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Letter from the publisher

Health is the buzz

Talk of health is everywhere. Our national focus on the President's Health Care Initiative has been tying up the conversation and hopefully with the recent Supreme Court decision we can move on and do what's necessary to implement universal coverage. The truth is that we need it because people are not in good health.



My contention is that over 60 years of processed foods, along with other pollutants in our air and water, has affected the general health in disastrous ways, and when more people realize that we truly "are what we eat and drink," there will be a surge in general health and a lowering of the weight fac-

tor for all Americans. There is little doubt that maintaining good health is more in our hands than in our doctors'. Our behavior and choices, for ourselves and our children, either create the foundation for a healthy life or succumb to the risks of unnatural elements.

This issue focuses on health and particularly on food, diet and vitamins and their role in keeping us healthy and vital. As parents, we set the tone and the patterns for our families. We determine what's on the menu from the very beginning. Are there going to be fresh fruits and vegetables in the fridge and on the plates, or are we ordering out or stopping at a fast food

place? Are we making our own baby food in a blender with fresh ingredients or buying jars of food with sugar and other additives? Do we read the labels or are we careless?

It's a big responsibility to be a parent. It's being the CEO and CFO of our families' corporation, and running the company is a big deal and takes planning, education and determination. So we should see "red" when we think there are food dyes in our kids' food. We should understand that not all fats are to be avoided and that good fats are necessary for good health.

This issue continues what will definitely be ongoing for us in our editorial effort; to recognize and focus on the complex factors that comprise good health. We need to be educated because much of this

just doesn't come naturally, and what other important responsible thing do we do in our lives without education and certification?

As we live longer we must find the secrets of staying in good health for a lifetime that increases with every generation. Good health; a path from day one that parents can do their utmost to provide for the new life that's been entrusted to their care and supervision. Let's take it seriously.

Thanks for reading and enjoy the summer!

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Information OVERLOAD

How to sift through that flood of parenting advice

BY TIM PERRINS

Four months is a great age — our baby girl gives my wife and me a big, happy smile every morning. She's also discovered her upper vocal register, which explains her new hobby:

squealing and chirping like a baby pterodactyl.

Four months isn't such a long time, but it's been more than a year since the baby's arrival was heralded by a tiny plus-sign on a plastic dipstick, and it's incredible how much more I know about babies than I

did just a year ago. One of the most important things I've learned is that raising a baby includes learning to navigate the flood of information that washes over you as you begin the adventure of parenting — and what to do when there is no information to answer your questions.

As a new parent, you'll find some fantastic tips coming your way. Who knew that holding your baby with her tummy on your forearm — the way a super villain holds his cat — is a great way to calm her when she's upset?

You'll also receive advice that's a bit more subjective. There are all kinds of rules and imperatives: "You should do an hour of tummy-time every day, it's crucial for her development," and, "If you don't start sleep training in the first six weeks, YOU ARE DOOMED!"

Some suburb-dwelling friends insisted that we absolutely **MUST** get that magical device called a baby monitor, so we can always hear what she is doing.

"You can't live without it," they said. I don't doubt the wisdom of this for anyone who lives in big house, but is this really necessary for a couple living in the shoebox that passes for a typical New York one-bedroom apartment? Here in Brooklyn, we use electronic devices — TV, radio, air conditioner — to not hear what's going on in the other room.

Still, other recommendations are helpful — but incomplete. If you give birth in a hospital, you'll be shown a video about shaken baby syndrome. Its directive is simple:



There's plenty of useful information to help you, but most of it just doesn't reflect the stark reality you sometimes face as a parent.

don't shake the baby. (It sounds obvious, but until I saw the video, I wasn't fully aware of the awful gravity of that message. I hope that people who deliver in other locales have someone to impress this important decree upon them as well — a savvy midwife at a homebirth, or a recording of Mayor Bloomberg saying, "Always wear your seatbelt, and remember, never shake the baby!" for parents who give birth in the back seat of a taxi.)

I understand why you don't shake the baby, but the video came up short on the issue of "HOW do you not shake the baby?" When it's 3 am, the baby is screaming relentlessly, and you're barely conscious and exasperated to the point of feeling primitive Cro-Magnon reflexes starting to take over, how do you NOT shake the baby?

There's plenty of useful information to help you, but most of it just doesn't reflect the stark reality you sometimes face as a parent. There's a tendency to soften the rough edges, to downplay the ugly truth. You hear people say, "It's hard."

As far as I'm concerned, sudoku is hard. But this is on a different level — people should warn you up front that raising a baby can be so distressing that it can turn you into a bona fide caveman.

So, how do you deal with acute frustration and flashes of temper? How do you keep from becoming a caveman? How do you not shake the baby? Now that I have some first-hand parenting experience, I may as well contribute some advice of my own. Just keep in mind that I'm not a professional, so before attempting these techniques, you may want to consult a pediatrician or local law enforcement.

If — while dealing with a raging, inconsolable infant — you feel primeval urges rising like a

tide in your eyeballs, here's what you can do: quickly and gently put the baby down in a safe place and take several steps away. Can't shake the baby if you're not holding it! Next, swear out loud. That's right — get it out of your system. And don't feel stupid or ashamed — your baby doesn't speak English, and it's screaming too loud to hear you anyway. It's a scientific fact that when slipping through a time warp between our era and the Stone Age, a curse is the incantation that brings you back and closes the wormhole. After all, the power of speech is what separates us from our earliest ancestors.

Next, pop in some ear plugs. People have a hard time with this, because it makes them feel guilty, but as a parent, you're better off if you learn the difference between well-founded guilt and misguided guilt. You see, in prehistoric times, the baby had to get your attention from all the way in the back of the cave while you were outside banging rocks together or grilling a saber-toothed squirrel. Screaming with such shocking volume was a necessity for her. Today, however, those extra decibels serve no constructive purpose, so you can protect your hearing and sanity and still keep a clear conscience.

Finally, take several deep breaths, renew your sense of nurturing kindness, and get back to helping that helpless little baby.

I hope that's useful advice, but if not, that's fine, too. Every parent has to decide what applies to her own situation, and most things aren't set in stone. During a recent checkup, our pediatrician weighed in on the benefits of tummy-time for our baby: "It won't help her sit up any earlier or get into Harvard — it's just a fun activity for her to do."

Certain important things need to be done by the book, but just as often, you can stop obsessing and let your instincts be your guide. Even a caveman will know the right thing to do when faced with an adorable, squealing baby pterodactyl.

