHIP EXAM DATES:

MARCH 25TH, 2012, 12:00PM AND APRIL 22ND, 2012, 12:00PM

PREREGISTRATION REQUIRE FOR ALL DATES!

PROVIDE YOUR CHILD WITH THE BEST
OPPORTUNITY TO SUCCEED IN COLLEGE, CAREER
AND LIFE....

...EXPERIENCE ADELPHI!

ADELPHI ACADEMY OF BROOKLYN

8515 RIDGE BOULEVARD, BAY RIDGE, BROOKLYN, NEW YORK 11209

FOR MORE INFORMATION PLEASE CONTACT THE OFFICE OF ACADEMY ADMISSIONS 718.238.3308 OR
VISIT US ON THE WEB AT ADELPHIACADEMY.ORG

Make a difference during Autism Awareness Month

BY REBECCA MCKEE

April is Autism Awareness Month. What this means is that agencies, governments, schools, families, and others worldwide will shift their focus and take a closer look at this pervasive developmental disorder. But what can we actually do, as individuals, to increase positive awareness during the month of April — and all year long?

Young kids

Children, from preschool through the intermediate years, can personally touch the lives of their friends living with autism. Many times, a family who has a child with special needs may be hesitant to initiate common neighborhood interactions.

Random acts of kindness from other families with children of similar ages are all it takes. If your child is having a lemonade sale, take the time to organize this with the parent of an autistic child. Teach your child to share a Matchbox car in the park with the child who makes noises. Two children sitting side by side on a swing enjoying a popsicle is priceless, even if one has a 20-word vocabulary and the other reads long novels about Harry Potter.

Teens

Preteens and teenagers are tuned in to those in school who need special support. Earning community service credit by volunteering in special education classrooms does a world of good for all students — both those with special needs and the volun-

teers. Just like typical teenagers, teens with autism prefer not to have a “baby sitter.” However, many teenagers with autism need to have support from others. Utilizing the assistance of an older teen or college student for social activities is a great way for a person with autism to experience the fun and excitement of the real world with a friend. Simple gestures, such as being a text or e-mail buddy, go a long, long way toward helping someone feel included and happy.

Adults

We can promote awareness and sensitivity this April, next April, and all year long. It is the little gestures that count. For example, when having a BBQ in your backyard, be aware of the needs of all of your guests. People with autism have sun-sensitivity, so having an area set in the shade with some age-appropriate items will be appreciated.

If you are venturing out to see a movie with children, ask a parent of a child with special needs if she would like to join in with her child. Most, if not all, people with special needs (especially autism) live for videos. Having a chance to go to the movies with a group of peers is a super social opportunity, without the pressure of conversation!

Include other mothers and fathers in your neighborhood of special happenings at the local public schools. Some children with autism attend schools outside of their neighborhood. Keeping these families on an e-mail chain provides information on local social events.

• • •

Try to make an effort to enjoy each month with your children, as they are each special to you. April is a month dedicated to those children and adults who live with autism spectrum disorder, and how we can enjoy special moments with them, too.

For more information on how you can volunteer, contact your local school's special education PTA, Autism Speaks, or a local chapter of Special Olympics.



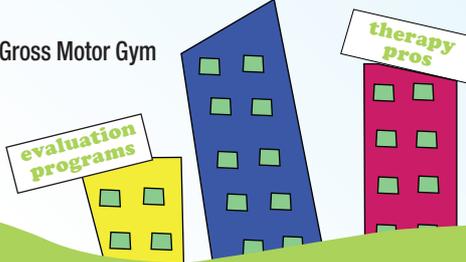


Therapy Pros

OT and ED Services PLLC

Providing therapy services
for children with special needs

- Occupational Therapy
- Speech and Language Therapy
- Physical Therapy
- Counseling/Play Therapy
- NYC DOE related services provider for CPSE and RSA children
- Private Therapy and Evaluations
- ABA Therapy
- Multidisciplinary Evaluations for NYC DOE-CPSE
- Handicapped Accessible
- Fully Equipped Sensory and Gross Motor Gym
- Private Insurance Accepted



SEIT PROGRAM

962 Manor Road • 718.982.5944
www.therapy-pros.com

Angel Skin Medical Spa

AN ANTI-AGING & ESTHETIC CARE CENTER

PROCEDURES	
Botox/Dysport \$13.00/unit	Microcurrent \$100.00/session
Dermal Fillers \$600.00/syringe	LED Therapy \$60.00
Chemical Peels	Skin Tag Removal \$100.00
• Superficial: \$80.00	Superficial Sclerotherapy \$150.00/treatment session
• Intermediate: \$90.00	Medical Consultation Primary Visit \$100.00
• TCA 30%: \$100.00	With Dr. Ferragamo Revisit \$75.00
• TCA 50%: \$120.00	
Diamond Microdermabrasion \$90.00/session	

PACKAGES

Diamond Microdermabrasion: 10 sessions \$800.00
Maintenance: \$80.00
Microcurrent: 12 sessions \$980.00
LED Therapy: with any other procedure \$50.00

1250 Hylan Blvd. - Suite 14B
718.815.SKIN (7546) • www.angelskinnyc.com

Have your doctor
fax or e-scribe
your prescription
and we will deliver
it to your home.



delcodrugs

AND SPECIALTY PHARMACY



Child Friendly
Environment With A
Working Lionel Train!
Come In & See Our
New Line of Pediatric
Products!

Visit our website at www.delcodrugs.com

Your Personal Pharmacy and More

We now carry Klaire Labs, Thorne Pediatric, Nordic Naturals, Pure & other Specialty Vitamins & Supplements



Born free!

- Autism, ADHD, Asthma & Allergy Medication Specialist
- Specialized baby formulas (Elecare, Neocate) covered by insurance & delivered to your home
- Born Free Products (PBA FREE)

- Custom Pediatric Compounding
- *Gluten Free*
- *Casein Free*
- *Lactose Free*
- *Dye Free*
- Your source for Nebulizers

Compounding for Autism Spectrum Disorders

- **Elimination of toxic metals**
ie - DMSA, EDTA, Glutathione
- **Non-Sterile Compounding**
ie - Antibiotics into suppositories
- **Sterile Compounding**
ie - Methyl B12 injections

Open 7 Days: Monday-Friday 9-8 | Saturday 9-6 | Sunday 9-3

SUPPORT YOUR INDEPENDENT PHARMACY AND GET THE PERSONALIZED SERVICE YOU DESERVE



Independently Owned And Operated • Robert Annicharico, Rph
3833 Richmond Avenue • Staten Island, NY 10312 (Next to Eltingville train station)
Phone: 718.984.6600 • Fax: 718. 984.6601 • get-it-filled@delcodrugs.com



NoseFrida
The snotsucker

Stop struggling with the JUGGLING

Here are some tips on how to balance family, work, friends, and personal time, so you're less stressed

BY SANDRA GORDON

In an ideal world, you've got a satisfying career with plenty of time and energy to play with your baby, help with homework, relax with your husband, get to the gym, and catch up with your friends. The reality? You're exhausted from toiling harder and longer just to keep your job, and it's taking a toll. You're time-crunched, short-tempered, and wound so tight that even relaxing takes effort.

Sound familiar? You're not alone.

"In today's competitive culture, there's greater stress on an internal and external level," says Ann Chanler, PhD, a psychoanalyst in New York City. The more that's expected of us, the more we demand from ourselves to be the best wife, doting mom, and caring friend, because we don't want to let anything slide.

But feeling frazzled and the ripple effects it has on your professional and personal life aren't fun for anyone — or healthy for you over the long run.

Something's gotta give.

But what? We tapped work and life experts like Chanler and working moms like you for their top sanity-saving tips on how to rebalance the balancing act.

Put you at the top of your to-do list

"If you don't take care of yourself first, you won't be able to do a good job of taking care of everybody," says Chanler, herself the mother of two teenage daughters. She likens self-care to the oxygen mask demonstration on airplanes. Although it feels counterintuitive, you're in-

structed to strap your mask on first, before your child's.

That means that if, for example, you have a choice between returning e-mails or strolling with your baby, take the walk. Block out an hour in your datebook each week for yourself and arrange your own play dates at least once a month, too.

"Parenting can be isolating, but other moms can give you help with issues you're facing and make you realize you're not alone. Friends who don't have kids can help you connect with a part of yourself that existed before you had a family," Chanler says.

Think less is more

For a greater sense of calm, ask yourself: what can I nix from my to-do list? Then, choose one thing to delete from that day's or week's agenda. Ah. Also, stop multitasking.

"Create a schedule when you'll work, take care of the kids, spend time with your spouse, and then concentrate only on the task at hand. Ask yourself: what should I be doing now? And then do only that," says Leah Aharoni, a managing director at a Newark, New Jersey translation agency, and mom of six.

Snooze away stress

"To manage stress, you have to be well-rested," says Savitri Dixon-Saxon, PhD, associate dean of the Walden University School of Counseling and Social Services, an online university. Lack of shut-eye increases your body's production of cortisol, a stress hormone, so try to catch six to eight hours of sleep each night.

Your brain needs the down time. A study in the journal "Sleep" found that people who slept that much performed the best on tests that assessed cognitive function, memory, reasoning, and vocabulary. Sleep is also the ultimate fatigue fighter. To log in more zzzz, turn off the TV and go to bed earlier.

Exercise your options

Try to get in at least 30 minutes of daily exercise — Mother Nature's reset button. To spend more time with your family while you're at it, be active together by going for walks, strolling after dinner, or hiking or biking together on the weekends. Family time is so important in and of itself. If you can incorporate activity into it, it's a double bonus.

Catch your breath

When you're feeling overwhelmed, breathe in through your nose to the count of four, exhale through your mouth for a count of four, and so on, for four sets.

"Do this simple exercise in the car, in your office, or in the bathroom stall at work if you have to," says Karol Ward, a licensed clinical social worker in New York City. It helps you think clearly and regain your equilibrium.

"I breathe if I'm anxious before phone calls or meetings, or before talking to my kids or my husband when I'm tired. It changes everything," adds Diana Fletcher, a life coach and author of "Happy on Purpose."

Eat well

A diet that's rich in fruits, vegetables, and whole grains, paired

with healthy sources of lean protein, like chicken and fish, provides the variety of nutrients you need to cope with stress and the energy you need to multitask.

Instead of resorting to take-out (again), use the weekends to plan menus, shop, batch-cook, and prep healthy meals and snacks for the week.

“Once a week, make a crock-pot meal,” to create even more time, suggests Cristin Frank, a writer mom of two in Williamsville, New York. “The night before, portion out ingredients so you can toss them into the slow-cooker in the morning. You’ll only have one pot to clean at the end of the night.” Bonus!

Don't be the clean queen

Full-time working women do more than 33 hours of domestic chores weekly, while their male counterparts do about 16, according to a study published in “Women Don't Ask,” by Linda Babcock, professor of economics at Carnegie Mellon University in Pittsburgh, Pa.

To end the dreaded second shift, let some of the housework slide, or ask your spouse and your kids for help.

Doing chores actually helps build a child's sense of competence. If your standards are exacting, lower them. So what if the sheets don't get changed as often, or your husband misses a spot when he's dusting the furniture?



Take notes

Use a day planner to write down appointments, reminders, bright ideas and your daily to-do list.

“It allows your mind to rest, because you know you won't forget anything important,” says Renee Metzler, a life organizational coach and fellow mom in the trenches.

Create a day-is-done ritual

A self-imposed boundary between work and home, that's designed to bring closure to the end of your work day, is very important. One example: “Take a shower at home after work, and imagine your problems of the day disappearing down the drain,” says John Brubaker, a work-life balance consultant.

After that, you'll feel more ready to give your family your full attention.

Determine your stress triggers

Is it having too much to do? Having to work on the weekends?

“Once you understand the root cause of your stress, you can take positive steps to cope by avoiding thoughts, behaviors, and activities that increase your anxiety,” says Soroya Bacchus, PhD, a board-certified psychiatrist in Los Angeles.

One temper-taming tactic: “Try to stack more labor-intensive assignments and those that require others' input early in the week, and taper down, so that by Friday, you can essentially focus on housekeeping tasks,” says Ellen Schack, a New Jersey work and life balance expert at www.theceocouple.com. “This strategy can help you avoid weekend workloads and other infringements on what should be your personal time.”

Savor the good times

Irene Krasniansky, a mom of two and an operations manager, says, “Something always comes up at work or at home, but when everything seems to be running smoothly, whether it's the fact that my kids aren't driving me crazy or that everyone is doing their jobs in my office, I stop for a second and enjoy it.”



MOMMY 101

ANGELICA SERADOVA

Registry madness

Trying to be practical when shopping for baby

I receive a bunch of parenting magazines each month, and in addition to some great articles, there's always the latest in baby products and products that claim to make mom and dad's lives easier. I like to browse through them while I have a cup of Joe, but instead of bookmarking

the things I need, I usually find myself laughing at all the things that are unnecessary.

Sure, there are some really great items I have my eyes on; a baby beach tent, some safety products, and educational videos, but for the most part, and I'm sure veteran parents warned you: you don't need all this stuff. Besides, I vowed I would not become the parent whose day trip to the beach looked like a traveling circus.

When I was pregnant, I argued with my mom about registering for my baby shower. My approach was to see what I could get handed down — or at a bargain — and then plan from there. But my mother wanted only the best (read: brand-spanking new) for her first grandbaby. I thought I was being practical, but she insisted that it was “better” to register for everything. And so we did.

Having two full days of baby registering was not my favorite part of my pregnancy. (How did my husband manage to get out of that one?)

My mom was easily sold into getting every item on the baby checklist. I wanted to find gender neutral products for the more expensive things, with the idea that if the next baby is a boy, we can save on that expense. Grandma wanted everything to be pink for

her princess.

We made some compromises. In typical New Yorker fashion, I opted for mostly black big-ticket items: stroller, car seat, stylish diaper bag, etc. She got to pick out the nursery décor, with my approval of course.

We ended up being happy with our choices. I got to register for some products that I know will get extra bang for their buck, and she got to “go all out” for her granddaughter.

Deciding which items are worth buying, whether big or small, is overwhelming. There's a huge baby industry pushing great — and not-so-great — products on parents, which is why I like talking to other moms and finding out what baby products they can't live without. Recently, a mom friend of mine came over for a play date and brought me one of those mesh snack holders. I had no clue what it was until she explained that you place fruit inside so that baby can suck on it without choking. Genius! I went out and bought three more. (My dog liked them too, but that's another story.)

I also have friends who swear by any toy that will keep their children entertained for more than 10 minutes. Every mom has her preferences.

In my short time as a mom, I've figured out what my go-to items are (besides my coffee maker). Luckily, most of Olivia's clothes have been (gasp) hand-me-downs, and for that, we have been so grateful, because babies really do grow out of them in a moment's time. I've been happy to pass on clothes and products that we no longer need, and try to think practically when making new purchases. Maybe I have to accept the fact that I'll no longer be able to get up and go as I did before, and some baby stuff is needed here and there. A beach day where I grab a towel and a book is probably a thing of the past, but being with Olivia is still a day at the beach.



I have a question about my child's medicine.



We are here to help.

NEW YORK CITY

POISON CONTROL CENTER
1-800-222-1222

or call 311 and ask for the Poison Control Center
Free • Confidential • Interpretation Available



Bellevue Hospital Center
South Manhattan Healthcare Network
Lynda D. Curtis
Sr. V.P. and Executive Director
Bellevue Hospital Center

POISON
Help
1-800-222-1222

NYC
Health

Michael R. Bloomberg
Mayor
Thomas Farley, MD MPH
Commissioner

Homesick blues

10 ways for parents to help their little campers adjust

This summer, thousands of New York children will head to summer camp — eager, excited, and... homesick?

Yep.

Research indicates that homesickness is the norm, and not the exception.

It is common for campers to feel a tinge of homesickness at some point during the camp session. So, how can parents help? By exercising a little preparation and patience, you can help ease any homesickness in your otherwise happy camper.

• **Encourage your child's independence throughout the year.** Have your child sleepover at friends' and relatives' houses. Being away from home can help simulate the camp experience.

• **Involve your child in the process of choosing a camp.** The more that the child owns the decision, the more comfortable she will feel being at camp.

• **Discuss what camp will be like before your child leaves.** Honest discussions about what camp will be like before your child leaves will help prepare her for the camp experience.

• **Reach an agreement ahead of time on calling each other.** If your child's camp has a no-phone-calls policy, honor it.

• **Send a note or care package to arrive within the first few days of camp.** Send a letter from home or a care package, acknowledging you will miss your child in a positive way. For example, the note can say, "I will miss you, but I know you are going to have a wonderful time



at camp."

• **Don't bribe.** Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new-found confidence and independence.

• **Pack a personal item from home, such as a stuffed animal.**

• **Avoid the temptation to take the child home early.** If your child makes a "rescue call," offer calm reassurance, and put the time frame into perspective.

• **Talk candidly with the camp director to obtain her perspective**

on your child's adjustment. Remember, camp staff are trained to ease homesickness and have dealt with homesick children before.

• **Don't feel guilty about encouraging your child to stay at camp.** If your child wants to come home, don't feel bad about encouraging her to stay. For many children, camp is the first experience toward independence, and it plays an important part in their growth and development.

For more, visit the American Camp Association at www.searchforcamp.org, or call (212) 391-5208.



STATEN ISLAND DAY CAMP

1.800.301.2267

OUR AMAZING CAMPUS: *THE COLLEGE OF STATEN ISLAND*

"Staten Island Day Camp Campers can either ***Beat the heat***" in our 51,000 square foot NCAA indoor recreational facility or enjoy our expansive outdoor NCAA Recreational setting. Our program allows campers to explore physical activity, acquire new skills, feel valued for who they are, and develop a sense of belonging for a true "ULTIMATE DAY CAMP EXPERIENCE" not offered anywhere else in the Staten Island Community!"



SERVING STATEN ISLAND FOR 33 YEARS
VISIT OUR OPEN HOUSE

'Friends and Family Day'

APRIL 21ST

10:00 AM TO 2 PM

COLLEGE OF STATEN ISLAND BUILDING 1R

Come one and all to our special day with entertainment, prizes and a chance to **WIN UP TO \$100 OFF** your families camp stay

MICHAEL HALPERN

OWNER & DIRECTOR FOR 33 YEARS
Licensed in Supervision & Administration

NYC LICENSED



THANK YOU COUPON

\$25^{OFF}

**Coupon to be used by mail if you cannot visit us at our OPEN HOUSE*

- Camp Hours: 9:00 am - 4:00 pm
- All Counselors are Adults
- Medical Certified Staff/CPR & RTE Trained
- Boys and Girls Ages 5-13
- Comprehensive Day Camp Program
- Free Door-to-Door Transportation
- Optional Extended Day
- Directors are State Licensed
- 4, 5, 6, 7 and 8 week Sessions Available
- Three and Five day programs
- Payment Plan Available

Visit Us Online at **www.statenislanddaycamp.com** and Take a Virtual Tour

CALL TODAY FOR OUR CAMP LITERATURE 1.800.301.2267

Camp/Programs 2012

DIRECTORY

AmeriKick Martial Arts

341A Sand Lane
718-524-0244 or AmeriKickSI@aol.com or www.AmeriKickSI.com

Don't let electronic games and gadgets occupy your child this summer when they could be building their minds and bodies at AmeriKick Karate Skills Summer Camp. AmeriKick Summer Camps are a great way to have fun while improving your martial arts skills. Students will have an opportunity to train in Kata, Sparring, Self-Defense, Weapons, Strength & Conditioning, Acrobatics and Sport Karate Techniques. Call to register your child and receive 20% off weekly summer camp. Offer ends April 30.

"Dea" Music & Art School

Conservatory Tradition with a Community School Feeling.
19 St. Mary's Avenue
718-876-5223 or www.deamusicandart.com

We bring music and art into your children's life and try to make the arts an alive and vital part of your youngster's future. It is our philosophy to bridge the gap that exists in the public educational system regarding music and art. It is because we know the difference creativity and art can bring to people's lives that we emphasize the importance of these music and art programs.

Creativity brings fulfillment in life, improves learning abilities and focuses, brings happiness and explores inner talents you never thought you had. Learning a musical instrument or singing in Glee brings out the artist in all of us.

Our highly skilled staff has created programs that explore and develop all the artistic aspects in your child's life, from singing, learning about music and famous composers to learning a musical instrument and creating works of art.

What can be more entertaining than singing together with your mates in the Broadway Theatre class and tackling that stage fright and nerves in the most rewarding way?

Here at Dea Music and Art we give wings to your child's creativity and

dreams.

Study and Learn with Professional Teachers with Advanced degrees in music or art and years of experience.

FasTrackKids Summer

1461 Hylan Blvd
718-351-7333 or www.fastrackkids.com

FasTrackKids Summer is designed for children ages 3-7. Sessions last for one week at a time. A full day program is offered that includes enrichment classes, math, reading, and writing classes, exercise, local field trips, arts and crafts, karaoke, computers, special projects, science experiments and much more. Hours are from 9am-4pm with extended hours available.

The camp offers a fast-paced, fun and fully interactive setting; learning adventures captivate and entertain as they deliver truly meaningful lessons.

Each day FasTrackKids will enjoy learning as they explore, discover, imagine and create. This is the summer adventure children will use for life. One or 2 times per week Enopi Math & English Classes are also offered all summer and throughout the year.

JCC of Staten Island Lillian Schwartz Day Camp

1131 Manor Road or www.camp.sijcc.org
Camp Directors – Glenn Wechsler: gwechsler@sijcc.com 718-475.5231,
Stephanie Feldman: sfeldman@sijcc.com 718-475-5232

For more than 80 years the JCC of Staten Island's Lillian Schwartz Day Camp has provided children on Staten Island with a safe, quality day camp experience with a focus on fun, spirit, friendship, and community. The camp is situated at the lush Henry Kaufmann campgrounds in Staten Island's Greenbelt and features 100 country like wooded acres, 2 lakes, boating ponds, ball fields, hiking trails, an outdoor amphitheater and 3 Olympic sized swimming pools. At the camp, children participate in a full array of activities including swimming, sports, music, arts and crafts, animal encounter,

Continued on page 22

COME KICK WITH US AT OUR AWESOME

KARATE SUMMER CAMP

*FUN FILLED & SKILL BUILDING!
*AWESOME WEEKLY THEMES!
*FIELD TRIPS EVERY WEEK!
*CHARACTER DEVELOPMENT!
*LEARN KARATE, GYMNASTICS & MORE.

EXTENDED HOURS AVAILABLE!

CALL NOW!!

718.524.0244

SOUTH BEACH
341A SAND LN.
WWW.AMERIKICKSI.COM



Richmond Choral Society (RCS)

Come join RCS Youth Chorus Summer Workshop

Ages 9 through 17

Have fun learning, singing and performing choral music with experienced music teachers

July 9 - 13 from 10am to 1pm at Christ Church

76 Franklin Ave., Staten Island, NY 10301

Auditions for RCS Youth Chorus 2012-2013 Season

WEDNESDAY, SEPTEMBER 5TH AND 12TH, 4 - 6 PM

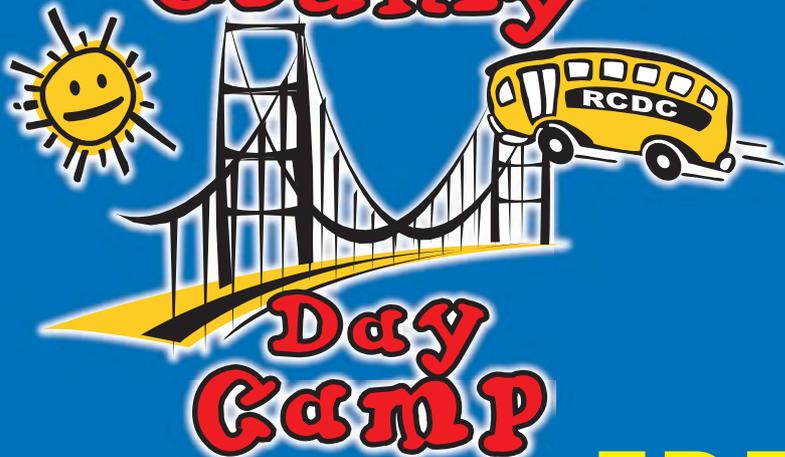
at New Dorp Moravian Parish Hall
2205 Richmond Rd, SI, NY 10306

Call 718-448-3656 for more information and fees

No previous experience necessary.

www.richmondchoral.com

Richmond County



Day Camp

ALL SPORTS, PRIVATE SWIMMING POOL & TRIPS

Amusement Parks,
Movies,
Skating, Bowling,
Medieval Times
& More!

For campers
4-15

FREE

Transportation &
Extended Hours

Larry Marantz,
Director

TWO OPEN HOUSES

Saturday, April 7th
& Saturday, April 21st
11am - 4pm

Meet Directors & Staff
Enroll at Special
Discounts

Adult supervision, full time medical staff, CIT programs.
Flexible payment plans. Sibling discounts.



LESS
THAN
\$300 A WEEK*
w/ FREE LUNCH
*Based on an 8 Week
Enrollment
(2-7 weeks also
available)



Private,
Air-
Conditioned
Facility

1075 Woodrow Road
www.rcdaycamp.com • 718-761-1492

Camp/Programs 2012

DIRECTORY

Continued from page 20

archery, and nature. The program also includes spectacular shows, special events and weekly trips to place like Sesame Place, Fun Time America, Keansburg Amusement park, and a New York Mets game. The Camp employs child-friendly, energetic and dedicated staff. They receive extensive pre-camp and on-going training in the areas of child development, supervision, child safety, and camper sensitivity. The camp, which is American Camp Association accredited, is open to children ages 2-15 and runs from July 2 – August 24. Bussing and extended hours is available. The camp day is from 9:00 a.m. to 4:00 p.m. Additionally, there are camp divisions for children with diabetes and children with special needs.

Richmond Choral Society Youth Chorus

2205 Richmond Road
718-448-3656 or www.richmondchoral.com

Richmond Choral Society Youth Chorus was created in 2003 as the junior division of the Richmond Choral Society. Young singers encounter a variety of fun and challenging musical experiences and receive instruction in vocal production, music literacy, and concert performance. Richmond Choral Society Youth Chorus recruits students entering fourth to twelfth grades: choral singing is fun and challenging. Summer workshop is July 9th – 13th from 10a.m. – 1p.m. at Christ Church at 76 Franklin Avenue.

Richmond County Day Camp

718-761-1492 or www.rcdaycamp.com

Richmond County Day Camp has been Staten Island's most exciting & affordable private day camp since 1995. Located in Fun Station, a 40,000 sq. foot, air-conditioned indoor amusement park, RCDC is supervised by licensed teachers, adult counselors and a full time medical staff. Campers enjoy a traditional program of activities like swimming (in our private outdoor pool), sports, karate, arts & crafts, games & laser tag with daily trips

and special events, including: movies & bowling, Medieval Times, Statue of Liberty, baseball games, an amusement park and many more.

Tuition, which includes FREE TRANSPORTATION & EXTENDED HOURS, is less than \$300 per week for an 8 week enrollment, (2-7 weeks are also available). A flexible payment plan, optional lunch & sibling discount is available. Call for more info & the date of our next open house.

Staten Island Academy Summer Day Camp

715 Todt Hill Road
718-303-7846 or www.statenislandacademy.org/camp

Staten Island Academy Summer Day Camp offers safe, fun-filled, activity-packed programs for children ages 3-14 and we specialize in making memories that last a lifetime! In addition to weekly events and activities, our campers run, jump and play on our 12-acre campus, three tennis courts and two swimming pools. Included in our day camp program are dance and the Camp Show, arts and crafts, Discovery Science, computer lab, game room and hot lunch in our cool cafeteria! We also offer NYC's only Summer Institute for the Gifted program and specialized sports camps for basketball, soccer, tennis and rugby/lacrosse. We have something for everyone – from the most active to the most creative camper!

Learn more at an Open House Sunday April 22, or Sunday May 20th 11-2 pm For more information please call or visit our website.

Staten Island Day Camp

2800 Victory Blvd., SI, NY
800-301-2267 www.statenislanddaycamp.com

Staten Island Day Camp is proud to offer a true day camp experience held on the beautiful grounds of the College of Staten Island. This site allows us to conduct all our activities in one safe location, and our campers avoid continuous travel on hot buses in the heat of the summer. Our program is never disrupted by

Continued on page 24



Summer Camp at SIA...

We specialize in SMILES!

DON'T FORGET!
Early Bird
Deadline is
Monday, April
23rd!

OPEN HOUSE DATES
Sunday, April 22
Sunday, May 20
11 AM – 2 PM

Two Swimming Pools • Basketball Camp • Soccer Camp
Summer Institute for the Gifted • Tennis Academy • Dance
Arts & Crafts • Computer Lab • Discovery Science
Weekly Trips, Events & Theme Days • Cool Cafeteria w/ Hot Lunch
Bus transportation, extended day and private swim lessons are available.
715 Todt Hill Road, Staten Island, NY 10304 • 718-303-7845

Staten Island Academy
Summer Day Camp
www.statenislandacademy.org/camp

SUMMER PROGRAMS FOR KIDS AND TEENS

Specialty Programs/Camps

- ★ Art
- ★ Filmmaking
- ★ Lego Robotics
- ★ Mad Science
- ★ Music & Songwriting
- ★ Photography
- ★ Teen Career Exploration in Medicine & Health and Wedding & Event Planning
- ★ Video Game Design

ACT Theatre Programs

- ★ Dramatic Scene Study
- ★ Musical Theatre
- ★ Littlest Actors

Now Playing
Actor Children's Theatre
presents



June 8 and 9 at 7pm
and June 10 at 2pm

Petrides School
715 Ocean Terrace, S.I., NY

Pre Sale Admission: \$15
At Door Admission: \$20

WAGNER COLLEGE

EXTERNAL PROGRAMS

One Campus Road, Staten Island, NY 10301

Facebook: Wagner College
External Programs
Twitter: WagnerExternal



Register by April 12 for our
Camp Early Bird Discount

Call about our convenient Payment Plans

For show tickets, info, and registration,
visit www.wagner.edu/external
or call 718-390-3221

Programs are for ages 6-17



"DEA" MUSIC & ART SCHOOL

**Music lessons in Piano, Violin, Voice and Guitar
Art Classes and Broadway Theater Singing w/ Movement**



Free
Trial
Class

Prepare
for ABRSM
Graded Exam

Summer Camp

July 9th - August 24th

Monday - Friday

- Flexible Schedules

- **Music Instrument**
- **Musical Theater**
- **Glee Singing**

Schedule customized to fit
the needs of your children

- **Individual classes with instrument of your choice,
Music Theory, Theater, Professional Art Classes**
 - **Half day or Full day program**
- **The most professional music school in Staten Island**

Students have been admitted to LaGuardia HS for Music & Art
Student recitals held in Manhattan/Masterclasses

**NO CONTRACTS
AFFORDABLE RATES 10% DISCOUNT**

19 ST. MARY'S AVE • SI, NY 10305

718.876.5223 • WWW.DEAMUSICANDART.COM



Camp/Programs 2012

DIRECTORY

Continued from page 22

excessively hot days as our indoor facilities are air-conditioned, which allow our campers to move inside and still have a true day camp experience. Our Olympic sized pool is also inside.

Our outdoor facilities include: three ball fields; four basketball courts; a modern track; soccer field and an all-purpose field for our Early Childhood campers. Two former school administrators; a child psychologist and four licensed teachers supervise our campers and our college counselors - a professional administrative team not to be matched anywhere.

Please visit our website at www.statenislanddaycamp.com for more information.

Wagner College Summer Programs for Kids & Teens

One Campus Road
718-390-3221 or www.wagner.edu/external/summercamps2012

Wagner College is not your typical day camp. We offer specialized summer camp experiences for children and teens ages 6 to 17. Our mission is simple. We are committed to providing an enriching, diverse and nurturing camp environment that promotes personal, academic and social growth while having fun.

Our camps are held on the beautiful and safe Wagner campus conveniently located atop Grymes Hill. A typical full day camp includes campers' all-time favorite lunch in the College Cafeteria. Program favorites include Lego Robotics and our A.C.T. Theatre programs. Young actors are invited to join us as we act, sing, and dance our way through an exciting musical theatre review culminating with a performance on the last day. The more serious actor will want to join our Comedic/Dramatic Scene Study program which features a showcase presentation in the Wagner Stage One Theatre.

New this summer is our Music and Songwriting program along with Photography, Art, and Filmmaking. Old-time favorites include Mad Science and Video Game Design. Teens interested in learning about career options in the fields of Medicine or Wedding & Event

Planning will want to join us as we experience real life, real time careers. We invite your child to join us this summer for an unparalleled camp experience.

YMCA Summer Camps

651 Broadway 718-981-4933
or www.ymcanyc.org
3939 Richmond Avenue 718-227-3200 or www.ymanyc.org
Staten Island YMCA @ pouch
Camp 718-227-3200

Provides youth with supervised activities that teach core values, conflict resolution and leadership skills. Kids have fun while making new friends, building self-confidence, appreciating teamwork and growing in self-reliance.

Their program includes playing games, arts & crafts, exploring science and technology, swimming, field trips, appreciating nature and values of many cultures. All camps are accredited by the American Camping Association. Registration for Summer 2012 is now open. Please contact your nearest YMCA Day Camp or visit www.ymcanyc.org/camp for more information.

Young People's Day Camp of Staten Island

718-701-3600, 1-800-DAY-CAMP or www.ypdc.com
Nansen Park, 3465 Victory
Blvd., Staten Island, NY 10314

Unforgettable summers begin at Young People's Day Camp, now celebrating our 40th Anniversary as Staten Island's #1 Private Day Camp! Founded and operated by school teachers, the camp's philosophy is based on the desire to "grow" children intellectually, physically & spiritually in a fun environment.

Programs are packed with activities: swimming, sports, arts and crafts, karate, weekly trips to baseball games, amusement parks, aquariums & more! Camp Director Keith Glauber is a former Major League Baseball Player with the Cincinnati Reds.

Children ages 4-14. 2, 4, 6, & 8 week programs are available. Free, air-conditioned transportation. We accept all union rates. Payment plans available.

YOUNG PEOPLE'S Day Camps

40TH ANNIVERSARY CELEBRATION & YOUR CHILD IS INVITED!