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.



MOMMY 101

ANGELICA SERADOVA

When is the right time to have kids?

Reflecting on my second-annual 30th birthday

Twenty-eight was my number. No, not that number! The perfect number, the age at which I wanted to have children. The age at which I felt I would be ready to finally become a mother. Well, this month I'll be celebrating my 31st birthday, and I'll be a mom to a 10 month old. Not too far off. I've been playfully dubbing it my "Second-Annual 30th." I get to celebrate the big 3-0 again, since I was 8-months pregnant the first time around, and needless to say, I was in no mood to move out of my air-conditioned room, let alone celebrate my birthday.

Did I feel more ready at 30 than I did at 28 to have a child? Absolutely. Do I ever still feel like I'm missing out? Yes. The truth is, no matter what age you choose to be a mother, it comes with sacri-

ifice. Younger mothers sacrifice their youth and freedom. Older mothers sacrifice their bodies and independence. Young or old, something that you once held dear — whether hanging out with your friends every week or taking that yearly trip to a new destination — might have to take a back seat for a while.

Back when I used to watch TV, I remember catching an episode of "Teen Mom." A teen was arguing with her mother over whether or not her mother could watch her baby while she went out and partied with her friends. This was a frequent event, and the teen's mother was at her wit's end. She gave her a lecture on how her partying days were over and how she needed to accept the responsibility of being a new parent.

Of course I agreed with the mother. The teen clearly needed to get her act together, but I can only imagine how difficult it is to be so young, watching your friends enjoying the things that define your youth, while caring for an infant. That can't be fun. Things like prom, dating, going to the beach, and just doing what young people do are no longer a part of your lifestyle. You're really forced to grow up once you become a parent, whether you're ready for it or not.

I really enjoyed my youth. I was always active in school, socialized with friends, and got to travel. I had the best college experience ever and even lived on my own for a while after I graduated. I did all the things you're "supposed to do" before having children.

By all accounts, having a baby at 30 should have been an easy transition. But sometimes I feel like a teen mom who just wants to run off with her friends. I would've had this feeling at 40 or 50, too, I believe. The word "mother" is synonymous with the word "sacrifice."

Maybe it's the realization that I have a child, maybe it's the fact that this will be my first summer as a mom. Either way, it still seems crazy. Instead of thinking that I'm missing out on happy hours by the seaport and fun weekend get-aways, I get to sign up for mommy-and-me swimming, have family picnics, and show my daughter how fun it is to blow bubbles on a warm, sunny day. I get to be the mom I've always wanted to be. And I'm pretty sure that spending my second-annual 30th with my daughter will be a really great gift.





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FAMILY HEALTH

BY APRIL LEE, MD,
Director of Adolescent
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Substance abuse: A danger to teens

Substance use is a growing epidemic in the United States and affects everyone, young or old, rich or poor. And children and teenagers are certainly not immune to this widespread problem, either. In fact, they even appear to be more vulnerable to substance abuse.

According to the Centers for Disease Control, the age at which adolescents begin to use alcohol is decreasing, with 20 percent of high

What types of drugs are abused?

Alcohol is the most common substance that teenagers abuse.

Street drugs such as marijuana, heroin, and hallucinogens such as LSD and psilocybin are abused by teenagers as well. Marijuana is the second most commonly abused drug by teenagers.

Is prescription drug abuse growing?

Approximately 21 percent of high school students report taking prescription drugs one or more times without a doctor's prescription, according to the Centers for Disease Control.

Prescription drugs are relatively easy to obtain, and are often as close-by as the household medicine cabinet.

Of prescription drugs, analgesics — or painkillers — are the most common prescription drugs teenagers abuse.

An example of an analgesic is oxycodone, a legitimately prescribed medication used to relieve pain from a number of medical conditions including injuries, arthritis, and cancer.

However, when obtained without a doctor's prescription, there is potential for problems.

There are no safe drugs

Some people feel that prescription drugs are safe because they have been prescribed by a doctor, but this is not the case.

Unfortunately, these medicines can have the same effects as illicit drugs.

For example, painkillers are in the same class of narcotic drugs as heroin and can lead to dependence and addiction. Some can cause hal-

lucinations, seizures, and heart problems. In the case of an overdose, they can also cause death, especially if mixed with other drugs or alcohol.

How can you tell if your kids are using?

It may be difficult to tell sometimes because when teens act a little strange, it can seem like a normal part of growing up. However, if they become secretive and you suspect them of lying, it may be a sign of drug use.

Other signs of drug use include a loss of interest, sudden mood changes, a drop in grades, change in appearance, loss of weight, withdrawal from family and friends, decreased energy, or slurred speech. Of course, these may be signs of a problem other than drug abuse. Either way, they may need help.

What do you do?

Talk with your child so that you can share your concerns. Don't be afraid to ask direct questions about alcohol or drugs, but think carefully before you talk.

Be a good listener. Share accurate information about the consequences of drug use.

Most importantly, remain calm. Try to control your emotions, even if you are angry.

And finally, urge them to get help and speak with your pediatrician for advice.

How can you prevent kids' drug use?

Families can help prevent children from taking drugs by spending time with them and taking an active interest in their lives.

Make time to talk with youngsters about their friends. Ask them about their goals and their future plans.

The best way to help is to talk openly about drugs and set a good example.



school students beginning to drink before the age of 13.

Why do teens use drugs?

There are several reasons for drug use. Some teens use drugs to escape problems or relieve stress. Peer pressure can be a big factor in a young person's decision to use drugs.

Drug use could also be a way of coping with a feeling of insecurity. Whatever the underlying reason, drug use is never the answer and can often make the situation worse.

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'I can't eat that'

Helping your child overcome the stigma associated with having a food allergy

BY JOAN SCHMIDT

In the United States, one out of every 25 Americans suffers from a food allergy, and one in 20 has gluten intolerance. And out of those 15 million affected with food allergies, a vast majority are children, according to the Food Allergy and Anaphylaxis Network, an advocacy group.

The special dietary attention these young people require is not always welcomed by the afflicted, as they often feel stigmatized for being "different" from their peers. However, providing a safe environment for children who must follow a medically necessary diet can be a matter

of life and death for those who have a severe food allergy.

It is imperative that parents, school officials, teachers, and fellow students be marshaled to provide a safe and welcoming venue for these children. A unified front will insure that these kids become active and valued participants in the school community. In order to achieve this goal, knowledge is power and education is the key.