#1 PRIVATE DAY CAMP ON STATEN ISLAND... SINCE 1972!

PRE-SEASON RATES!

DAYS FILLED WITH FUN, FUN, FUN!

- ☺ For Boys & Girls, 4-14
- ☺ 2-8 Week Programs Available
- ☺ Optional Extended Day
- ☺ Medical Certified Staff, CPR/RTE Trained
- ☺ Owner/Director Keith Glauber, former Major League Baseball player & current state licensed teacher
- ☺ We Accept All Union Rates
- ☺ Payment Plan Available
- ☺ Weekly Field Trips
- ☺ Sports With Instruction
- ☺ Arts & Crafts

AND MORE!

Call Now For Pre-Season Discount!

SPRING OPEN HOUSE

SAT., APRIL 21, 2012 • 10am - 12pm

NANSEN PARK

3465 Victory Blvd. • Staten Island, NY 10314

CALL 1-718-701-3600 OR 1-800-DAYCAMP

or contact Keith Glauber at: keith@ypdc.com

FREE TRANSPORTATION

WWW.YPDC.COM

Be Confident, Strong and Empowered

CALLA KARATE & JUJUTSU



Self-Protection Classes for Women

**FIRST 20 ENROLLEES
RECEIVE A FREE UNIFORM**

As a mother,
I am aware
of the
challenges
women and
children face
daily.



As a Martial
Artist, I
am prepared
to help
you defeat
those
challenges.



1293 Castleton Ave. • Staten Island, NY 10310 • www.callakarate.com • 718-720-2509

FUN-LEARNING ALL SUMMER LONG!

Educational Summer Adventure / Ages 3~10

FasTrackKids®

FasTrackKids share in exciting learning experiences that will captivate their imagination and make their summer full of wonder and surprise.

SUMMER CAMP SCHEDULE

- **camp 1** Ready, Set, Travel 1:
7/9-7/13 Visiting China, India, Australia & Mexico
- **camp 2** Earth Science:
7/16-7/20 Young Scientists: Old Bones
- **camp 3** Speech Drama & Art:
7/23-7/27 Performing Magic
- **camp 4** Ready, Set, Travel 2:
7/30-8/3 Visiting Egypt, Italy, USA, & Brazil
- **camp 5** Destination Constellation:
8/6-8/10 Exploring Outer Space, Stars, Moon, Planets
- **camp 6** Biology:
8/13-8/17 Studying Plants & Animals
- **camp 7** Natural Science:
8/20-8/24 Magnets, Molecules & More!
- **camp 8** Biology:
8/27-8/31 Anatomy of Me

Time off from school doesn't have to be
time off from learning!

Staten Island
(1461 Hylan Blvd.)
718.351.7333

www.brooklynenrichment.com
www.fastrackkids.com



Playing it safe

Tips on preventing Little League injuries

BY TONY WANICH, MD

As youth baseball season approaches, so, too, does the risk of injuries — some of which could require surgery for your little ball player later in life. Injuries sustained in Little League most commonly involve the shoulder and elbow, and are typically due to overuse. The best approach is prevention through appropriate preseason conditioning and training, as well as following safe guidelines for play. With proper precautions, the vast majority of baseball injuries, which are increasingly common among young athletes due to high demands and expectations, can be prevented. Here are some tips that can help prevent injuries.

- Establish a consistent warm-up routine prior to any athletic activity, and include a stretching program

where stretches are held for 30 seconds.

- Running is a key component in pre-activity warm-up and preseason conditioning, and it's an important way for pitchers to develop endurance and stamina, and for position players to develop speed and agility.

- Strength training is essential for baseball players, and special attention needs to be paid to the rotator cuff, biceps, triceps, and forearm muscles.

- The adage that practice makes perfect is not always the case in baseball — it is important to avoid pitching on consecutive days.

- Youth pitchers should focus on developing accuracy and control through good pitching mechanics, and should focus on mastering the fast ball before moving on to other types of pitches.

- Communication between players, parents, and coaches is an easy way to identify problems before they become a more significant injury. Persistent pain, which does not improve with rest, should be evaluated by a sports medicine specialist.

Little League baseball has established a set of age-appropriate, pitch count guidelines that both coaches and parents should follow to avoid overuse injuries. It has also established a set of guidelines regarding the amount of rest needed between games depending on the number of pitches thrown. It is important that parents take these guidelines into consideration, because most injuries can be treated non-operatively if addressed early enough.

Tony Wanich, MD, is the attending surgeon for the Department of Orthopaedic Surgery at Montefiore Medical Center.

coming in our **may** issue

arts **for** kids



Find the **right program** &
focus for your child

music / drama / art / film
dance / photography

early exposure to the arts has been
proven to enhance development
in every way.

To advertise call **718.260.4554**



BIG FUN

on a small budget

Birthday parties that won't break the bank

BY CANDI SPARKS

Children love birthday celebrations. To them, getting older is cool, and birthdays are a special day to get and give love, attention, and gifts — simply because it's a birthday! But for parents doing the birthday-party circuit (whether as a guest or a host), things can get expensive, fast. Considering that the number of kids on the guest list could be between 15 and 25 youngsters, birthday parties can also be exhausting.

Children's parties have become a lot more elaborate than they were in the good-old days. Cake and ice cream is for babies. For older kids, options include popcorn machines, bouncy houses, face painting, DJs, magicians, clowns, celebrity appearances, and video arcade rentals. In some communities, these extras are not negotiable. But not all parents

can spend a year of college tuition on a child's party. How can you commemorate the date without breaking the bank?

It is essential to have a budget and a game plan. Party planning involves more than money. It is up to the host to determine how guests will spend their time during the party. Will the bulk of the party consist of good conversation, doing an art project together, sports competitions, singing, dancing, and eating? Determining where the budget can be trimmed depends on the age of the child, her expectations, and who you know that can "get it for your wholesale." But even a limited budget can go further with a little imagination and footwork.

Scale down parties

If your budding star wants a karaoke-themed party, a bare-bones rental space in New York (that comes with lights, couches, and equipment)

is about \$24 per person, without food and beverage add-ons. Fortunately, karaoke equipment is available for rent from local companies, as well as those found online, for as little as \$50 (add-ons are available for song collections, lights, etc.). The rental space, versus the equipment rental, gives some leeway and pricing options to the party planner that are worth checking out. A further option is to find a local DJ to play music for the entire party and have the highlight of the party be a few karaoke tunes from the birthday child.

For the athletically inclined, an indoor sports party is fun. Gymnastics, bowling, rock climbing, basketball, and paint ball (for children of a certain age) are a few of the options. These parties are typically around \$30 per child, without all the bells and whistles. More kids and add-ons (like food, beverages, and cake) are extra. Parents usually spend between \$600 to \$1,000 on this type of party when everything is tallied.

If the sports center is not an option, think of a work-around where the kids can run and play and conclude the party with cake. Would a backyard, basement, park, or beach work as a party space? By moving the party to a "free" venue, the party can go on a lot longer and the budget can go further. But, this choice involves preparing the environment in advance for safety, as well as the fun and games. The activities and equipment will have to be organized in advance. If a paint ball party is not an option, would a water balloon fight work? Decide on the activities — relay races, volleyball, soccer, or whatever works for the guest of honor and guests. Hosts will need to make sure that they have enough

Ideas for older children

Unfortunately (or not), as kids get older, they want a more sophisticated celebration, which usually equates to one that costs you more money. Sometimes they want a celebration without parental supervision. A trip to the movies or shopping with friends makes a birthday fun (with your money and without you there). Independence is the key to this birthday feeling like "a good one."

However, some birthdays are

religious or cultural rites of passage that merit a heftier bottom line. For Jewish children turning 13 years old, signifying the arrival of adulthood, the bar mitzvah (for young men) and bat mitzvah (at 12 or 13 years of age for young ladies), is a more significant event. In Latino culture, some celebrate with a quinceañera, as a rite of passage for a young lady into young womanhood at the age of 15. In American culture, some celebrate

a sweet 16 to mark the occasion.

These parties can become big ticket items, depending on the parent's resources. Friends and family may contribute months in advance to ensure the success of the event, but the key is to have a game plan and shop around. Negotiate everything — the invitations, the venue, the fare, the entertainment, the photographer, the videographer, the goodie bags — everything! When finances are tight, more people are searching for affordable quality because, in the long run, quality is usually more of a consideration than the cost of this once-in-a-lifetime event.

Top Tips



equipment for these games and that there are enough adult coaches or referee-type personalities to put the friendly competition into play and keep it safe.

Crafty celebrations

Younger kids usually enjoy getting messy — without getting in trouble — at a party. If your child likes making special projects, consider having an art-themed birthday party. Typically, a two-hour pottery-making party is around \$34 per person with pizza, which can wind up in the \$1,000-plus range quickly. A scaled-down option is a home-craft project, just try to keep it fun and simple. Consider baking pinch pots or making soap or candles. If the entire process would take too much time, some of the work can be done in advance, so the guests can add color and decorations or the final steps to the project, and then take the project home as a souvenir.

Creating sock puppets together and putting on a favorite story is another possibility. Some of the characters can also be made by gluing faces on paper plates or paper bags, using felt, yarn, and glitter. As long as the project is hands-on and does not have to be done perfectly, the kids will have a great time, and won't know or care how much money you spent.

In warmer weather, an art party can also be done outdoors or in a rented space like a local community center. Regardless of the venue, there will need to be enough supervision for safety — and to contain the mess (at least a little without spoiling the fun). Another option for an art party (or any other party theme) is to check out free events for kids at museums, for example, and meet up there. Afterwards, treat guests to a bite to eat to celebrate the birthday before everyone heads home.

In the fall, an apple-themed party can be organized by apple picking together, then making apple pies or apple crisps at the party. A pumpkin painting party, or making jack-o-lantern designs, will also work in the fall.

Determining where the budget can be trimmed depends on the age of the child, his expectations, and who you know that can “get it for your wholesale.”

Decorating pre-baked gingerbread cookies or making a gingerbread house will be warm and cozy in December. If your home kitchen is too small or your guest list is too big, there are alternatives that will give you a culinary thrill. Commercial kitchens, restaurants, and perhaps even the local pizzeria can put on a show with your guests participating in meal preparation, viewing the chopping and dicing from a front row seat, or rolling the dough for the pie. Check with the manager or owner of your favorite venue. More and more places are welcoming the chance to add to your fun.

Goody bags

Hosts will also consider what they will give to guests in return for the presents their children receive. The goody bag doesn't have to include personalized T-shirts or video games if that is out of your price range. It can include a lottery ticket with your best wishes for a win. A charitable contribution is also a thoughtful gift, or a homemade, decorated photo of the guest and birthday child makes a nice keepsake. Candy, bubbles, pinwheels, balloons, coloring books or other simple toys, lip gloss, nail polish, and hair bands and clips, can be purchased in bulk at the discount store. After a certain age, children are just happy that they had another chance to be together.

• • •

Showing the children how to appreciate life is one of the best gifts that you can give them. Don't forget the thank you cards!

Candi Sparks is a Brooklyn mother of two and a children's book author. Her titles include “Max Gets It!,” “Nacho Money,” and other books on finance for kids. Follow her on Facebook and Twitter (Candi Sparks, author) and on YouTube (Canihavesomemoney).

A birthday party is a piece of cake at the Staten Island Children's Museum

Did you know that Staten Island's favorite family destination throws the best children's parties too? Why? Because every party includes:



MENTION THIS AD FOR TWO FREE PIZZAS FOR ADULTS.

Party packages start at \$375 (15 guests + birthday child) Get a weekday discount. Parties Tues.-Thurs. Are just \$325. Members get a 10% discount, too.

STATEN ISLAND CHILDREN'S MUSEUM

at Snug Harbor
www.statenislandkids.com
(718) 273-2060
extension 264



The world renowned early childhood music & movement program for children; newborn - age 5 and the grown ups who love them!

Convenient Locations:

North Shore, Mid Island & South Shore

Classes available mornings, afternoon & weekends

Magical
Musical Birthday
Parties

**REGISTER NOW FOR
SPRING CLASSES**

Newborn
To
Age 5

Call Staten Island Family Music: **888-731-8719**

for more information or to

REGISTER FOR A FREE TRIAL CLASS!

Check out our website: www.sifamilymusic.com

Mary Aloia, Program Director

Making Staten Island a more harmonious place since 2001

Party

DIRECTORY

AmeriKick Martial Arts

341A Sand Lane
718-524-0244 or www.AmeriKickSI.com or email: AmeriKickSI@aol.com

AmeriKick Karate Party is a great way for your child to celebrate his or hers birthday in a unique and special way. In addition to the fun and excitement, your child will experience some of the important aspects of the martial arts including an increase in confidence, respect, coordination, and fitness. Parties are 2 to 2 1/2 hour(s) long and are run by two of our professional staff members.

Party Package:

Gold Party-Two hours=\$299 (with a \$50 Deposit)

VIP Party-2 1/2 hours=\$349 (with a \$100 Deposit)

All Parties Include:

Up to 25 kids, Invitation Cards, One hour of races, games...FUN!,

Pretzels, chips, and juice

Pizza for children, Standard Paper Products, 20 minute Karate class,

Two of our awesome instructors, who will host the entire party from set-up to clean-up

All you have to do is: Bring in the kids and the Cake!!

Call now and book your kids best Karate Birthday Party Ever!

Additional Themes + \$50 (Nerf War, Samurai Showdown)

Calla Karate & JuJutsu

1293 Castleton Avenue
718-720-2509 or www.callakarate.com

Have a Calla Karate BIRTHDAY PARTY. THE ORIGINAL MARTIAL ARTS LOCATION ON STATEN ISLAND. A BLACK BELT SCHOOL OF EXCELLENCE. Let's Move! PeeWee-Children-2 hour party up to 15 guests. Special gift for Birthday child. FREE Karate Class and games, pizza and beverage for all attending the party. We offer pay as you go lessons, or purchase a session plan. Log onto our web site for more information.

JCC of Staten Island

1466 Manor Road, www.sijcc.org

Have you ever returned from a fabulous birthday party thinking to yourself "How did she do that? Everything was perfect. The kids had fun and the Mom and Dad seemed so calm". One possibility is that the party was held at the Bernikow JCC of Staten Island where a full party package includes pizza, cake, beverages, plastic ware and table settings for up to 20 children - but that's not the fun part. JCC parties are so popular because our party package also includes ONE hour of swim in our Olympic size pool or one HOUR of Mixed sports in our new gymnasium such as basketball, relay races, soccer and more!! The children love to play party games such as musical chairs or freeze dance in our party room with our two fun and entertaining Party Hosts who are with your children from start to finish. Don't sweat the details because that is what the complimentary Birthday Coordinator and Party Hosts do for you!! Parents of your child's friends can have some fun while waiting because each party package includes 10 compli-

mentary Guest Passes to use during the party in the JCC's well equipped beautiful Fitness Center. So, let us do the work while you and your child enjoy the celebration! For further information, please email Melissa Kraker at mkraker@sijcc.com or call at 718-475-5274.

Rab's Country Lanes

1600 Hylan Blvd., 718-979-1600 or www.rabscountrylanes.com

Whether it's for your friends, family or children...

We throw the BEST PARTY IN TOWN! Our parties are easy on parents, exciting for the birthday child and a blast for their friends! Best of all, we do all the work!

Richmond Choral Society Youth Chorus

2205 Richmond Road, 718-448-3656 or www.richmondchoral.com

Richmond Choral Society Youth Chorus was created in 2003 as the junior division of the Richmond Choral Society. Young singers encounter a variety of fun and challenging musical experiences and receive instruction in vocal production, music literacy, and concert performance. Richmond Choral society Youth Chorus recruits students entering fourth to twelfth grades: choral singing is fun and challenging. Summer workshop is July 9th -13th 10am-1pm at Christ Church located at 76 Franklyn Avenue.

Staten Island Children's Museum

1000 Richmond Terrace (Snug Harbor), Staten Island
718 273-2060, ext. 264, www.statenislandkids.org, info@statenislandkids.org

Have your next party at Staten Island's favorite family destination!

The Basic Birthday Party Package includes:

A party room for two hours; An educator-led visit to the exhibits of your choice; Free museum admission for party guests; Balloon centerpieces, Pizza and drinks for all children; Invitations, balloons, party hats and paper goods, Food for adults available at an additional charge, Craft project, limbo, temporary tattoos and lots of music; Free trial membership for eligible party guests; Discounts for weekday parties and museum members.

Staten Island Family Music

358 Forest Avenue
888-731-8719 or www.sifamilymusic.com or email maryaloia@gmail.com

Staten Island Family Music is now offering Magical, Musical Birthday Parties!

Fill your child's next birthday with music & memories!

At your party location or at our studio singing & clapping, dancing & drumming, wiggling & giggling and tons of FUN!

For more information please call or visit our website.

Mention Staten Island Family Magazine when you call & save \$25.00!

Yippee!



THE ONLY PLACE TO GO BOWLING!

WE THROW THE BEST PARTY IN TOWN!
at Rab's every guest is treated like royalty!