Daily challenges vary in type and intensity for kids with food allergies, sensitivity or intolerance. While constantly struggling with making safe food choices, some are bullied and ostracized because of their legitimate dietary constraints. Several

studies support the growing sense that these children experience significant social challenges.

The data demonstrates that even parents are often met with hostility and skepticism in school and other social situations when trying to explain their child's specific dietary circumstances. Additionally, some of these families are made to feel that the food allergy or intolerance is a frivolous, self-indulgent fad invented and maintained by attention-seeking people. Unfortunately, there are occasions when non-food allergy parents picket schools that are taking proper allergy-safe precautions, believing that their children's eating

The Golden Apple Rule lets parents and caregivers lead by example to boost their child's confidence.



"rights" are being subordinated in favor of the allergy sufferers.

Since our society uses food as a focal point in most celebrations, meetings, and social situations, awareness of allergy, food sensitivity, and intolerance is essential in creating settings that are truly all-inclusive.

"Generally speaking, the public awareness of food allergy in the U.S. has increased, and this has resulted in some real benefits to families," says Brian P. Vickery, MD, an assistant professor at Duke University School of Medicine in Durham, North Carolina. "For example, manufacturers are now required to put clearer labels on food items, many restaurants can provide better experiences, and schools are often more prepared to handle children with allergies. However, the situation is far from perfect. Many families continue to struggle over and over again with obstacles, limitations, skepticism, and judgment."

One effective and easy way for a family to overcome these struggles and boost the child's confidence, so she can feel that she fits in, is to follow the five steps of The Golden Apple Rule. Like that other golden rule, the Golden Apple Rule lets parents and caregivers lead by example. These steps, which can immediately be incorporated in the child's daily life, include:

- **Advocate:** Tell your child that it is important to speak up and inform friends, teachers, and teammates that she has a food allergy or intolerance that could potentially be fatal or make her very sick. Being an advocate for your child will teach her to effectively advocate for herself — an important life lesson she will take into adulthood.

- **Positive attitude:** Stay upbeat and confront your child's dietary limitations head on. As you remain positive and in control, the child's anxiety decreases as these limitations become a normal part of everyday life. This does not mean complacency, but rather vigilance with a smile.

- **Provide a favorite snack:** Give your child a favorite snack to be eaten at school or on the field. Then, several times a year, share

this treat with your child's fellow students and teammates to demonstrate that she eats delicious food everyone can enjoy. Sharing this preferred snack with classmates and friends can help your child feel better about her dietary needs. Also, give your child safe snacks to keep at school for those times when unexpected parties arise, so she is not left out of the celebration.

- **Look, listen, and locate:** Keep your eyes and ears open for any new information that will assist you in educating and raising awareness about food allergies, sensitivities, or intolerance.

- **Empower:** Speak frankly with your child about her dietary restrictions. Teach her to read and understand food packaging labels and, most importantly, tell her it is OK to say, "No, thank you," when she is offered a possibly unsafe food choice. This bolsters your child's confidence to participate in school and social environments and helps her to gracefully handle awkward peer-related situations that may arise.

• • •

Eating out, going to camp, and having fun in a myriad of places and settings is all possible for a child with a food allergy, sensitivity, or intolerance. But to engage in these activities SAFELY requires diligent planning, preparation, and education. In the end, though, it is all worth it when you see your child enjoying herself — just like everyone else!

Joan Schmidt is a registered nurse with a master's degree in business administration who has more than 20 years of healthcare experience. She owns and operates JCB Consulting Services Inc. — a company that offers gluten-free consulting services to food service venues, as well as individual client care — with her sister, Barbara Callanan. Schmidt lives on Long Island with her husband and two children. Her daughter was recently diagnosed with a tree nut allergy and her sister has celiac disease. Schmidt's passion is to educate and raise awareness about food allergies and celiac disease, ensuring safe consumption of food for all those affected. Contact her at joan@consultjcb.com and visit her on Facebook or www.consultjcb.com.

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A better diet can improve behavior

Why food dyes should make a parent see red

BY JANE HERSEY

Are you anxious about going to a store with your son because of fear he might throw a temper tantrum? Do you wish your daughter could concentrate long enough to do her homework or simple chores around the house? Are you afraid of being called by your children's school about one of your kids being disruptive in class or aggressive with other students? If you answered "yes" to any of these questions, you might be relieved to know that help may be as close as the kitchen table or your child's lunch bag.

The modern American diet is linked to many childhood health problems. Most people already associate a junk food-laden diet with obesity, but the effect food has on children's minds is just as important.

A growing body of scientific research has found that synthetic food dyes and certain other artificial additives found in processed foods, as well as pesticide residues in fruits and vegetables, can have profound effects on how children behave. A typical child's diet may also lack the essential fatty acids that have been associated with normal healthy behavior in children.

Cut out the food dyes

Synthetic food dyes are used in many foods, ranging from breakfast cereals and yogurt to pickles, marshmallows, and soft drinks, but these petroleum-based additives are even more common in foods marketed to children, because manufacturers



recognize that children are attracted to bright colors.

The connection between synthetic food dyes and children's behavior problems has been known since the early 1970s, when the late Dr. Ben Feingold discovered this link. Numerous studies have since confirmed the harmful effects of synthetic food dyes on the behavior of children with attention deficit hyperactivity disorder. And a more recent study, published in the British medical journal *Lancet*, showed that these additives can trigger hyperactive behavior in all children, not just those already diagnosed with ADHD.

This study prompted the European Union to require labels on foods containing synthetic food dyes to warn

that they "may have an adverse effect on activity and attention in children." In addition, the Chinese government has recently proposed a ban on artificial colors in foods, citing health risks for adults and children from long-term consumption of these chemicals. This is ironic, since most synthetic food dyes consumed around the world are made in Chinese petrochemical factories.

In the United States, a Food and Drug Administration panel recently concluded that synthetic food dyes can have a detrimental effect on some children's behavior, but the panel narrowly rejected requiring warning labels on foods containing these additives.

In the absence of warning labels, what can you do to help your kids avoid these harmful chemicals? Don't be tempted to buy brightly colored processed foods just because your child is attracted

to them. In particular, you should avoid foods containing synthetic food dyes (Red #40, Red #3, Yellow #5, Yellow #6, Blue #1, Blue #2, and Green #3).

Also, steer clear of processed foods with artificial flavors and the preservatives butylated hydroxytoluene (BHT), tertiary butylhydroquinone (TBHQ), and butylated hydroxyanisole (BHA). The Feingold Association's Foodlist and Shopping Guide includes thousands of brand-name foods that are free of these troublesome additives.

Feed them brain food

While most parents would intuitively prefer to limit the amount of fats in their children's diet so as to

prevent obesity, there are certain healthy fats that many children don't get enough of. The most important of these are the essential fatty acids omega-3 and omega-6, which are necessary for the brain to transmit signals between nerve cells in order to process information properly.

When you consider that 60 percent of a person's brain is made up of fats and fatty acids, the importance of having a proper balance of fats in the diet becomes all too clear.

Studies have found that many children with ADHD are deficient in essential fatty acids, such as the omega-3 fatty acid docosahexaenoic acid (DHA). Research published in the Journal of Developmental and Behavioral Pediatrics and the Journal of Attention Disorders has also shown that supplementation with essential fatty acids can result in a reduction of ADHD symptoms in some children.

A healthy diet for a child's developing brain should include several servings of foods that are rich in omega-3 fatty acids every week. One of the best sources for these nutrients is fatty fish, such as salmon or sardines. It is no coincidence that fish have been called "brain food" for generations. Other good sources of these essential fats include flaxseed, walnuts, and canola oil, as well as certain juices and milk products that are supplemented with omega-3s.

Pass on pesticides

The harmful effects of pesticides on the environment have been widely known since the publication of Rachael Carson's groundbreaking book, "Silent Spring," in the 1960s. Less well known are the effects these chemicals have on children's behavior.

In 2001, 73 million pounds of organophosphate pesticides were applied in agricultural and residential settings in the United States. These pesticides have been shown to cause hyperactivity and cognitive deficits in animal studies, and recent research has also linked them to behavioral problems in children. For example, a 2010 study published in the journal Pediatrics found an association between exposure to high

levels of these pesticides and ADHD symptoms in children. These results are not surprising, because organophosphate pesticides are potent neurotoxic chemicals designed to kill insects by interfering with their nervous systems.

You can avoid pesticides by purchasing organically grown fruits and vegetables in your supermarket's organic produce section, as well as by looking for organic frozen vegetables and foods made with organic ingredients.

Making these simple changes in your family's diet not only makes good sense health-wise, but you may also notice a marked improvement in your children's behavior and concentration.

Jane Hersey is National Director of the nonprofit Feingold Association and author of "Why Can't My Child Behave?" A former teacher and Head Start consultant, she has testified before the National Institutes of Health, the U.S. Department of Agriculture, and Congress about ADHD and diet. She frequently lectures at education associations, hospitals, medical groups, universities, and schools.

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Individual dietary needs vary and no one diet will meet everyone's daily requirements. Before starting any new diet, check with your doctor or nutritionist.

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Eat **fat** to be healthy?

BY SANDRA GORDON

Switch to skinny lattes. Learn to love nonfat cheese. No more butter! Sound familiar? If you're trying to lose weight by cutting out all the fat in your diet, here's food for thought: fat doesn't make you fat. Excess calories do.

"It's not total fat that matters. People need to be concerned about total calories," explains Artemis P. Simopoulos, MD, president of The Center for Genetics, Nutrition, and Health in Washington, DC and co-author of "The Omega Plan."

Another fat misconception? A no-fat or low-fat diet is the health gold standard. It isn't. In fact, studies, such as the Women's Health Initia-



Healthy fats for kids

Fishing for serving ideas? Here are kid-friendly ways to work more healthy, unsaturated fats into your menus.

- Canola oil: Use it for sauteing vegetables and lean meat. For salad dressings, use half canola oil, half olive oil (for flavor).

- Ground flaxseed: Use a couple of tablespoons as a topper for salads; blend into a morning fruit smoothie or sprinkle atop cereal at breakfast.

- Albacore tuna: Stir into lunch-time pasta salads; serve on toast with sliced avocados, a squirt of lime juice, and a dash of salt, or fold into your favorite dinner time casseroles.

- Walnuts: Add chopped walnuts to baked goods like banana bread, sprinkle on pancakes, or serve with an afternoon snack of cheese and crackers.

- Sardines: Sneak them into pasta sauce.

**Top
Tips**

tive, which involved 49,000 women, showed that a low-fat diet didn't significantly reduce the women's risk of heart disease, breast cancer, or colon cancer.

And consider: some types of fat, such as unsaturated fat, which comes from plant sources and fish, are actually good for you. Studies show that by watching your total calorie intake and eating more foods rich in unsaturated fat, you may lose weight and reduce your risk of disease. Read on to learn about this diet concept that may change your mind about fat forever.

Fat is your friend

Like a car, your body needs oil to run. Among its many duties: fat is a major energy source and helps your body absorb certain nutrients.

Fat also regulates your hormones, keeps your nervous system humming, and forms the membrane that surrounds each cell. It's also the staff of life for your brain and is necessary for brain development. In fact, young children shouldn't be offered low-fat foods.

"Until age 2, full-fat dairy products like whole milk, full-fat yogurt, and cheese rule," says Sarah Krieger, RD, a spokesperson for the American Dietetic Association in St. Petersburg, Fla.

That's because kids' rapidly developing brains thrive on the saturated fat these foods contain. But go ahead and make the switch to low-fat foods such as skim milk after your child's second birthday, when brain growth begins to subside. The rest of the family should

Like a car, your body needs oil to run. Among its many duties: fat is a major energy source and helps your body absorb certain nutrients.



stick to foods low in saturated fat, too.

Saturated fat — the fat found principally in meat, dairy products, and some tropical oils — has been shown to increase your risk of heart disease, because it raises the low-density lipoprotein (LDL), or “the bad” cholesterol, and triglyceride levels in your blood. The same holds true for another “bad fat” — trans fats — the man-made fat found in margarines and some manufactured foods, which also lower high-density lipoprotein (HDL), “the good,” protective cholesterol.

Help your heart

Unsaturated fat, on the other hand, the type of fat that comes mainly from vegetable, nut, and fish products, can help lower LDLs and blood pressure, raise HDLs, and prevent heart disease, stroke, and potentially deadly heart rhythm disorders. A little butter, ice cream, or a steak every once in a while is OK; everything in moderation.

But to keep your ticker in top shape, you can't beat a diet rich in unsaturated “healthy” fats. One landmark study in particular, the Lyon Diet Heart Study, dramatically proved this point. In the study, 302 heart attack survivors were assigned to a low-fat “prudent” diet, consisting of 30 percent fat.