2 HOUR PARTY PACKAGES INCLUDE:

- BOWLING OR LASER MAZE
- PRIVATE ROOM OR BEHIND LANE SETUP
- PIZZA & SODA
- BALLOON CENTERPIECE
- INVITATIONS & PAPER GOODS
- USE OF BOWLING SHOES
- USE OF LIGHT WEIGHT BOWLING BALLS
- BOWLING PIN FOR BIRTHDAY CHILD
- BOWLOPOLIS DVD FOR EACH GUEST

Enhance your birthday child's fun by creating the ultimate bowling birthday party... Consider one or more of our party options:

- BOWLOPOLIS TREAT CUP
- COSMIC BOWLING
- COLORABLE BIRTHDAY T-SHIRTS
- EXTENDED BOWLING AND/OR PARTY TIME
- KIDDIE CAKES ICE CREAM CAKE
- LASER MAZE CHALLENGE

#1 DESTINATION FOR BIRTHDAY PARTIES!

BOWLING LEAGUES FOR ALL!

BOWLING MAKES FOR THE PERFECT FUNDRAISER!

WATCH BOWLING SCORES LIVE ONLINE!



BOWLING IS THE SPORT WHERE NO ONE RIDES THE BENCH... MORE ACTIVITY EACH OUTING THAN MANY OTHER RECREATIONS PROVIDE AND NO RAIN OUTS!

YOUTH BOWLING PROGRAMS FOR KIDS OF ALL AGES NOW FORMING!

AGES 7 AND UNDER
HAVE-A-BALL YOUTH BOWLING CLUB
EVERYONE GETS A BOWLING BALL!
WEDNESDAY AFTERNOONS AT 4PM
OR SATURDAY MORNINGS AT 11AM

INSTRUCTION AWARDS. & FUN ALL IN A SAFE ENVIRONMENT!

AGES 8 TO 12
USA BOWLING PROGRAM
INSTRUCTION AND COMPETITION
SATURDAY MORNINGS AT 11AM

1600 Hylan Boulevard • Staten Island, NY 10305 (718) 979-1600 • www.bowlatrabs.com



It can't be easy, being a **BABY**

One dad's thoughts on why newborns put up a fight when trying anything new

BY TIM PERRINS

If you are the parent of a newborn baby here in the 21st century, you surely know that there's a dazzling abundance of technology and information to aid in the wrangling of your tiny new human being. There are smartphone apps that allow you to document every action taken by (or perpetrated on) your child, from feedings to bowel movements to naps. You can attend baby yoga classes, read online articles about overcoming colic, and even watch YouTube videos to learn to decipher the sounds your baby makes, so that you will know exactly what she needs as soon as she makes a peep.

My wife and I have all of these resources at our disposal, and yet there are still times when we cannot keep our wee little girl from crying and screaming like a fun-size banshee.

Sometimes the baby is hungry — I know this because she makes “the hungry sound,” and also because the iPhone app tells me she says so — but just as she's about to nurse, she suddenly flails her little arms and legs and wails uncontrollably. Then, a minute later, she turns back and suckles contentedly for the next half hour.

After struggling through countless incidents like that one, I finally figured something out. You can meet all of your little one's needs with ever-greater efficiency, but the bottom line is still this: newborns have a problem with transition. And with good reason — as anyone who has participated in childbirth



knows — for babies, that first transition is a doozy.

Childbirth is painful for the woman giving birth. I know this because — throughout labor — my wife conveyed this fact to me quite clearly (not very eloquently, but extremely clearly). On the other hand, nobody really talks about how traumatizing the whole process must be for the baby. I mean, in spite of all her agony, a mother remembers giving birth, but I have yet to meet

a single baby who can recall any of it! Until I hear a better explanation from the medical community, I'm assuming this is because babies find the whole ordeal so shocking and traumatic they just block it from their memory. Pretty solid reasoning, no?

Just in case my amateur psychology isn't that convincing, let's look at it like this: after the better part of a year in the soothing embrace of her mother's uterus, bathed in



Your newborn may be thoroughly rested, well fed, and properly burped, but based on her very limited understanding of this world, every time she senses the beginning of any kind of transition she just might be struck with the terrifying feeling that she's about to be born all over again.

a constant flow of warm liquid, a newborn-to-be is abruptly evicted — forced by intense muscular contractions down a birth canal so narrow that her soft little head must stretch and contort just to fit through.

From there, she is ejected, naked and bewildered, into the cold air and the stark light of day. That is, if she makes it that far; my own dear little peanut, after enduring the torments of labor, had the added peril and indignity of emerging with the umbilical cord wrapped around her neck. (She's fine, fortunately, but apparently that's a hazard shared by at least a third of all tiny humans.) It's a cruel joke, if you're a baby, that at the instant you're born, the life-line that nourished you for so long becomes a deadly snare, waiting to strangle your first breath away from you.

And if that's not bad enough, there's more! Even if you have a qualified medical provider on hand who's experienced with such a dangerous situation — for instance, our wonderful midwife — chances are she'll turn to the expectant father, who at that moment is so delirious and sleep-deprived that he probably can't be trusted to sign his own name, and SHE'LL HAND HIM A BIG PAIR OF SCISSORS. Then she'll point to the thick cord wrapped around the baby's delicate little neck and say, "you wanna take a whack at that?"

Now, all of that already stacks

up to form the Dagwood of trauma sandwiches, but consider one thing more: unlike her parents, a baby suffers through all of these ordeals without the prior benefit of instructional DVDs, "What To Expect" books, advice from other already-born babies, or the indispensable insights of Dr. Oz. The truth is, apart from a vague sense-memory of all those Mozart recordings you dutifully played for her in the womb, and then the horrifying ordeal of birth, your newborn has no experience of anything whatsoever.

So the next time you find yourself exasperated, unable to figure out why your darling baby is shrieking like a hyena and fighting your every effort to put that adorable elephant-print onesie on over her head, take extra pity on her. She may be thoroughly rested, well fed, and properly burped, but based on her very limited understanding of this world, every time she senses the beginning of any kind of transition, she just might be struck with the terrifying feeling that she's about to be born all over again. It's going to take her a little while longer to figure out that the terrible past is behind her, and that she's living in the future now.

Tim Perrins is a part-time stay-at-home dad who lives with his wife and their brand new tiny human in Park Slope, Brooklyn. More of his thoughts about babies and other things that confuse him can be found at www.RevoltOfTheImbeciles.blogspot.com.

Suzanne's Fashion Corner^{Ltd.}

and

Baby Oh Baby
Children's Wear



**Beautiful
Clothing & Accessories
for Women, Children
& Babies**

Hours: Mon.-Sat. 10am-6pm

Special Holiday Hours

All Major Credit & Debit Cards Accepted

Layaway Available

**656 FOREST AVE.
AND 513 BEMENT AVE.
PHONE & FAX (718) 442-8992**



www.suzannesfashioncorner.com

REDISCOVER WONDER

@
Ripley's
Believe It or Not!
TIMES SQUARE

ASTONISHING ARTIFACTS **AWE INSPIRING ODITIES**
EXCITING INTERACTIVE EXHIBITS **SHOCKING SIDESHOW PERFORMERS**
FABULOUS PHOTO OPPORTUNITIES FOR LIFELONG MEMORIES

FUN Spring Break Idea!

SAVE NOW!

In Person
\$5 OFF ADULTS
\$4 OFF KIDS

Online
\$6 OFF ADULTS
\$5 OFF KIDS

USE CODE
FAMILYMAG12

Open 365 days a year at 9:00am

www.RipleysNewYork.com

[facebook.com/RipleysNY](https://www.facebook.com/RipleysNY)

twitter.com/RipleysNYC

Cannot be combined with any other offer. Coupon valid for up to 8 people. Ripley's Believe It or Not! is a registered trademark of Ripley Entertainment Inc.

Find new use for old clothes with a Quilt

Turn your child's baby clothes into a family heirloom

BY KATHY SENA

I'm guessing you've done what I did. As your children got older, you gave away many of his baby clothes — but you kept the ones that meant the most to you. The ones that spark special memories of a little boy running around the house in Buzz Lightyear jammies or a little girl dancing in her Cinderella Halloween costume.

Or, perhaps you have a stack of T-shirts from high school, college, or family vacations. No matter where your memories come from, if they're made of fabric, they can be turned into a unique quilt. Think of it as a scrapbook page that will decorate your home, keep your family toasty warm, and become a family treasure.

Lots of options

Google "T-shirt quilts" and you'll find a number of companies that make them, of course. But not everyone does the baby-clothes version. In addition to Campus Quilt Co. (www.campusquilt.com), the company that



The author's son with the quilt made of his baby clothes.

made my family's quilt, check out The Quilt Loft (www.tshirtquilt.com) and Jelly Bean Quilts (www.jelly-beanquilts.com). All feature adorable photos of finished quilts on their websites.

Preserving memories

The folks at Campus Quilt Co. in Louisville, Ky. took my son's

special baby and toddler clothes and turned them into the most gorgeous, hand-crafted quilt I've ever seen. Every item of clothing was pressed and arranged in a cute way on its own square and then carefully stitched down, so it will stay put. As I told my husband, it looks as if someone who loves our family (and who is very talented!) made



Shower a new mom with this quilt

"When a friend was pregnant with her first child, I asked the extended family and her close friends to send me a nine-by-nine-inch square of fabric that represented their hobby, something that represented them in some other way, or something they wanted to teach the child one day," says Candace Jones of Irving, Texas.

"We had fabric from a grandma's apron, an uncle cut up one of his lucky flannel fishing shirts, and an older cousin sent a T-shirt from his college alma mater, hoping to recruit early," says Jones.

"Another family member cut some fabric from the great grandmother's sewing fabrics that had been stored in an attic. Since the great grandmother had recently

passed, it was especially poignant for the new mom," she adds. "And a close friend sent fabric from one of her son's onesies and added a poem, about looking forward to having a new lifelong friend, written in fabric paint across it. The quilt was adorable, and we gave it to the mom-to-be at the shower with a little write up of who sent what, and why."



No matter where your memories come from, if they're made of fabric, they can be turned into a unique quilt.

this quilt. It's a work of art that will last for generations.

Having the quilt makes me realize how important it is to enjoy these treasured memories, instead of keeping them in a box. Now I can see and touch, once again, Matt's first Halloween costume, when he was a 10-month-old little pumpkin; his Spiderman jammies; the "I Love Grandma" sweatshirt that includes Matt's toddler handprints in fabric paint; his Woody "Toy Story" jammies; and his Superman T-shirt.

What sentimental mom wouldn't love that? And it's something that I know I'll eventually pass down to Matt. A true family heirloom. (Won't his kids giggle when they see their dad's toddler-sized Superman shirt one day? I love the thought of that.)

Campus Quilt Co. prices run from \$129 for a nine-square lap quilt (the squares on these quilts are big — 15 inches) to \$419 for a 49-square, king-size quilt. These are the prices if the quilt is made from just T-shirts. There are additional charges for doing special detailed work with baby clothes, adding strips of extra fabric between the squares, etc. Call and tell them what you have in mind, and they can give you all the details regarding cost.

I was a little worried about packing up these precious baby clothes and sending them, but the company took great care to make sure my items were transported safely. They sent a kit that explains everything, and they included a large, heavy-duty mailing bag and a pre-addressed label for shipping.

Then they e-mailed me when they received my package. They kept me informed of the progress on my quilt, and they got in touch with a tracking number when they shipped the quilt back to me. They understand how important these memories are, and they make sure customers are

informed at every step of the process.

What will you use for your quilt?

Don't have enough of your baby's clothes for a quilt? Want to do something different? Here are some other ideas for choosing items for a great quilt:

- T-shirts from your family's travels.
- Squares made from your young swimmer's beach towels. (Use your quilt to stay warm at those early morning swim meets.)
- Baby clothing from different generations. Did your mom save some of your own baby clothes? Combine them with your child's for a true keepsake.
- Fabric from your wedding dress and a bridesmaid's dress.
- Fabric squares in your child's high school colors, mixed with squares featuring school T-shirts from sports teams or school clubs.
- High school or college sweatshirts from different family members.
- Costumes from school plays.
- Halloween costumes.

The list is endless — and if you're a new parent, and you're just beginning to save special items like the receiving blanket your baby wore in the hospital, the little soft cap the nurses placed on her head, and those oh-so-tiny socks, you're in luck. You can plan ahead and save those items until you have just the right collection to make a quilt you'll treasure. It will warm your heart as well as your bed. Just ask Superman's mom.

Campus Quilt Co. [Louisville, Ky., (502) 968-2850]. For more, visit www.campusquilt.com.

Freelance writer Kathy Sena is mom to 16-year-old Matt. She still has lots of baby treasures squirreled away in the family cedar chest, including the well-loved "Mr. Bear."

VOCAPeOPLE
Music is Universal.

"THE COOLEST SHOW EVER!"
 JIMMY FALLON, LATE NIGHT JIMMY FALLON

"BLUE MAN GROUP MEETS GLEE!"

TELECHARGE.COM • 212-239-6200
 For groups & birthday parties contact 1-877-401-8542 or VocaPeopleGroups@gmail.com
 New World Stages, 340 West 50th Street • VocaPeopleNYC.com

PHOTO BY LEON SOKOLOFF

SAVE UP TO 40%

RAUL ESPARZA
LEAP OF FAITH
 A NEW MUSICAL

Photo: Chris Callis

CALL 212.947.8844 AND USE THE CODE LFGEN36
ONLINE GO TO BROADWAYOFFERS.COM & USE CODE LFGEN36
VISIT ST. JAMES THEATRE BOX OFFICE, 246 WEST 44TH ST. & BRING THIS AD

Must purchase by 4/26 for performances through 5/13

Offer subject to availability. Valid on select locations only. Blackout dates may apply. Not valid on prior purchases and cannot be combined with any other discounts or promotions. All sales final; no refunds or exchanges. Telephone and internet orders are subject to standard Telecharge.com service fees. A \$2.00 theatre facility fee is included in the price of the ticket. Limit 8 tickets per order. Offer expires April 26, 2012 but may be revoked at any time.



ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

The ins and outs of an estate plan

What is an estate plan? My husband and I own our apartment, but we don't have a lot of income or assets. Do we really need a Last Will and Testament?

The answer to whether you need a Last Will and Testament is an emphatic yes! A will is part of your overall estate plan, which simply means that you have put the documents in place to ensure that your needs and your family's needs are met during your lifetime and upon your death. A thorough and comprehensive plan typically includes not only a will, but also advanced directives such as a healthcare proxy, living will, and power of attorney. For some people, but not everyone, a revocable or irrevocable trust may help

meet the individual or couple's objectives and concerns.

An estate plan lays out how your assets are to be distributed upon your death through a will or trust, and designates the individual or individuals you want to handle your financial and health matters during your lifetime through the use of a power of attorney, a healthcare proxy, and living will.

The best place to start is to inventory and analyze the extent and nature of your assets. This includes your home, second homes, business interests (yes, even if you are a sole member of your company!), cash, stocks, bonds, annuities, retirement savings, and insurance policies. The next step is to consider the following questions:

- Who do you want to act as

guardian for your minor children if you and your spouse both passed away (or were both incapacitated)?

- Who do you want to make medical decisions on your behalf if you were unable to do so?

- Who do you want to handle your financial affairs if you were to become incapacitated?

- When you die, how do you want your assets distributed? If you have children, at what age would you want them to receive the principal assets?

- Who would you want to administer and distribute your assets upon your death?

Even if you do not have the answers to each of these questions, you can start the process, and an attorney can help you evaluate your choices and make a decision. If you already have an estate plan in place, you should review it every few years or after major life developments, such as the birth of a child (or grandchild), after a divorce, the death of a spouse, a decline in health, or significant change in financial circumstances, or any of the above occurring in the life of one of your selected fiduciaries. Different issues arise throughout your lifetime, and changes in the law may occur which impact your plan.

By addressing these issues now and implementing an estate plan, you can avoid placing unnecessary stress and confusion on your loved ones in a time of crisis. An estate plan states to your family members and beneficiaries how you would want things handled in a crisis or at your death, or even when you are no longer able to state those wishes for yourself. Being clear about your intentions can prevent lengthy and costly legal battles, and preserves family harmony.

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



Disclaimer: This column is provided by the Law Offices of Alison Arden Besunder P.C. and New York Parenting Media as a public service to inform readers of legal issues. It is not intended to advise. Since legal issues vary with an individual's situation and needs, one should consult with an attorney. It is impossible to cover all aspects of the law in an article. Please be advised that the laws are constantly changing. The content in this article reflects the current law. Nothing contained in this article is intended as advice and does not create an attorney-client relationship between the reader and the firm. Individual consultation with an attorney is required to determine the specific facts and circumstances of any particular situation. A written retainer agreement between you and the firm is required before any attorney-client relationship may be created. Circular 230 Disclosure Notice: To ensure compliance with Treasury Department rules governing tax practice, we inform you that any advice contained herein (including in any attachment) (1) was not written and is not intended to be used, and cannot be used, for the purpose of avoiding any federal tax penalty that may be imposed on the taxpayer, and (2) may not be used in connection with promoting, marketing or recommending to another person any transaction or matter addressed herein.



Like Us on
facebook
to WIN
tickets or
prizes

Visit us at our
NYParenting page
and register to win

Attention All Writers!

We're looking for personal essays about you, your family and life in your community.

Partner with us and share your stories and your memories.

Email family@cnglocal.com to have your piece included in our magazine and on our website.



ARE YOU HIGHLY MOTIVATED? Earn Extra \$\$\$!!!

Learn how you can operate a mini-office outlet from home.

- Free on-line training
- Flexible Hours
- Great for At-Home moms



Visit us at
www.goldenventure.net

No parents were harmed in the making of this musical.

RATED
FOR PARENTHOOD



Book and Lyrics by **SANDY RUSTIN**
Music and Lyrics by **DAN LIPTON & DAVID ROSSMER**

"P IS FOR PERFECT!"

PETER FILICHA, THE STAR-LEDGER



Westside Theatre 407 W. 43rd St. Telecharge.com or 212.239.6200

Childcare available select perfs. Visit RatedPTheMusical.com

HAPPY HENRY

"The Wizard/Magician Clown"



**Close Up Magic
AT ITS VERY FINEST**

- HANDS-ON MAGIC
- BALLOON ANIMALS
- FACE PAINTING
- ILLUSIONS AND HUNDREDS OF COSTUME CHARACTERS

Birthdays, Bar Mitzvahs, Christenings,
Children's and Adult Parties
CORPORATE ACCOUNTS WELCOME

917-617-3698

www.HappyHenrytheWizard.com

Seen on HBO



HEALTHY LIVING

DANIELLE SULLIVAN

Time for allergies!

The season is here, but you can still enjoy it

Have you noticed that the green grass hasn't quite vanished this year? Whether you were in Central Park or Prospect Park, you may have noticed that, unlike other years when the green shades turned to a dusty brown over the winter months, for the most part, the grass has stayed green all winter long. While pleasing to the eye, the very fact that plants have sustained life since last year could spell out trouble for those of us with seasonal allergies.

stantly itchy," says O'Hara. "We both started on allergy medications earlier in the year than we had in the past."

The O'Hara's are not alone. The Asthma and Allergy Foundation of America reports that allergy is the fifth leading chronic disease in the U.S. among all ages, and the third most common chronic disease among children under 18 years old, with an estimated 50 million Americans suffering from all types of allergies. Experts say that the prevalence of allergies

is significantly increasing, and although allergies are widespread, they are often the most overlooked disease.

A key part of any treatment plan is to receive the proper diagnosis and management plan for your specific allergy, instead of mixing medications for allergies you may not have.

"One of the most important tips, which might seem self-evident, is to ensure that you are using medications properly," explains Dr. Scott Gottlieb, director of pain management at Manhat-

tan Eye and Ear Infirmary. "For example, nasal steroids can be very effective for those who suffer from hay fever, but you must start using them well before symptoms appear. They prevent, rather than treat, the symptoms. If you start taking them after your symptoms have kicked in, they will be less effective."

Along the same lines, it's vital to fill prescriptions before allergy season, "so that you have your arsenal ready before you begin to

suffer," he says.

"Make sure that you tailor your medications to your symptoms. Many people purchase over-the-counter medications, because the box says 'allergy,' and they end up ingesting a medication they don't need — for example, an allergy pill might contain a decongestant, but you are trying to address itchy eyes. Take care to read all labels, or speak with your physician, to ensure that you are taking something that will address your particular symptoms."

O'Hara agrees and says that she was on the fence about getting her son allergy tested and hadn't even considered her common complaints of itchy eyes and post nasal drip to be a problem, but when her son underwent testing, she did, too. Both tested positive for the same pollen allergy and since they've been on medication, they have felt considerably better.

Realistically, because pollen counts have started increasing earlier this year, doctors say we can expect symptoms to last longer and be more severe. Symptoms include:

- Itchy, watery eyes
- Sneezing
- Running nose
- Nasal congestion
- Postnasal drip

Treatments such as over-the-counter Allegra pills may provide some relief, but allergy shots deliver the longest-term support.

There are a few easy tips that moms and dads should do daily to help combat allergies in their children (and themselves):

- Avoid outside play on late afternoons when it's dry and windy, since pollen counts peak under those circumstances

- Take a long shower at the end of the day to wash away any pollen stuck in hair.

Danielle Sullivan, a Brooklyn-born mom of three, has worked as a writer and editor in the parenting world for more than 10 years. She also writes for Babble.com. Find her on Facebook and Twitter @DanniSullWriter, or at her blog, Just Write Mom.



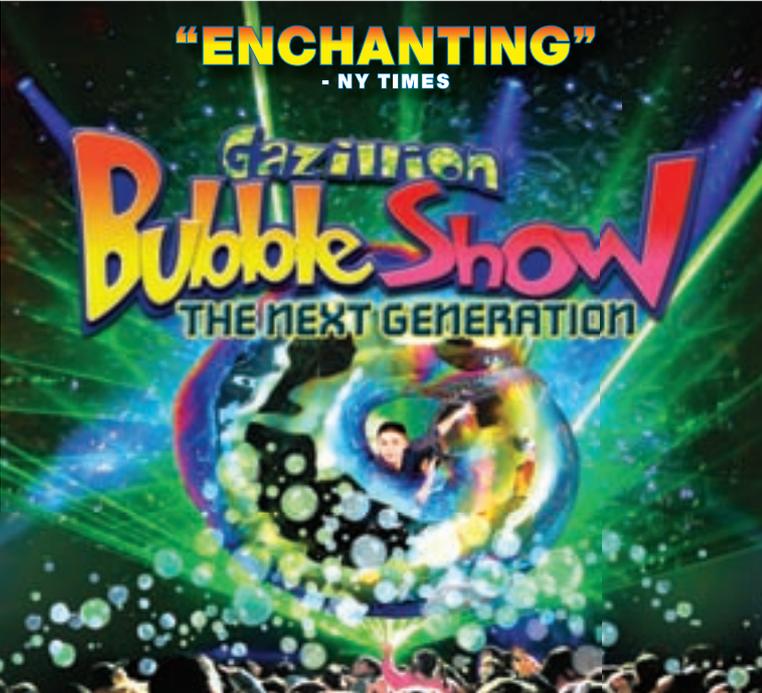
On top of that, the flowers and trees have budded earlier because of the mild winter — and the spring allergies have arrived earlier, too.

Sandy O'Hara of Murray Hill says her whole family suffers from seasonal allergies. Sandy and her 5-year-old son, Matthew, are allergic to pollen and dust mites, and her husband, Frank has hay fever.

"Early March was particularly bad for my son and me. We were sneezing and our eyes were con-

"ENCHANTING"
- NY TIMES

Gazillion
Bubble Show
THE NEXT GENERATION



Wed 11 & 2, Sat 11, 2 & 4:30, Sun 12 & 3
For groups & birthday parties visit our website or call
1-866-6-GAZ TIX (1-866-642-9849)
GazillionBubbleShow.com
TELECHARGE.COM or 212.239.6200
NEW WORLD STAGES N 340 WEST 50th ST.

THE RHYTHM OF NEW YORK

STOMP



\$40 Sundays @ 5:30PM
Tue-Fri @ 8, Sat @ 3&8, Sun @ 2&5:30

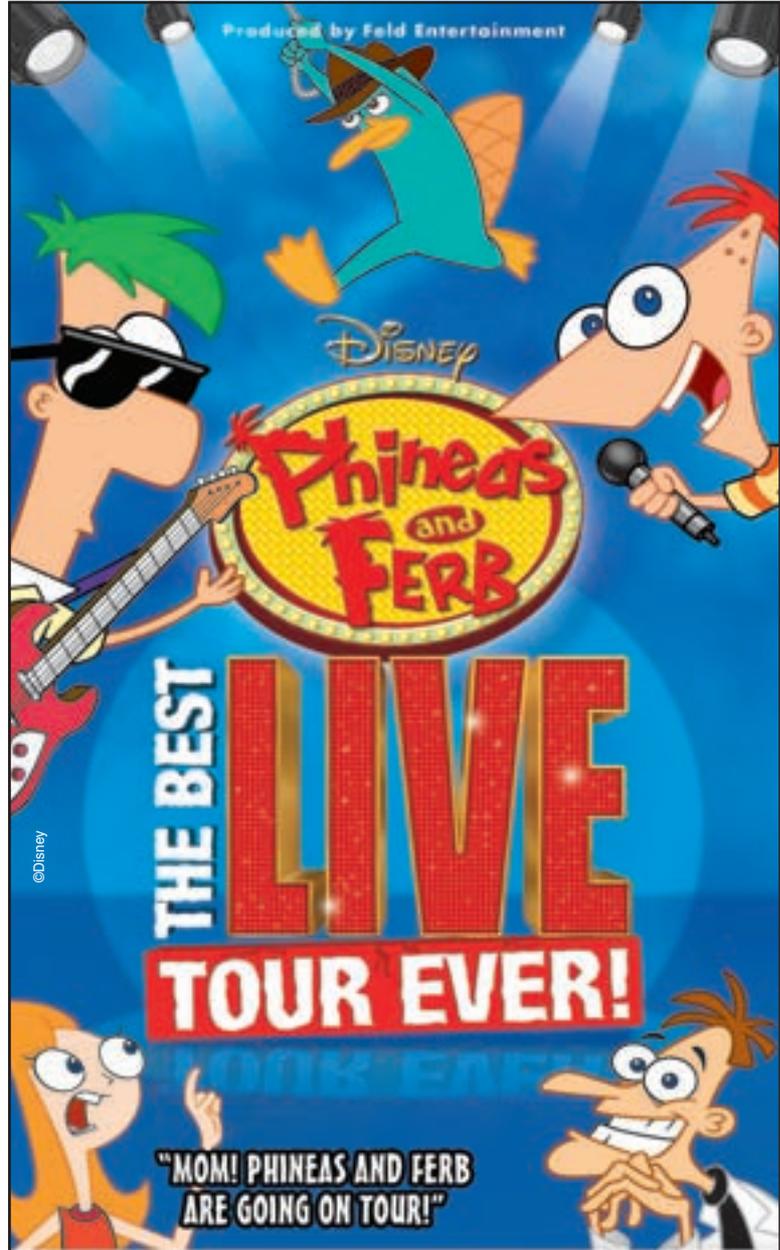
ORPHEUM THEATRE
Second Avenue at 8th Street ticketmaster (800) 982-2787
www.stomponline.com

Produced by Feld Entertainment

Disney
Phineas and FERB

THE BEST LIVE TOUR EVER!

"MOM! PHINEAS AND FERB ARE GOING ON TOUR!"



	Thu. APR. 5 ★ 7:00 PM
	Fri. APR. 6 ★ 1:00 & 7:00 PM
	Sat. APR. 7 ★ 12 NOON, 3:30 & 7:00 PM
	Sun. APR. 8 ★ 1:00 & 5:00 PM
	Mon. APR. 9 ★ 12 NOON & 3:30 PM
Tue. APR. 10 ★ 12 NOON & 3:30 PM	
	Thu. APR. 12 ★ 7:00 PM
	Fri. APR. 13 ★ 7:00 PM
	Sat. APR. 14 ★ 12 NOON, 3:30 & 7:00 PM
	Tue. APR. 17 ★ 7:00 PM
	Wed. APR. 18 ★ 7:00 PM
	Thu. APR. 19 ★ 7:00 PM
	Fri. APR. 20 ★ 7:00 PM
	Sat. APR. 21 ★ 3:30 & 7:00 PM
	Sun. APR. 22 ★ 1:00 & 5:00 PM

Buy tickets at www.phineasandferblive.com,
ticketmaster® Retail Locations, Arena Box Offices
or call **1-800-745-3000**

©Disney

Money doesn't buy happiness

Psychologist's new book finds the best things in life are free

BY ALLISON PLITT

They are the top students in their classes, play varsity sports, and are editors of their school newspapers or yearbooks. They come from intact homes of married parents who have high expectations for their children and have few worries about giving their kids iPhones, laptops, and cars.

These are not students prepared to graduate from high school and head off to college, but rather teenagers sitting in psychologists' offices throughout the nation talking about how empty they feel and how disconnected they are from their parents. They are usually suffering from depression and anxiety and are on the cusp of developing an addiction to drugs, alcohol, or food.

In her book, "The Price of Privilege," psychologist Madeline Levine discusses what she sees as a trend among some affluent families that is sweeping across the United States. According to Levine, some well-to-do parents have become so obsessed with providing materialistically comfortable lifestyles for their children, that they have neglected to nurture their children's own self-identities.

Too much pressure

What the media has dubbed an "epidemic" is really a vicious cycle of parents working too hard to provide the best for their kids, and demanding that their kids work just as hard at school and sports, while the kids just want to please their parents, says Levine.

"The popular press has devoted rivers of ink to chronicling the 'epidemic' of narcissistic, over-involved



Madeline Levine, PhD, is the author of "The Price of Privilege."

parents producing spoiled, entitled children with poor values," she writes. "But my experience leads me to a very different conclusion. Most of my patients are deeply troubled, not spoiled; most of their parents are not narcissistic, but are struggling, often quite alone, with their own problems."

In order to send their children to the best schools and provide them with after-school lessons and the latest electronic gadgets, these parents need to work longer hours, thus, leaving less time for them to spend with their families, says Levine. This, in turn, has a negative effect on the kids.

"In affluent families, where social and professional demands can be highly time consuming, there is often a lack of 'family time.' In what some researchers call the 'silver spoon syndrome,' affluent kids are often painfully aware that they rate low on their parents' 'to-do' list," Levine

states. "As a result, there is an inverse relationship between income and closeness to parents. Lower-socioeconomic kids are far more likely to report feeling close to their parents than kids from high socioeconomic homes."

And the effects of this trend, Levine says, are producing dire consequences: since 1950, teenage suicide rates have quadrupled. She attributes this to parents who overly stress academics, so they can prepare their children to graduate from elite colleges and find well-paying jobs, which they feel will bring the kids a standard of living that was, in reality, much more easily obtainable 60 years ago.

Modern society continues to emphasize the idea that material wealth is a sign of success, Levine says, and families think they must always look good in the eyes of their neighbors. In addition to being able to afford expensive homes and cars, parents also want children who are model students and athletes, and have come to demand perfection from their kids. On the other hand, these parents are also overprotecting their children to the point that the kids lack the emotional and social skills necessary to survive on their own once they leave home.

"While demands for outstanding academic or extracurricular performance are very high, expectations about family responsibilities are amazingly low. This kind of imbalance in expectations results in kids who regularly expect others to 'take up the slack,' rather than learning themselves how to prioritize tasks or how to manage time," Levine writes. "Tutors, coaches, counselors, and

psychotherapists are all enlisted by parents to shore up performance and help ensure the kind of academic and athletic success so prized in my community."

Seeking approval

Consequently, some of these teens have developed such a need for acceptance from their parents that they feel they are playing roles of what is expected of them, instead of forging their own identities as individuals.

Constantly seeking approval from their parents, these teens are not learning to act instinctually and develop an inner sense of self.

"The kids I see have been given all kinds of material advantages, yet feel that they have nothing genuine to anchor their lives to," writes Levine. "They lack spontaneity, creativity, enthusiasm, and, most disturbingly, the capacity for pleasure."

Case studies

Levine refers to many of her own case histories in her book. In one, she writes about a son who works hard to gain acceptance to his father's Ivy League alma mater, but once he arrives on campus, he's so miserable that he develops a drinking problem. The son ends up returning home and attending a local college where he finally studies a subject that interests him, makes friends, and finds himself a girlfriend who shares his interests and values.

Then, there is the teenage girl who is studying dance. Her father, a prominent businessman who is usually physically and emotionally absent from the home, does not take her interest in dance seriously. As a result, the teenager falls into a deep depression. It is her stay-at-home mother, also suffering from depression, who becomes her ally and supports her daughter as she pursues a career in dance.

Levine discusses case histories with which readers can identify, but she also has patients who recount unbelievable stories. In one instance, a teenager's quiet, artistic nature was so ignored by his parents, he developed a cocaine problem in his teens. Through therapy, the teenager was able to quit his addiction, but then found cocaine in the kitchen of his home. Apparently, both his parents were abusers as well.

Levine also details an account of a teen who went on a resort vacation with his family. His parents not only decided to lodge in a separate room, they put their children in a villa at

the other end of the resort. Not surprisingly, later in life, the children had difficulty dealing with their feelings of neglect and abandonment, developed serious drug addictions, and fell in trouble with the law.

Levine uses these cases to show that children desire to feel secure and loved unconditionally, and that parents need to spend quality time with their children and listen carefully to their thoughts and desires. With busy working parents and overscheduled kids, families need to slow down and create peaceful moments when they can spend meaningful time together.