Another similar group was assigned to a slightly higher fat diet that was based on a modified version of the traditional diet of the Greek island of Crete; it featured unsaturated fats like olive and canola oil.

Although you'd think those on the lower-fat diet would have won this round, the opposite proved true. Subjects on the Crete diet had an unprecedented 76 percent lower risk of dying from cardiovascular disease or suffering heart failure, heart attack, or stroke.

Healthy fat

For overall good health and to

lose weight, it's important to eat less saturated fat and trans fats and to try to make sure the fat you do consume is unsaturated. Keep in mind that you have to consume fat to be healthy.

Up to 35 percent of your total daily calories can come from fat (that's 700 fat calories on a typical 2,000-calorie daily diet), according to the National Academy of Sciences. Unsaturated fats such as omega-3 fatty acids, which are found in fish and fish oil, are essential fats. They're required for normal body functions, and you must get them from food because your body can't manufacture them.

“Omega-3 fatty acids have to be part of your diet continuously,” Simopoulos says. Moreover, if you don't eat enough fat, your body will make its own. “Eating a very low-fat diet can turn your body into a fat-making machine, and the type of fat your body manufactures is saturated fat.”

Super food sources of omega-3s and other types of unsaturated fat include canola and olive oil, flaxseed, walnuts, and fish, particularly fatty fish, such as salmon, mackerel, herring, lake trout, sardines, and albacore tuna, because it's packed with two types of omega-3 fatty acids: docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), which your body readily uses. Plant sources of omega-3s like walnuts and flaxseed contain Alpha-linolenic acid (ALA), which your body doesn't use quite as efficiently. Nonetheless, as they say, it's all good — for you and your family.

To reduce the risk of environmental contaminants, mix up the menu and serve different kinds of fish from varied sources, such as wild and farm-raised salmon, tilapia, and lake trout, at least twice a week. (Kids and women of child-bearing age should avoid eating shark, swordfish, king Mackerel, or tile fish because these fish contain high levels of mercury.)



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Give your preschooler an edge

Strategies to help him read his world

BY MICHELE RANARD, MED

We all want the inside scoop when it comes to opportunities that could lead to greater academic success for our children. But as well-meaning parents, sometimes we're vulnerable to the latest fad in the marketplace or alternative fast tracks.

That's why it's smarter to pay more attention to what experts on emerging literacy have to say rather than the latest hype. Their advice won't always have a novel ring to it or come with a free gift, but it will suggest steps to help your child get ready to read through daily experiences at home.

Opportunities to seize

In 2000's "Children's Learning Opportunities Report," Carl Dunst explains the opportunities for language development and early literacy in terms of incidental and intentional opportunities.

Incidental opportunities are watching leaves rustle while on a walk, blowing on food when it's too hot, or talking about body parts during bath time. Intentional activities might include story hour at the library or a trip to the zoo.



Dunst says children need activity settings matched to their interests and competencies to practice existing skills and learn new abilities. Suggestions from Dunst include:

Identify a preschooler's INTERESTS

- What makes your child smile or laugh?
- What makes your child happy and feel good?
- What are your child's favorite things?
- What is enjoyable to your child?
- What does your child work hard at doing?

Identify a preschooler's COMPETENCIES

- What gets and keeps your child's attention?
- What is your child good at doing?
- What "brings out the best" in your child?
- What does your child like to do a lot?
- What gets your child to try new things?

Everyday learning gives them an edge

Repetition during meal time, bath time, diaper changes, and bedtime story routines primes young children for later school success. Sound lazy or too simple? It's huge.

"Bridges to Literacy," by Sharon E. Rosenkoetter and Lauren Barton, encourages parents to think of building bridges to literacy by providing experiences that include print, responsiveness, repetition, modeling and motivation, and oral language.

Think PRINT

Reading time may be brief, but must happen every day to help kids explore new worlds, laugh across generations, and learn about amazing and ordinary things. Bonus: sharing stories can be a balm for irritable or fussy children.

Reading together should be relaxing and fun. It is much more than simply exposure to language, it's about creating happy reading memories that set the stage for a love of reading.

Stay RESPONSIVE

For early literacy, you want your child to learn that language is fun, that she can do it well, and that she can get results from using it.

Provide REPETITION

Provide routine schedules that use familiar phrases (such as "let's have some lunch" or "scrub-a-dub-dub") and cues at key times during the day. Nap and bedtime routines should be kept the same, and reading the same book over and over helps strengthen the foundation for later academic success.

Be a consistent MODEL and MOTIVATOR

It's important that your child sees you reading. Routines demonstrate that reading is important. At home, point out that you are reading the newspaper or a recipe. On car rides, be intentional as you point out signs on the road or the names on store fronts. It's also important to write and draw with your child.

"When children draw pictures, their verbal comments should regularly be written on the page and read aloud," writes Rosenkoetter and Barton.

Use ORAL LANGUAGE

Quantity matters, so talk a lot. Expose your child to as many words an hour as possible. Talk to her during work and play. Chitchat has a big payoff and translates into broader vocabularies and higher levels of reading later.

"From this foundation of basic learning and subsequent daily explorations with everyday people and objects, the young child builds many other understandings of self and others...Young children begin to 'read their world' and to have wider and greater impact upon it," writes Rosenkoetter and Joanne Knapp-Philo in "Learning to Read the World."

As parents, we can help them read their world long before they learn to read.

Michele Ranard has a husband, two children, and a master's in counseling.