Advice for parents

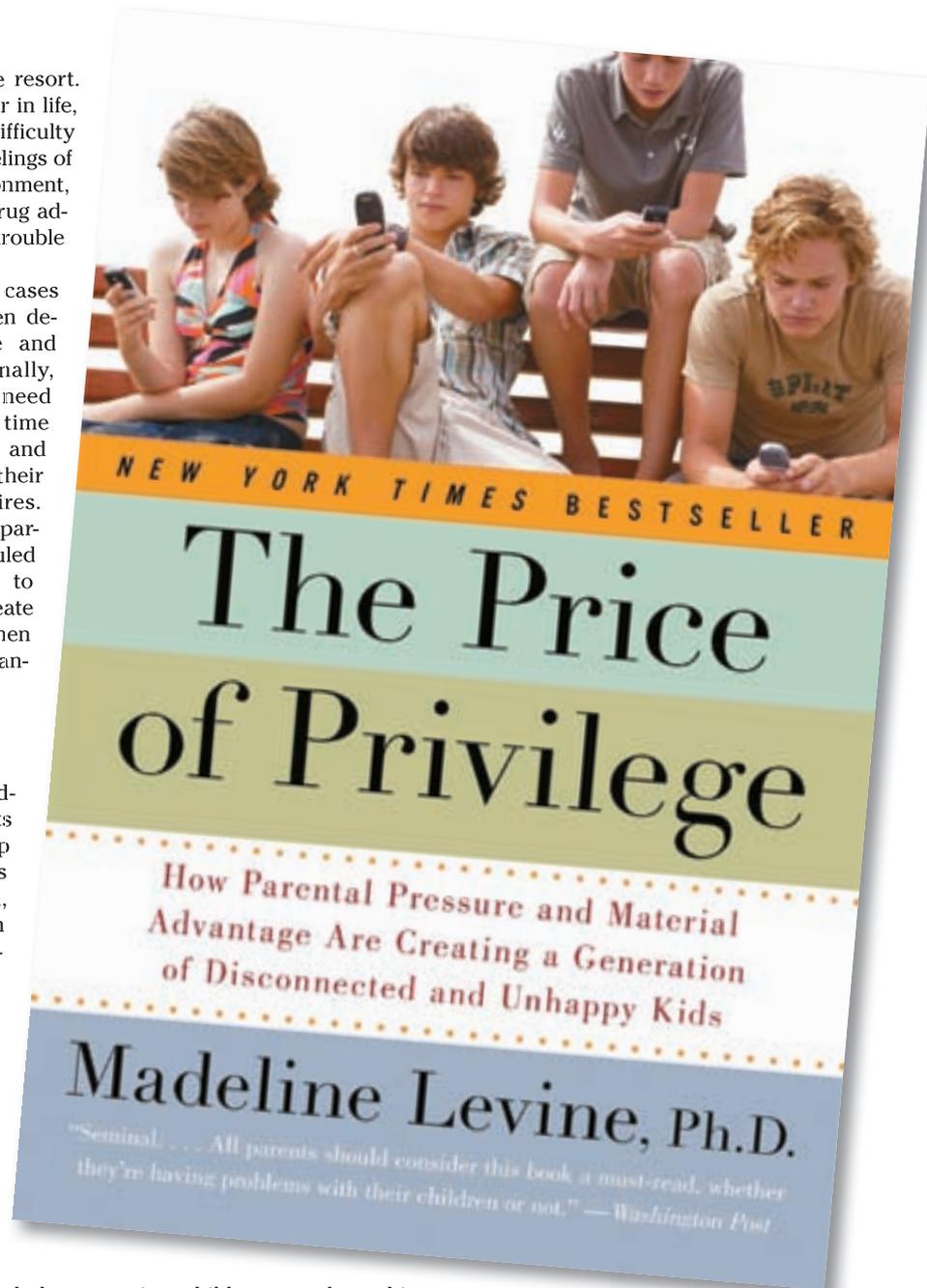
Levine offers advice to these parents to help them develop better relationships with their children, saying that children crave rituals and traditions.

"Perhaps the single most important ritual a family can observe is having dinner together," she writes. "Families who eat together five or more times a week have kids who are significantly less likely

to use tobacco, alcohol, or marijuana, have higher grade point averages, less depressive symptoms, and fewer suicide attempts than families who eat together two or fewer times a week."

Parents do not need to stay at home and not work in order to spend quality time with their children, she says, but rather, should know that an emotionally happy child most often has emotionally happy parents. She aims this specifically at mothers, since women are usually the ones who feel conflicted about their decisions to either stay at home or go back to work after their children are born.

Teenagers need clearly defined boundaries, she says, and parents should enforce household rules about curfews, completing homework, and the amount of time that



children spend watching TV, texting, or using the computer. When parents do not set boundaries, she says, kids often feel that their parents don't care enough about them to raise them more strictly.

Levine also believes that parents should have their children do chores or get part-time jobs to learn the importance of hard work as a motivating factor for achievement. She views the responsibility of holding a job as a more valuable experience for a teenager than getting a report card with straight As.

She says, however, that teenagers should make their own decisions about choosing age-appropriate clothing, friends, and extra-curricular activities. In making their own choices, teenagers gain self-confidence and a sense of independence.

Levine's book makes a convincing case about the parenting phenomenon that is ailing many well-to-do families nationwide. If parents really want their children to succeed, they must teach their kids to be accountable for their actions, instead of placing responsibility and blame upon others. Most importantly, families must provide a nurturing home, where their kids feel they can openly express themselves and where parents can learn to accept and love their children for who they are.

Allison Plitt is a contributing writer for New York Parenting Media and a mother living in Queens with a 6-year-old daughter. If you have ideas to share about topics for articles or resources for families, please contact her at allisonplitt@hotmail.com.



THE BOOK WORM

TERRI SCHLICHENMEYER

All about our earth

Someday, your children are going to inherit the earth. And there is so much to learn before it becomes theirs. “B is for Blue Planet,” by Ruth Strother, is just the tool to learn all about our Earth.

“B is for Blue Planet” teaches children all about the planet by taking them through the alphabet to introduce them to new words, such as A, for amber, the gooey material that oozed from trees when dinosaurs walked the earth, and trapped bugs, flowers, and leaves, and then hardened, rock-like. And while your child is learning about old, hard rocks, she’ll also learn about I, for igneous rock, which was on the earth before the dinosaurs that roamed the earth during J, the Jurassic period.

Of course, B is for blue planet, another name for the earth, because much of it is covered with water and looks blue from space. In all that water are coral reefs, which

start with the letter C. E stands for earthquakes, and V is for volcano.

If you’ve got a young reader in your house, you probably have at least one shelf that’s filled with books that have been outgrown. The nice thing about this book is that it grows with your child: read it with a 4 year old, then keep it for the 12 year old she’ll be someday, because “B is for Blue Planet” really is two books in one.

Strother offers a quick, easy-to-understand poem for younger children, each accompanied by a colorful illustration from artist Bob Marshall.

You’ll notice, though, that on the outer half of each letter-page are longer, more thorough, more scien-

tific explanations meant for older kids — or for yourself, if you need help answering the questions of a curious child.

For preschoolers to middle-schoolers, “B is for Blue Planet” will prove that Earth Day — April 22 — isn’t the only time to be green. For them, this book is a good lesson and a great gift.

“B is for Blue Planet,” by Ruth Strother [40 pages, Sleeping Bear Press, 2011, \$16.95] is recommended for children in preschool through middle school.



A real account of a truly horrible disaster

Your kids complain about their chores. Every morning, they have to make their beds and straighten up. They help wash the dishes, clean the house, and pitch in with yard work.

They think they’ve got it rough. But as they’ll see in the new book, “Surviving the Hindenburg” by Larry Verstraete, their chores are nothing. At least they don’t put them in the path of danger.

The book tells the story of 14-year-old Werner Franz, who, in 1937, was the youngest crew member on the German airship the Hindenburg, one of the most famous airships in history. Through Werner’s memories, readers will learn the inner workings of the airship and the tragedy that unfolded during the zeppelin’s final voyage.

Werner was very excited to be a cabin boy on the Hindenburg, which, at 13 stories high and more than 800 feet long, was like a big, floating hotel surrounded by fabric cells filled with highly flammable hydrogen. As the youngest crew member,

Werner loved working on this great big ship in the sky, and he was finally going to see America!

As a cabin boy, his many duties included making the beds, setting the tables, washing dishes, and cleaning uniforms. Every day, when he was done with his work, he would visit the mechanics who manned the engines or the riggers who worked at the top of the airship. It was a bit of a balancing act to make his way around the airship; the Hindenburg was lined with narrow wooden paths that connected the stern to the bow. One of the paths led to a small window that gave Werner a bird’s-eye view of the Atlantic Ocean, and, on May 6, 1937, an up-high look at New York City as the Hindenburg tried to dock in New Jersey.

It was stormy that day, but people crowded the beaches of New Jersey to watch the mighty Hindenburg’s landing. Werner wished he could watch it, too, but he had dishes to wash.

And then, there was a thump. Dishes scattered and broke, and Werner ran to a wooden pathway as he discovered that the Hindenburg was on fire!

Based on Werner’s own account and other research about this tragic

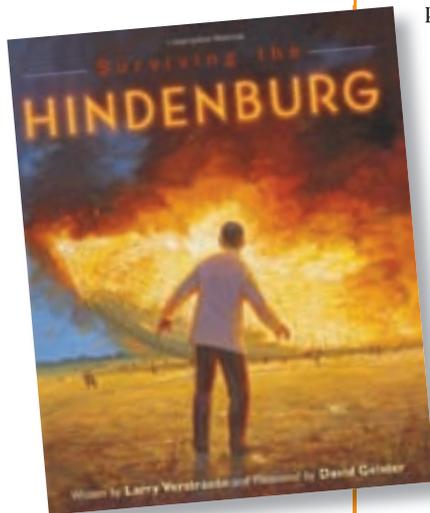
event for which the anniversary looms, “Surviving the Hindenburg” is an interesting tale enhanced by historical information in the front and back pages, which gives young readers an idea of the magnitude of this disaster. In telling this story, Verstraete gives kids someone to identify with: a boy like them who is witness to an event that shocked Americans, and the Germans who made the zeppelin.

What really makes this book are the illustrations by David Geister. With a palette that evokes many emotions in a few pages, Geister’s artwork truly sets the tone.

While it’s generally the size and shape of a preschooler’s picture book, I think “Surviving the Hindenburg” is better suited for children ages 7 to 12. If you’ve got a budding historian in the house, enjoying this book won’t be a chore.

“Surviving the Hindenburg” by Larry Verstraete [32 pages, Sleeping Bear Press, 2012, \$16.95] is recommended for children ages 7 to 12.

Terri Schlichenmeyer has been reading since she was 3 years old, and she never goes anywhere without a book. She lives on a hill with two dogs and 12,000 books.





PARENTS HELPING PARENTS

SHARON C. PETERS, MA

My son eats nothing but awful junk food



Dear Sharon,

Do you have any advice for parents who have children who will not eat vegetables? I am really concerned about this. My son seems to only have a palate for junk. He is 9 years old and, although our home provides quality nutritional food, he has developed a love of fast food items that he gets when he's with his friends. It seems other parents aren't as interested in good eating as we are.

Dear Parent,

I am sorry to hear that you and your 9-year-old are facing the same dilemma as many other families. It sounds like you are already doing well confronting the challenge by providing regular nutritious food at home.

Why do children love fast food? The answer isn't that complicated — salt, sugar, and oil can taste good and provide sudden bursts of energy. The peer pressure that you mentioned, combined with plenty of effective advertising, help make fast food irresistible.

Here are a few ideas to keep in

mind that might help your son become more interested in vegetables and other healthy options:

There are an increasing number of cookbooks to help parents incorporate vegetables and healthy foods into home-cooked recipes. They recommend using stocks or incorporating finely chopped vegetables into breads or popular main course dishes.

It can also be useful to offer healthy snacks throughout the day, rather than waiting until mealtime. Slicing fruits and vegetables and placing them attractively at a child's eye level in the refrigerator or on plates near play areas can help healthy nibbling become more common. Keeping a tasty dipping sauce nearby can make these kinds of snacks even more appealing.

Involving children in the selection and preparation of food can help them feel more engaged and interested in veggies and other nutritious foods, and less resistant to adult opinions about healthy eating. I often suggest that children accompany their parents to a grocery store and be allowed to choose one or two things that they would like. (This simple gesture can lessen the inevitable unproductive power battles that can surface while buying food.)

It can also be helpful for parents to ask children to pick recipes from a colorful and interesting cookbook and make a meal. If a child has shopped for carrots, broccoli, and spinach; helped chop, clean, or cook the vegetables; and then arranged the food creatively on a plate, it can be more interesting to eat.

A lighthearted attitude in relation to food can also help. Some parents I know have set up a "play restaurant," where parents are customers, and children serve and prepare a healthy menu. Young ones often take pride in their preparations and can develop a positive relationship to good quality food.

Exchanging rebukes and worry for humor and child-centered activity (telling age-appropriate jokes, playing word games, making up stories, etc.) while eating usually makes a big difference. It can also help if you arrange food in humorous shapes that spark interest. A broccoli forest, carrot log cabin, or banana raisin whole grain "face" pancakes are some common examples.

Severely restricting junk foods can result in children feeling deprived of what "everyone else" is having, and can increase cravings and secrecy, especially as they get older. As you juggle the requests for junk, it can be helpful to remember that children's eating habits frequently change over time. I have found that young ones exposed to adults with quality diets, like the ones you are modeling in your home, eventually develop into nutritious eaters as well.

Sharon C. Peters is a mother and director of Parents Helping Parents, 669 President St., Brooklyn (718) 638-9444, www.PHPonline.org.

If you have a question about a challenge in your life (no issue is too big or too small) e-mail it to Dear Sharon at SWeiss@cnglocal.com.

www.NYParenting.com



Where every family matters and where New York parents find help, info and support.



Great articles, a happening calendar, informative directories and ticket give-a-ways. Everyone's a winner. Log-in, enter & find out.

NYParenting Media/CNG
NYParenting@cnglocal.com • 718-260-4554

Like us on

facebook

or follow us on

twitter

Facebook Search: NYParenting

NEW YORK Fall/Winter 2011-2012 FREE
SPECIAL CHILD
www.NYParenting.com

Celebrating **Five Years** in print

Positive behavior support

Optimistic parenting

The power of music

The cover of the New York Special Child magazine. It features a photograph of a young boy with dark hair, wearing a plaid shirt, resting his chin on his hand. The text on the cover includes the title "NEW YORK SPECIAL CHILD", the issue information "Fall/Winter 2011-2012 FREE", the website "www.NYParenting.com", and several article titles: "Celebrating Five Years in print", "Positive behavior support", "Optimistic parenting", and "The power of music".

LONG ISLAND Summer/Early Fall 2011 FREE
SPECIAL CHILD
www.webfamilyny.com

Routines bring benefits

5 myths about fitness & autism

Cultivating winning attitudes

The cover of the Long Island Special Child magazine. It features a photograph of three children: a boy in a red shirt, a girl in a green shirt, and a girl in a yellow shirt. The text on the cover includes the title "LONG ISLAND SPECIAL CHILD", the issue information "Summer/Early Fall 2011 FREE", the website "www.webfamilyny.com", and several article titles: "Routines bring benefits", "5 myths about fitness & autism", and "Cultivating winning attitudes".

To advertise your business and or services contact us at 718-260-4554 or e-mail us at family@cnglocal.com

Family Publications New York/CNG
1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201
718-260-4554 • family@cnglocal.com

NEW YORK **SPECIAL CHILD**
LONG ISLAND **SPECIAL CHILD**

Trusted since 2008

Informing & Enriching
"Special Needs"
Families throughout
NYC & Long Island

For more information about distribution or how to get your free copy, please e-mail us at family@cnglocal.com.

Visit us online at
www.NYParenting.com

Like us on our Facebook page, NYParenting or follow us on Twitter



Going Places

LONG-RUNNING

"Little Miss Muffet's Monster Sitting Service": The Swedish Cottage Marionette Theatre, West Dr. at 79th Street Transverse; (212) 988-9093; cityparksfoundation.org/swedishcottage.html; Tuesdays – Fridays, 10:30 am and noon, Saturdays and Sundays, 1 pm, Now – Sun, April 8; \$8 (\$5 children under 12).

Based on the nursery rhyme, "Little Miss Muffet", this version tells the story of Molly Muffet, the descendent of the original Miss Muffet. Run time is approximately 50 minutes and is suitable for children 3-9.

Wild Ocean: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; www.ny-science.org; Fridays, 3:30 pm, Saturdays and Sundays, 1:30 and 3:30 pm, Now – Sat, March 31; \$6, (\$5 children, students and seniors, plus museum admission).

Science themed 3-D show about the ocean and ecosystem. The movie is approximately 30 minutes long and is suitable for children 6 years and older.

"Urban Odyssey": La Mama, 66 E. Fourth St. (212) 475-7710; www.lamama.org; Thursdays – Saturdays, 7:30 pm, Sundays, 2:30 pm, Now – Sun, April 8; \$25 (\$20 students and seniors).

The world premier by Loco7 Dance Puppet Theater. Suitable for children 12 and older only.

Cartoon exhibit: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X353; www.nyscience.org; Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm, \$11 (\$8 children 2-17, college students and seniors).

A 6,000 square exhibit features characters from the Cartoon Network, including larger than life graphics, animation from concept to finished product, storyboarding, character design and drawing.

Math tutoring: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; Wednesday, March 28, 3:30 pm; Saturday, March 31, 12 pm; Free.

For children in Pre-K through eighth grade.

Homework help: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; Saturdays, 2–4 pm, Now – Sat, April 28; Free.



Happy 40th, Grandpa!

Grandpa, the Staten Island Zoo's spider monkey, is celebrating his 40th birthday at a party on April 14, and you are all invited. Come visit the zoo, and help him blow out the candles on his special birthday cake from 1:30–3:30 pm.

If birthday parties are not your thing, then you can enjoy Breakfast with the Beasts, from 8:30 to 10:30 am, or go fishing, from 11 am to 1 pm, on May 6. The choice is yours.