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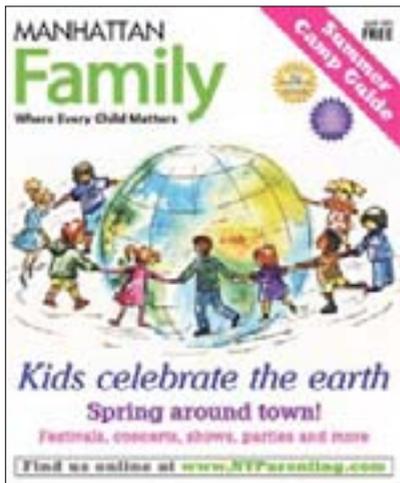
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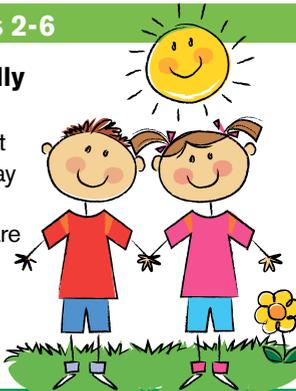
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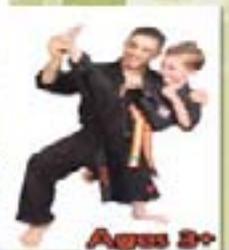
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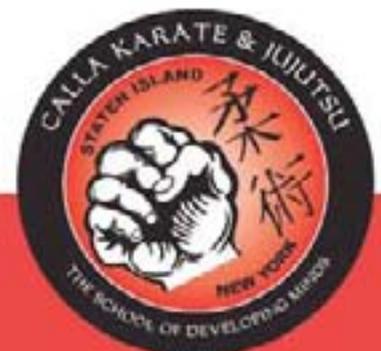
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HEALTHY LIVING

DANIELLE SULLIVAN

Tips to prevent food poisoning

Keep your child healthy this summer

Oh, summer. There is nothing quite like enjoying the lazy, hazy days of relaxing by the pool and beach. But summer also comes with its own special set of safety issues. And one such area of concern is food poisoning. The Centers for Disease Control and Prevention offers these sobering statistics: 48 million Americans (one out of six) get sick from food-borne illness each year, requiring 128,000 hospitalizations and causing about 3,000 deaths.

Most of us know the basic rules of food preparation — such as washing hands before and after touching food and not leaving meat out for longer than two hours — but there are also some less well-known rules.

Here are 10 tips advised by the American Academy of Pediatrics:

- Carefully examine any canned food (especially home-canned goods) for signs of bacterial contamination. Look for milky liquid surrounding vegetables (it should be clear), cracked jars, loose lids, and swollen cans or lids. Don't use canned or jarred goods showing any of these signs. Do not even taste them. Throw them away so that nobody else will eat them. (Wrap them first in plastic and then in a heavy paper bag.)

- Buy all meats and seafood from reputable suppliers.

- Do not use raw (unpasteurized) milk, or cheese made from raw milk.

- When making canned food at home, be sure to follow proper canning techniques to prevent botulism.

- Do not give honey to a baby under 1 year of age.

- Do not let prepared foods (particularly starchy ones), cooked and cured meats, cheese, or anything with mayonnaise stay at room temperature for more than two hours.



- Do not interrupt the cooking of meat or poultry to finish the cooking later.

- Do not prepare food one day for the next unless it will be frozen or refrigerated right away. (Always put hot food right into the refrigerator. Do not wait for it to cool first.)

- Do not eat wild mushrooms.

- When reheating meals, cover them and reheat them thoroughly.

If you suspect your child has been affected by a food borne illness, take your child to a doctor to rule out any serious condition, as food poisoning

can be life threatening. Once you are home, and treating your child with fluids and rest, look out for these signs of distress:

- Signs of dehydration

- Bloody diarrhea

- Continuous diarrhea with a large volume of water in the stool, or diarrhea alternating with constipation

- Sudden weakness, numbness, confusion, restlessness, tingling, or difficulty breathing.

If your child experiences any of these symptoms, call your pediatrician immediately.

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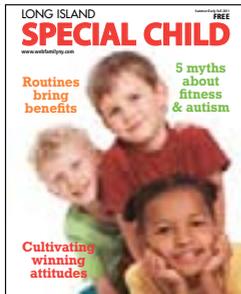
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DEATH BY CHILDREN

CHRIS GARLINGTON

Camp insectasaurus

To truly comprehend the splendor that is summer in the uncharted wilds of a Michigan Scout camp, you need to go back in time to a period when life was simpler, an era when man lived off the land, the age when dinosaurs were killed off by prehistoric mosquitoes the size of a Buick Regal.

As a fully gentrified urbanite, I only camp for two reasons:

- They're playing "Moves Like Jagger," because, who can resist that?
- There's a new iPhone.

Years of the easy life have left me unprepared for the real camping, which is what Scouts do, which is why we were in Michigan, fighting off

mosquitoes with baseball bats and small artillery.

When you or I or a small army of sugar-filled tweens show up in the woods, nature does not know we're only camping. Nature witnesses the arrival of 35 plump city boys and their sweaty fathers as appetizers and a well-basted main course. When we stepped out of our minivan, 77 bajillion mosquitoes, mites, flies, spiders, ants, beetles — and whatever those things are that look like walking lint — heaved a collective sigh, licked their proboscis, and swooped in for the kill, because **WE'RE NOT CAMPERS — WE'RE FOOD!**

Fortunately, it'll never happen again.

Scouting is about developing character. Scouts don't go into the woods to merely camp: they go into the woods to survive. I have no doubt there's some kind of "acceptable losses" percentage built into

their roster.

As an example of Scouting's idea of character building, I present you with their art installation we called "camp:" a wooden shipping pallet under a poorly repaired Vietnam War-era green canvas tarp.

It's 342 degrees outside, and the insect buzz is so loud my son covers his ears and yells at me to turn down the forest. I think he said that; I don't read lips.

All day we survived a canoe trip, an axe class, the port-a-potty poop saunas, an endless trudge through countless epic spider webs, and survived my son's impressive Saint Vitus scream-dance every time he walked through one.

At dinner there was a moment of perfect peace. We were standing in a 50-foot clearing, no spider webs, no swamp-water mosquitoes, no rattlesnakes — perfectly safe. My son opens his mouth to say — I'm absolutely convinced here — "Gosh, Dad, I can just feel the character building inside of me."

But as soon as he opened his mouth, something prehistoric flew into it.

He screamed, then ran face-first into an oak.

Later that night, as we lay in the dark wondering when we'd get mauled by a bear, Junior had to pee.

We opened the tent flap and shined our flashlights onto the ground.

It was writhing.

For a minute, I thought it had flooded, and we were floating down stream. That would have been better than the carpet of insects swarming under and around our tent. As far as the beam could shine there was a pulsing, roiling, ravenous ocean of bugs.

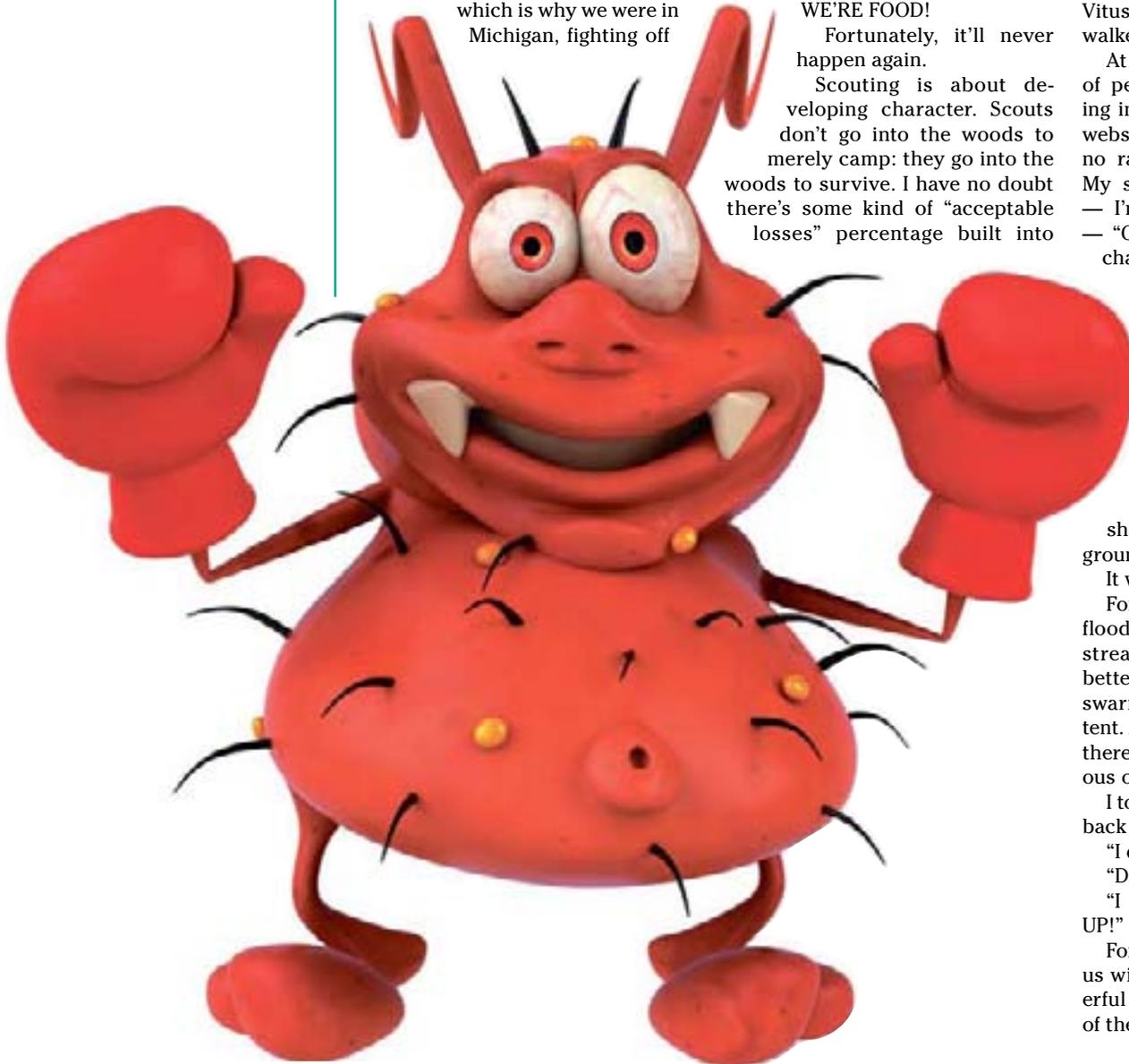
I told Junior he could pee out the back of the tent.

"I don't have to go anymore."

"Dude, it's OK..."

"I DON'T HAVE TO GO, SHUT UP!"

Fortunately, Scouts had imbued us with a pioneer spirit and a powerful sense of ingenuity. For the rest of the week, we slept in the van.





THE BOOK WORM

TERRI SCHLICHENMEYER

Getting the scoop on poop

Whether you like it or not, poop happens, and children want to learn about it. That's where "Poopendous!," a new book by Artie Bennett, comes in. It teaches kids all about doo-doo, from the droppings of animals big and small to how humans in different cultures make use of waste.

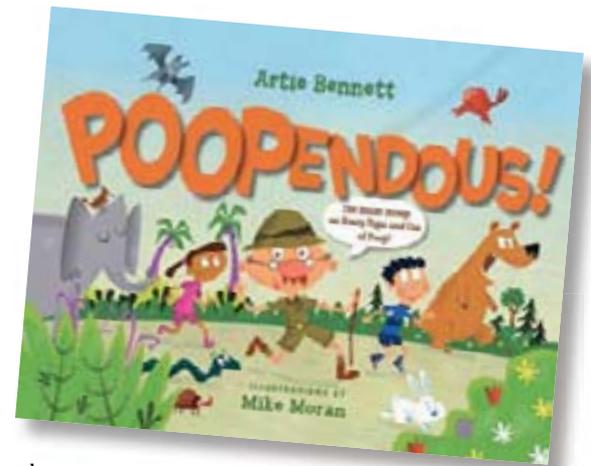
With "Poopendous!," kids will learn that, in the animal kingdom, poop can be round droppings (like that of rabbits) or tubular pellets (from raccoons). It can be white (like from birds) or cubed (such as Australia's wombat). It can be dry (from a camel) or flat and messy (like what cows leave behind).

Termites live in mounds of poop, and dung beetles use it as food. It can carry seeds around the world, and once the seeds are dropped, the poop will help plants take root

and grow. Farmers and gardeners use manure for that very reason. Monkeys sometimes like to throw poop, and people at fairs do it, too, (only they call it a "cowpie" or a "cow chip"). In either case, that poo is really far-flung dung. Yuck!

Poop can mark a trail, or it can mark territory. If you like to hike, droppings can tell you if animals may be nearby. Some people build houses out of poop, and others use it as fuel for cooking or to stay warm. Then there are those who use it as a souvenir or even for making j-ewww-elry!

Yes, indeed, "Poopendous!" is cute. The rhyming story about ca-ca, doo-doo, flop, guano, scat and dung will give your child piles of giggles.



But Bennett also teaches kids a smidge of science and a bit of biology, too — a benefit that doesn't wipe away the silliness one bit. Add illustrations by Mike Moran, which run poopendicular to the narrative, and you've got a book that kids will never want to leave behind.

Meant for children ages 5 to 7, I think this book might de-squirm the right preschooler, too. If your child wants the scoop on poop, "Poopendous!" is the book to scoop up.