Admission to Grandpa's birthday is free with general admis-

sion. Tickets for Breakfast with the Beasts on May 6 are \$17 and \$15 for members. The breakfast is suitable for children 5 and older (sorry, no younger siblings allowed). Pre-registration required.

Lastly, children 6 and older can wrangle an angler lesson and learn the ups and downs of fishing, for free — with paid admission. Must be accompanied by an adult.

Staten Island Zoo [614 Broadway at Martling Avenue, (718) 422-3174] For more info, visit www.statenislandzoo.org.

Volunteers from Stuyvesant High School help students Pre-K through third grade with math and english studies.

"The Amazing Max and the Box of Interesting Things": The MMAC Theater, 248 W. 60th St. between Amsterdam and West End avenues; (212) 239-6200; www.telecharge.com; Saturdays, 4:30 pm, Now – Sat, June 30; \$29.50 (\$49.50 VIP seating).

The magic show with a mind of its own. Magician Max Darwin makes objects appear out of thin air.

Up4Art: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenislandkids.org; Sunday, April 1, 1 pm; Saturday, April 7, 1 pm; Saturday, April 14, 1 pm; Sunday, April 15, 1 pm; Saturday, April 21, 1 pm; Sunday, April 22, 1 pm; Saturday, April 28, 1 pm; Sunday, April 29, 1 pm; Free with museum admission.

Children create mosaics using glass tiles.

Storytime: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718)

Submit a listing

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

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

982-6983; www.barnesandnoble.com; Tuesday, April 3, 10:30 am; Saturday, April 7, 10:30 am; Tuesday, April 10, 10:30 am; Saturday, April 14, 10:30 am; Tuesday, April 17, 10:30 am; Saturday, April 21, 10:30 am; Tuesday, April 24, 10:30 am; Friday, April 27, 10:30 am; Saturday, April 28, 10:30 am; Tuesday, May 1, 10:30 am; Saturday, May 5, 10:30 am; Tuesday, May 8, 10:30 am; Free.

Children listen to a different story each week.

Tree tots and peppers: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; Wednesdays, 11–11:30 am, Wed, April 4 – Wed, June 6; \$4 (\$6 non-members) per event.

For children 2-4 years old. Hands on activities, finger plays, games and stories. Registration required.

After school club: Historic Richmond Town, Clarke Ave. at Gilbert Street; (718) 351-1611 X 281; reservations@historicrichmondtown.org; www.nycgovparks.org; Wednesdays, 3:30 pm, Now – Wed, June 27; free (cost of book additional).

Students in grades four through seven read and discuss selected books.

Story museum: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmond-town.org; Thursdays, 11:30 am–12:30 pm and 2:30–3:30 pm, Now – Thurs, June 28; \$3 (Adults free).

Pre-schoolers listen to stories, do crafts, dance and sing.

Composter certificate course: Snug Harbor Cultural Center, 1000 Richmond Ter. between Snug Harbor

Continued on page 46

Continued from page 45

Road and Tysen Street; (718) 448-2500; www.nyc.gov/wasteless/compostproject; Thursday, April 12, 6 pm; Thursday, April 19, 6 pm; Thursday, April 26, 6 pm; Thursday, May 3, 6 pm; Thursday, May 10, 6 pm; \$40.

The course is designed to promote the practice of composting in homes, schools and community sites. The class offers seven Thursdays and field trips. Registration by March 1 required. (In Building P.)

"Little Miss Muffet's Monster Sitting Service": The Swedish Cottage Marionette Theatre, West Dr. at 79th Street Transverse; (212) 988-9093; cityparksfoundation.org/swedishcottage.html; Mondays, Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon and 2:30 pm, beginning Sat, April 14; \$8 (\$5 children under 12).

Based on the nursery rhyme, "Little Miss Muffet", this version tells the story of Molly Muffet, the descendent of the original Miss Muffet. Run time is approximately 50 minutes and is suitable for children 3-9.

FRI, MARCH 30

Story time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11 am; Free.

For pre-schoolers ages three to five with caregivers. Pre-registration required.

Kidz Cook: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenislandkids.org; 2, 3 and 4 pm; Free with museum admission (\$6 Free for members).

Children taste the goodness of a banana berry smoothie, full of Vitamin D, and cool milky deliciousness.

Fun Fridays: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30 PM; Free.

Children 3 and up hear stories, sing songs, and do a fun craft.

Flipping pages: Alice Austen House, 2 Hylan Blvd. at Bay Street; (718) 816-4506; aliceausten.org; 3:30 pm; Free.

Children 4-8 years old listen to stories and make an art project. Reservations required.

Fantastic Fridays: Jewish Community Center of Staten Island, 1466 Manor Rd. between Rockland and Brielle avenues; (718) 475-5200; www.sijcc.org; 4-5 pm; \$5.

For parents and children 5 and older. Sing songs, hear stories, dance and make a fun craft.

SAT, MARCH 31

Girl Scout Career day: High Rock

Park, 200 Nevada Ave. at Rockland Avenue; (718) 351-3450; www.nycgovparks.org; 10 am-2 pm; \$5 per scout to cover refreshments.

Earn community service while learning life skills. Tools and gloves provided. Registration required.

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30-11:30 am; \$25 (\$30 non-members).

For 2 and 3 year olds. Live animals, movement, and musical activities, plus a craft.

Scavenger Hunt: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 11 am; Free.

Children search for natural treasures. All supplies provided.

Egg-Stravaganza: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenislandkids.org; Noon-4 pm; Free.

Celebrate the incredible egg.

Prom Dress collection: South Oxford Theatre, 138 S. Oxford St. lead-inglyadies.org; 6:30-10:30 pm; Free.

LACE is hosting the second annual collection for dresses for high schoolers to be used as graduation and prom dresses. Also included is shoes, accessories and for step up students in pre-school.

SUN, APRIL 1

Buddhist Mandalas: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rrapoort@cmayn.org; www.cmany.org; 10 am; Free with museum admission (\$6 Free for members).

Use colored sand over a glue covered surface to create designs and symbols.

Gustafer Yellowgold's Year in the Day: 92YTribeCa, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92y.org/92ytribeca; 11 am; \$15 (children under 2 free).

The little guy from the Sun returns to NYC with his national tour with an out-of-this world multimedia show.

Open Auditions: Alvin Ailey Studios, 405 W. 55th St. at Ninth Avenue; info@acballet.org; www.acballet.org; 11 am; Free.

Attention all dancers - for the 2012/2013 season For Atlantic City Ballet.

History of Easter: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; Free.

Lecture and discussion.

MON, APRIL 2

"Ramona Quimby": Tottenville High School, 100 Luten Ave. off of Amboy Road; (718) 981-7288; wearesicta@aol.com; www.statenislandchildrenstheatre.com; 10 and 11:30 am; \$8.

The beloved character based on the Beverly Cleary comes to the stage. Suitable for children in grades kindergarten through fifth.

"Once Upon a Time": Enrichment Through the Arts, 11 Borman Ave. at Rockland Avenue; (718) 982-5678; 10 and 11:30 am; \$7.

Collection of classic tales.

Color weaving: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rrapoort@cmayn.org; www.cmany.org; Noon; Free with museum admission (\$6 Free for members).

Discover how colors interact as you create your own weaving on cardboard looms.

Kidz Cook: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenislandkids.org; 2, 3 and 4 pm; Free with museum admission (\$6 Free for members).

Try a five-alarm recipe from real firefighters.

Teen lounge: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30 pm; Free.

For ages 12 to 18.

TUES, APRIL 3

"Ramona Quimby": Tottenville High School, 100 Luten Ave. off of Amboy Road; (718) 981-7288; wearesicta@aol.com; www.statenislandchildrenstheatre.com; 10 and 11:30 am; \$8.

The beloved character based on the Beverly Cleary comes to the stage. Suitable for children in grades Kindergarten through fifth. Presented by the Staten Island Children's Theatre Association.

"Once Upon a Time": 10 and 11:30 am. Enrichment Through the Arts. See Monday, April 2.

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30-11:30 am; \$25 (\$30 non-members).

Homey Habitats - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

WED, APRIL 4

Information session: NYC Dept. of Education, 715 Ocean Terrace Bldg. A; (212) 374-2490; 9:30 -11:30 am and 6-8 pm; Free.

Understanding Special Ed Reform and IEP Development.

"The Hundred Dresses": Enrichment Through the Arts, 11 Borman Ave. at Rockland Avenue; (718) 982-5678; 10 and 11:30 am; \$7.

Show about bullying.

Math tutoring: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30 - 6 pm; Free.

For children in Pre-K through eighth grade.

Picture-book time: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 4 pm; Free.

For children three and up. Finger play, action rhymes and coloring.

THURS, APRIL 5

Toddler Time: 10:30-11:30 am. Central Park Zoo. See Saturday, March 31.

Easter fest: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; 3-5:30 pm; Free.

Egg hunt, face painting, Easter crafts and games. Then take a picture with Peter Cotton Tail, bring your own camera.

FRI, APRIL 6

Cool School: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenislandkids.org; 10 am-5pm; Free.

Sponsored by MCU, the museum is open all day for fun events.

Smokehouse: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenislandkids.org; Noon-3 pm; Free.

Learn what its like to be a NYC Firefighter in a real-life sized burning building.

Flipping pages: 3:30 pm. Alice Austen House. See Friday, March 30.

Fun Fridays: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30 pm; Free.

Children 3 and up hear stories, sing songs, and do a fun craft.

Math gaming: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30 pm; Free.

Chess and Tangrams for children 10 and older.

SAT, APRIL 7

Easter Egg hunt: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmond-town.org; 10 am-4 pm; \$10 (\$5 adults; SIHS \$9; children free).

Bring an egg carton to decorate in the

Going Places

Victorian style, and then meet the Easter Bunny as you hunt for eggs. Refreshments served. Registration and pre-paid in advance.

Arts and crafts: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 11 am; Free.

Make eco friendly projects.

Kids and Kritters: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 11 am–12:30 pm; Free.

Children 5-7 learn about nature, hear stories, play indoor games and then make a cool craft.

Krafty Kids: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1–2 pm; Free.

Children 4-10 with a caregiver explore the center and make a craft. Pre-registration is requested.

SUN, APRIL 8

Hieroglyphs: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rraport@cmayn.org; www.cmany.org; 10 am; Free with museum admission (\$6 Free for members).

Using the alphabet of ancient Egyptians create your own secret messages.

Birding: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; Free.

Bring your own binoculars.

MON, APRIL 9

"Little Miss Muffet's Monster Sitting Service": The Swedish Cottage Marionette Theatre, West Dr. at 79th Street Transverse; (212) 988-9093; cityparksfoundation.org/swedishcottage.html; 11 am and 1 pm; \$8 (\$5 children under 12).

Based on the nursery rhyme, "Little Miss Muffet", this version tells the story of Molly Muffet, the descendent of the original Miss Muffet. Run time is approximately 50 minutes and is suitable for children 3-9.

Baby and me: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11 am; Free.

Infants from birth through one and one-half with their caregivers.

Comic books: Children's Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rraport@cmayn.org; www.cmany.org; Noon; Free with museum admission (\$6 Free for members).



Fun with Phineas & Ferb

Secret Agent P, AKA Perry the Platypus, is on a mission: he must foil the evil Dr. Doofenshmirtz's plan to save the day in "Phineas and Ferb: The Best Live Tour Ever" at the St. George Theater on April 17 and 18.

Musical madness and tons of fun abound when the cartoon characters come to life on the big stage. The escapade is so huge

and awesome that even Candace can't help but join in the hijinks. It's the ultimate end of summer vacation, so come seize the day, 'cause Phineas and Ferb are gonna do it all.

"Phineas and Ferb: The Best Live Tour Ever" at the St. George Theater, [35 Hyatt St. in St. George, (718) 442-2900] April 17 and 18 at 7 pm. Tickets are \$22.50–\$82.50. For more info, visit www.stgetheatre.com.

Use the museum's templates to create your own visual story.

Knot tying: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; Free.

Children learn how to make knots.

Teen lounge: 3:30 pm. Great Kills Library. See Monday, April 2.

TUES, APRIL 10

"Little Miss Muffet's Monster Sitting Service": 11 am and 1 pm. The Swedish Cottage Marionette Theatre. See Monday, April 9.

Nature crafts: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; Free.

Children create unique one-of-a-kind projects using natural materials.

"The Mikado": Carnegie Hall, 881 Seventh Ave. at W. 57th Street; (212) 247-7800; www.carnegiehall.org; 6:30

pm; \$25.

Gilbert and Sullivan's operetta set in Japan in the fictional town of Titipu.

WED, APRIL 11

Story time: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 11 am; Free.

For preschoolers two and one-half to five years old with caregiver. Pre-registration required.

"Little Miss Muffet's Monster Sitting Service": 11 am, 1 and 2:30 pm. The Swedish Cottage Marionette Theatre. See Monday, April 9.

Incredible insects: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; Free.

Children learn all about creepy crawly bugs.

Math tutoring: 3:30–6 pm. Great Kills Library. See Wednesday, April 4.

Picture-book time: 4 pm. New Dorp Library. See Wednesday, April 4.

Frog watch USA: High Rock Park, 200 Nevada Ave. at Rockland Avenue; (718) 351-3450; www.nycgovparks.org; 6 pm; Free.

Become a citizen scientist and discover how you can help frogs. Suitable for children 8 and older. Registration required. Bring a headlamp or flashlight and wear suitable clothing for a hike through the park.

THURS, APRIL 12

Sow a seed: Wolf's Pond Park, Cornelia Ave. at Chester Avenue; (212) 360-1463; www.nycgovparks.org; 10 am–2 pm; Free.

Help the rangers plant seeds that will grow into plants that will help control erosion, reduce the threat of invasives and replenish habitat for animals and insects.

Animal babies: High Rock Park, 200 Nevada Ave. at Rockland Avenue; (718) 351-3450; www.nycgovparks.org; 11 am–noon; Free.

Children 3-7, accompanied by an adult, hear a story and walk around Loosestrife Swamp to discover all the little ones in the park.

"Little Miss Muffet's Monster

Sitting Service": 11 am and 1 pm. The Swedish Cottage Marionette Theatre. See Monday, April 9.

Toddler story time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11 am; Free.

Children one and 1 1/2 to 3 years old with caregivers hear a story with finger play and activities. Pre-registration required.

Rock safari: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; Free.

Take a hike through the park.

FRI, APRIL 13

Cool School: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; statenislandkids.org; 10 am–5pm; Free.

Sponsored by MCU, the museum is open all day for fun events.

Toddler rhyme-time: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 10:30 am; Free.

For children 13 through 30 months and a caregiver, including interactive program of simple books, songs and gentle movement. Pre-registration required.

Art rocks: High Rock Park, 200 Nevada Ave. at Rockland Avenue; (718)

Continued on page 48

Continued from page 47

351-3450; www.nycgovparks.org; 11 am–noon; \$8 (\$6 Greenbelt members).

Discover the rock and let your imagination go. Suitable for children 8 and older. Registration and pre-payment required.

“Little Miss Muffet’s Monster Sitting Service”: 11 am and 1 pm. The Swedish Cottage Marionette Theatre. See Monday, April 9.

Story time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11 am; Free.

For pre-schoolers ages three to five with caregivers. Pre-registration required.

Crafting: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; Free.

Learn how to tie a simple knot - suitable for boy scouts.

Kidz Cook: Staten Island Children’s Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskidz.org; 2, 3 and 4 pm; Free with museum admission (\$6 Free for members).

Try a five-alarm recipe from real firefighters.

Wii gaming: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30 pm; Free.

For children 12-18 years old.

Fun Fridays: 3:30 pm. Great Kills Library. See Friday, April 6.

Classical concert: College of Staten Island, 2800 Victory Blvd. near Christopher Lane; (718) 982-2787 (ARTS); www.cfashows.com; 7:30 pm; \$20.

Violinist Jennifer Koh performs selections of classic and new composers.

SAT, APRIL 14

Toddler Time: 10:30–11:30 am. Central Park Zoo. See Tuesday, April 3.

Math tutoring: Noon–3 pm. Great Kills Library. See Wednesday, April 4.

Nature crafts: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; Free.

Children use materials found outside.

The Spider Monkey’s Birthday: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 422-3174; www.statenislandzoo.org; 1:30–3:30 pm; Free with zoo admission.

Grandpa is the oldest living spider monkey in the US. Come visit and celebrate his happy 40th birthday and present him with a cake.

SUN, APRIL 15

Little Miss Ann: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

The performer shares her quirky upbeat 1960’s styled original children’s music with special guest Brooklyn’s own Suzi Shelton.

Nature workshop: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; Free.

Discover the incredible insects that inhabit the preserve.

MON, APRIL 16

Nature hike: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; Free.

Discover the different types of rocks found in the park.

Teen lounge: 3:30 pm. Great Kills Library. See Monday, April 2.

TUES, APRIL 17

“The Three Little Pigs”: Enrichment Through the Arts, 11 Borman Ave. at Rockland Avenue; (718) 982-5678; 10 and 11:30 am; \$7.

The classic fairy tale.

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members).

Winged Wonders- for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

Art workshop: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; Free.

Learn to draw what is in nature.

Movie night: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 5 pm; Free.

Join in for a film and snacks.

Phineas and Ferb: St. George Theatre, 35 Hyatt St. between St. Mark’s Place and Central Avenue; (718) 442-2900; www.stgeorgetheatre.com; 7 pm; \$22.50–\$82.50.

Join the two on the best live tour ever.

WED, APRIL 18

Math tutoring: 3:30–6 pm. Great Kills Library. See Wednesday, April 4.

Picture-book time: 4 pm. New Dorp Library. See Wednesday, April 4.

Phineas and Ferb: 7 pm. St. George Theatre. See Tuesday, April 17.

FRI, APRIL 20

Doodlebug Fun: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; \$1 per session.

Kathleen Hagen helps little ones kick off the weekend with song, music and storytelling. For children 18 months to four years. Pre-registration required. Session 1.

Kidz Cook: Staten Island Children’s Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskidz.org; 2, 3 and 4 pm; Free with museum admission (\$6 Free for members).

Try a five-alarm recipe from real firefighters.

Fun Fridays: 3:30 pm. Great Kills Library. See Friday, April 6.

Math gaming: 3:30 pm. Great Kills Library. See Friday, April 6.

Art Slam: Children’s Museum of the Arts, 103 Charlton St. at Hudson Street; (212) 274-0986; rachel@rapoport.com; www.cmany.org; 6:30–9 pm; Free.

Children in seventh to ninth grade party with pizza, music and art. RSVP required.

SAT, APRIL 21

Zoo help: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 9–10:30 am; \$50 (\$60 non-members) each session \$170 (\$215 non-members) four sessions.

Children 8-10 years old help the animal keepers and study the behaviors of animals.

Kinder Kritters: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11 am; \$25 (\$30 non-members).

Color their world - for 4 and 5 year old children. Instructors lead the children through songs, dances and games, as well as creative animal themed crafts.

Body buildings: Skyscraper Museum, 39 Battery Place; (212) 968-1961; www.skyscraper.org; 10:15 am–noon; Free with museum admission.

Children work together to create a city skyline using poster paper.

Kids and Kritters: 11 am–12:30 pm. Blue Heron Nature Center. See Saturday, April 7.

NYPD Day: Staten Island Children’s Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskidz.org; Noon–3 pm; Free with museum ad-

mission (\$6 Free for members).

Meet real police men from the department, sit in a patrol car and earn your own shield after you learn to fingerprint.

Earth Day celebration: Tompkinsville Park, Bay St. at Victory Blvd. (718) 887-6682; stgeorgeday@gmail.com; Noon–8 pm; Free.

See a giant dragon puppet show, learn about composting, enjoy cooking demonstrations, a recycling relay race; stop n’ swap and so much more. There will also be live music, art exhibits, craft vendors, readings, a doggie dragon contest and parade. Wheelchair accessible - suitable for all ages.

Math tutoring: Noon–3 pm. Great Kills Library. See Wednesday, April 4.

Krafty Kids: 1–2 pm. Blue Heron Nature Center. See Saturday, April 7.

Ballet Hispanico: The Joyce Theater, 175 Eighth Ave. at 19th Street; (212) 542-0800; www.joyce.org; 2 pm; \$10–\$29.

The world premier of *Espiritu Vivo*.

An Evening with Jerry Stiller: College of Staten Island, 2800 Victory Blvd. near Christopher Lane; (718) 982-2787 (ARTS); www.cfashows.com; 8 pm; \$50, \$55, \$60.

A casual conversation with the comic performer.

SUN, APRIL 22

Photo day: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11:30 am; \$45 (\$50 non-members).

Children 6-18 years old team up with parents and photograph zoo animals in celebration of Earth Day. Wildlife photographer Judith Wolfe, takes guests on a journey through the zoo to capture the adventure. Digital camera required.

Children’s concert: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

Performing sisters Nerissa and Katryna Nields sing folk songs.

Earth day: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; Free.

Lecture and discussion.

Pinhole camera workshop: Alice Austen House, Hyland blvd. at Maryland Avenue; (718) 816-4506; aliceaustenhouse@aol.com; www.nycgovparks.org; 1–5 pm; \$5.

Celebrate Earth Day and take photos with a camera constructed from lightweight materials like recycle paint cans or oatmeal boxes. Bring your own camera or use one of theirs to make a pinhole photograph in the darkroom. Reservations required.

Going Places

MON, APRIL 23

Baby and me: 11 am. Great Kills Library. See Monday, April 9.

Teen lounge: 3:30 pm. Great Kills Library. See Monday, April 2.

TUES, APRIL 24

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members).

Scaly Critters - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

WED, APRIL 25

"Doktor Kaboom": Enrichment Through the Arts, 11 Borman Ave. at Rockland Avenue; (718) 982-5678; 10 and 11:30 am; \$8.

Interactive science comedy show.

Math tutoring: 3:30 – 6 pm. Great Kills Library. See Wednesday, April 4.

Poetry night: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 4 pm; Free.

Urban stages presents Blown Away By Poetry. For ages 6 and older.

Picture-book time: 4 pm. New Dorp Library. See Wednesday, April 4.

THURS, APRIL 26

Toddler Time: 10:30–11:30 am. Central Park Zoo. See Tuesday, April 17.

Toddler story time: 11 am. Great Kills Library. See Thursday, April 12.

Earth day program: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 4 pm; Free.

Celebrate Mother Earth by making a craft using recycled materials. For children 5-12 years old. Pre-registration required.

FRI, APRIL 27

Story time: 11 am. Great Kills Library. See Friday, April 13.

Doodlebug Fun: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 1 pm; \$1 per session.

Kathleen Hagen helps little ones kick off the weekend with song, music and storytelling. For children 18 months to four years. Pre-registration required. Session 2.

Kidz Cook: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskids.org; 2, 3 and 4 pm; Free with museum



Striking 'Yellowgold'

How does a mellow-yellow-fellow from the sun, named Gustafer Yellowgold, celebrate Earth's holidays? Find out at the far-out, multimedia release party for the "Gustafer Yellowgold's Year in the Day" DVD and CD set, on April 1 at 11 am at the 92Y Tribeca. New songs from the DVD will be performed live by Yellowgold creator Morgan Taylor and his band.

In this fifth DVD set featuring Yellowgold, the little, conehead sun-man is enjoying his new life in the Minnesota woodlands, and he's celebrating a year's worth of the Earth's holidays in his own, unique way. Among the 11 music videos are "New is the New Old" and "A Shadow," in honor of (need we say it?)

Groundhog Day. In addition to the widely known holidays, such as Halloween, Yellowgold celebrates "unsung-about holidays," including Fat Tuesday and Pancake Day in "Pancake Smack-down."

"Year in the Day," featuring Gustafer, BF Forest Applecrumbie and pet eel Slim (short for Slimothy), offers a unique blend of pop music and cartoons.

"Gustafer Yellowgold's Year in the Day" [92Y Tribeca, 200 Hudson St. at Vestry Street in Tribeca, (212) 601-1000] April 1 at 11 am. Tickets are \$15, and free for children ages 2 and younger. "Gustafer Yellowgold's Year in the Day" DVD and CD package, \$19.99, will be available for purchase at the event. For more, visit www.92y.org/tribeca/event.

admission (\$6 Free for members).

Try a five-alarm recipe from real firefighters.

Children's book day: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 3 pm; Free.

For children 4 and half years old and up - in a bilingual English/Spanish reading event, puppet show and craft. Pre-registration required.

Flipping pages: 3:30 pm. Alice Austen House. See Friday, March 30.

Fun Fridays: 3:30 pm. Great Kills Library. See Friday, April 6.

SAT, APRIL 28

Nature workshop: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10–11:30 am; \$35 (\$40 non-members).

Children 9-12 years old learn about frogs toads and everything amphibian.

MCU Appreciation day: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskids.org; 10 am–5 pm; Free to all MCU members.

Enjoy a day of fun activities.

Toddler Time: Central Park Zoo, 830 Fifth Ave at E. 65th Street; (212) 439-6583; www.centralparkzoo.com/programs; 10:30–11:30 am; \$25 (\$30 non-members).

Animal Sing-A-Long - for 2 and 3 year old children. Live animals, movement and musical activities plus a craft.

Ballet Hispanico: 2 pm. The Joyce Theater. See Saturday, April 21.

Oldies concert: College of Staten Island, 2800 Victory Blvd. near Christopher Lane; (718) 982-2787 (ARTS); www.cfashows.com; 8 pm; \$30, \$35, \$40.

Featuring the talents of The Platters and The Marvelettes.

SUN, APRIL 29

MCU Appreciation day: 10 am–5 pm. Staten Island Children's Museum. See Saturday, April 28.

Recess Monkey: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92ytribeca.org/byok; 11 am; \$15 (Free for children under 2).

The acclaimed Seattle children's band performs selections from the latest album.

Ballet Hispanico: 2 pm. The Joyce Theater. See Saturday, April 21.

Natural science club: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 2–3:30 pm; Free.

Children 8-12 learn about science from Naturalist Clay Wollney. Pre-registration requested.

MON, APRIL 30

Teen lounge: 3:30 pm. Great Kills Library. See Monday, April 2.

WED, MAY 2

"School of Rock": Enrichment Through the Arts, 11 Borman Ave. at Rockland Avenue; (718) 982-5678; 10 and 11:30 am; \$8.

Pop culture performance featuring Just a Bill, Lolly, Lolly, Lolly and Conjunction Junction.

FRI, MAY 4

Flipping pages: 3:30 pm. Alice Austen House. See Friday, March 30.

New & Noteworthy

For April showers

Make sure your kids feet are dry — and stylin' — in a pair of Keen's waterproof Coronado rain boots. Available in a variety of smile-inducing patterns for boys and girls, from Grass Print (pictured); to not-scary Monsters on a field of blue; to Dark Shadow, featuring adorable dogs on a black background, these boots are lined with soft microfleece.

Perfect for romping through playgrounds and jumping in puddles, these boots slip on easily with the help of their looped handles. But watch out, they may be so comfy and fun that they'll soon have your child wishing for rainy days that never go away. Available in sizes 1-6.

Coronado Rain Boot by Keen, \$55. For more, visit keenfootwear.com or call (866) 676-5336.



Universal pleasure

Celebrate Earth Day with Recess Music's Celebrate Earth Music series' "La Bella Stella" CD. It's struck the right chord to combine education and entertainment in kiddie music.

All 15 tracks are diverse styles, and each touches on the wonders of our universe. It's recommended for kids ages 4-11, but parents can hone their inner child, too! Rocknoceroc's "Pluto" relays how the former plant



became a pint-sized one, while AudraRox laments that "Gravity" is keeping her down, and Andy Z croons that the Milky Way is more than a candy bar in "Galaxy Song."

There's more good news! A portion of the proceeds will be donated to the McAuliffe-Shepard Discovery Center in Concord, N.H.

"La Bella Stella" CD, \$12.99 plus \$2.98 for shipping and handling. For info, visit www.recessmusic.com.

Batty about friendship

Captivate your child with Scholastic's new animated version of Janell Cannon's 20-year-old story, "Stellaluna" — a DVD that brings to life the eponymous fruit bat which becomes separated from her mother by a swooping, hungry owl, which then raises it as her one of her own.

A teensy bit scary? Maybe, but a lot of fun at the same time. Stellaluna's story is about accepting what makes her different, and along the way, the viewer learns fun facts about these jungle inhabitants, including



hat makes a fruit bat different from birds: Did you know they sleep upside down and are covered in fur? All ends happily with Stellaluna reuniting with her mother. The DVD also has the option to watch the film with a read-along function — subtitles highlight each word as it's spoken — which could be a boon for young readers. Fun songs folded into the narrative, too, and it's recommended for children ages 2-8.

"Stellaluna" DVD, \$12.95. For info, visit newkideo.com.

'Mirror' reflects movie

It can be difficult to encourage a child to choose a book over easy entertainment like video games and TV shows. But if it's a chapter book based on a magical new movie about a legendary princess, they just might be tempted to crack its spine.

A new take on the Grimm Brothers' "Little Snow White" fairy tale, the PG-film "Mirror, Mirror" is an adventure comedy directed by Tarsem Singh ("Immortals"), starring Oscar-winner Julia Roberts as the greedy, vain Queen and Lily Collins ("The Blind Side") as Snow White. Armie Hammer ("The Social Network") plays her seriously handsome Prince, while Nathan Lane delivers comic relief as Brighton, the Queen's bungling servant.

The movie-inspired novel, adapted by Lexi Ryals, is a suspenseful read with eight pages of color pictures from the film, high-

lighting the magnificent costumes by another Oscar-winner, the late Eiko Ishioka ("Immortals" and "Bram Stoker's Dracula").

Parents, be warned that the book (geared toward kids ages 7 and up) contains much calling for the death of Snow White; a teeth-gnashing beast; magical, murderous mannequins; and — spoiler alert — an apple-related murder-suicide. Overall, however, the novel about the generous, sympathetic Snow, who finds the metaphorical and literal strength to fight evil, turn a band of thieving dwarves into heroes, save

the prince from a humiliating potion, and aid her impoverished townspeople, is a great way for your young reader to relive the memory of seeing the film with you, while they hone their reading skills.

"Mirror, Mirror: The Movie Novel" adapted by Lexi Ryals (Scholastic), \$5.99. For more, visit www.scholastic.com.



Yoga for two

When I found a rare moment to roll out my yoga mat in the living room, my young son took it as an invitation to jump on Mommy like I was a jungle gym. Needless to say, all of my muscles tensing for the impact from a rambunctious boy was not conducive to a relaxing session.

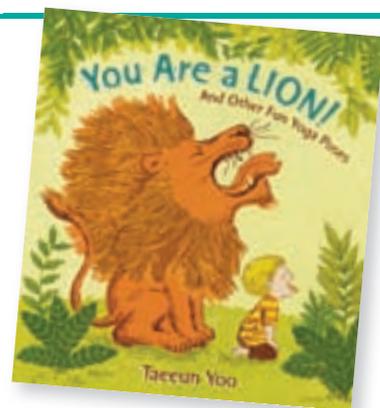
I'm sure that if I had Taeun Yoo's new book, "You are a Lion! And Other Fun Yoga Poses" (Nancy Paulsen Books), recommended for kids ages 3-5, I would have been more successful at diverting my son off of me and onto his own mat. This author-illustrated hardcover is a wonderfully drawn tool to help introduce your little one to the benefits of yoga — flexibility, focus, and more —

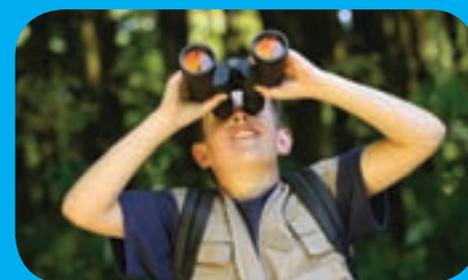
while making it easier for you to continue your own downward-facing dogs.

Yoo has reminded this reader of another side effect from practicing yoga — and parenting: fun!

"You are a Lion!" by Taeun Yoo, \$16.99

— Lisa J. Curtis





SOME KIDS JUST CAN'T WAIT FOR YMCA CAMP.

Have you made plans for your child's summer yet?

The YMCA has two fun ways to fulfill your child's summer wishes at YMCA Summer Camp. At **DAY CAMPS** in NYC's five boroughs, our caring staff helps kids grow in self-confidence, while exploring new friendships and the world around them. Through an emphasis on summer learning, campers have the chance to build academic skills while experiencing all the enjoyment of summer camp.

Our sleepaway **NEW YORK YMCA CAMP**, introduces kids to a whole new world of adventurous learning and exciting experiences, just 87 miles northwest of New York City.

Either way, **YMCA SUMMER CAMP** is the perfect place to meet new friends, participate in sports and creative arts, explore science and technology, swim, go on field trips, learn about nature, build core values, appreciate culture and diversity, and—of course—have fun.

REGISTER FOR STATEN ISLAND YMCA DAY OR SLEEPAWAY CAMP TODAY. IT'S NOT TOO EARLY TO REGISTER BUT SPACE IS FILLING FAST!

10% EARLY BIRD AND SIBLING DISCOUNTS AVAILABLE

VISIT OUR OPEN HOUSE AT POUCH CAMP

1465 MANOR ROAD, STATEN ISLAND, NY

SATURDAY, APRIL 28TH HEALTHY KIDS DAY, 10AM-4PM

Enter our raffle to win a FREE two-week day or sleepaway camp session!

Financial Assistance is available



**STATEN ISLAND YMCA
DAY CAMP @ POUCH CAMP
(718) 227-3200**

**STATEN ISLAND YMCA
BROADWAY BRANCH
(718) 981-4933**

**STATEN ISLAND YMCA
SOUTH SHORE BRANCH
(718) 227-3200**

New York City's YMCA
**WE'RE HERE
FOR GOOD.™**

ymcanyc.org/statenisland



CAMP OPEN HOUSE
Sunday, April 22
12 noon - 2pm
Henry Kaufmann Campgrounds
1131 Manor Road

SPECIAL
MEMBERSHIP OFFER
TO FIRST TIME
CAMP FAMILIES ONLY

CAMP DATES
July 2 - August 24
plus pre- & post-camp



Call 718.475.5232 or visit camp.sijcc.org and download our 2012 brochure