"Poopendous!" by Artie Bennett [36 pages, Blue Apple Books, \$16.99] is recommended for kids ages 5 to 7.

Hitting the links

If you've got a kid who wants to be the next Tiger Woods, show him — or her — that practice makes perfect with a new book about a young golfer who grew up to be the first African-American man to build and own a golf course.

The new book "Twice as

Good" by Richard Michelson tells the story of Willie Powell, who — when he was told that he couldn't do something he wanted to do — worked harder to reach his goal.

Willie wanted to learn to play golf on the smooth lawns of The Edgewater Golf Course, but the golfers told him that "his kind" wasn't welcome there. He was used to that, though. He was often the only African-American boy wherever he went, but that didn't stop him. He went to Edgewater anyway, every chance he got.

Eventually, one of the golfers let Willie be his caddy, which meant carrying a heavy bag filled with golf clubs. That didn't stop Willie, either; in fact, he worked twice as hard, because being "good" at his job wasn't good enough to him. Soon, he was earning money being a caddy.

Then, one day, someone asked Willie to play a round of golf, and Willie loved it! From then on, every chance he got, he practiced. By the time he entered high school, he was one of the best golfers around. He even entered competitions.

Still, lots of white golfers didn't want Willie playing on their course.

They wouldn't let him join the club or share their clubhouse. But Willie had dreams — not only for himself, but for his baby daughter, too.

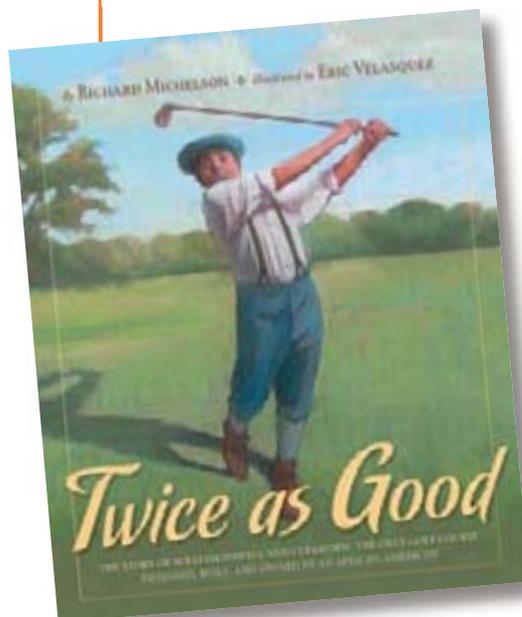
He knew that someday there would be a place where she could learn to play, too, and nobody would turn her away. Willie was sure there would be a course like that, even if he had to build it himself.

Based on the true story of Willie Powell, Michelson creates a kid-friendly story of perseverance in the face of racism with a boy who refuses to say "no" to his dreams. I liked that Michelson gives his young hero a graceful determination with no room for discouragement (which is very inspirational), and artist Eric Velasquez's illustrations fit Michelson's story to a tee.

If your 3-to-6-year-old loves a good read-aloud, this is one to put on the roster. For you, "Twice as Good" is a book that's hard to say "no" to.

"Twice as Good," by Richard Michelson [32 pages, Sleeping Bear Press, \$16.95] is recommended for kids ages 3 to 6.

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.





LIONS AND TIGERS AND TEENS

MYRNA BETH HASKELL

A penny earned is a penny ... spent

Help your teen learn the value of money

Does money fly out of your teen's hands faster than a cheetah chases its prey? Perhaps you thought that her new job was going to make her more money conscious; but instead, she has stocked her closet with more shoes.

It's true that some teens are thrifty, but many others have surely purchased items they really didn't need, because "it seemed important at the time." Without mortgage payments and heating bills, many teens find it hard to value a dollar.

Parents can learn from examining their own relationship with money to encourage their teens to become adept at financial matters.

Set an example

Your teen has been watching how you've handled money over the years. She has

listened to your conversations and has watched your spending habits. There is nothing more powerful than a teen realizing that her parents are fiscally responsible.

"You can set a good example by choosing to look for savings, clipping coupons, and comparing prices," says Lisa Reynolds, a savings specialist and Mom Saver-in-Chief at RedPlum (a provider of online and newspaper coupons).

The teen mindset

Parents have long been aware of this typical teen pitfall: wanting instant gratification. Advancements in technology have taught teens that information is sent and received almost instantaneously. Shopping is at one's fingertips, too. Today, you can click on a website and make a purchase in just minutes.

No wonder parents have a hard time teaching teens that some things are worth waiting for when so many tasks have become effortless.

Give guidance

Cathi Brese Doebler, author of "Ditch the Joneses, Discover Your Family: How to Thrive on Less Than Two Incomes," urges parents to set a standard for saving.

"We separate their earnings into three piles: 80 percent for spending, 10 percent for saving, and 10 percent for giving. We offer advice on good-spending decisions, and then let them make choices on how and when to spend their money."

She emphasizes that teens learn from consequences. For instance, when teens realize they can't buy something they really want because of an earlier, impulsive purchase, an important lesson is learned.

"Learning lessons when they are

young, over small amounts of money, is much better than learning lessons when they are older, over larger amounts of money," she says.

Some experts caution parents about enforcing specific rules.

"I don't think it is fair to force teens to save their allowance. Allowances are a learning experience, and it may be that some teens will learn the importance of saving after experiencing the consequences of not planning adequately," counsels Marietta Jelks, manager of the Consumer Action Handbook, a publication of the Federal Citizen Information Center.

Tips and tales

"My daughter has a checking account with a debit card for spending on things she wants and gas for her car. The other is a savings account that she cannot touch. When she gets her paycheck, at least half of the money goes into her savings. This method helps her live within her means."

Moncia Bowles-Relyea, Hyde Park, NY

"Teach teens to go to the clearance rack. Compare the costs at consignment shops versus sales at department stores."

Fran Sarigianis, Staatsburg, NY

Share your ideas

Upcoming topic: Latest on "sexting" — how parents can ensure their teen is using his cell appropriately and legally.

Send your full name, address, and brief comments to myrnahaskell@gmail.com, or visit www.myrnahaskell.com.

Myrna Beth Haskell is a feature writer, columnist and author of the newly released book, "Lions and Tigers and Teens: Expert advice and support for the conscientious parent just like you" (Unlimited Publishing LLC). Visit www.myrnahaskell.com.



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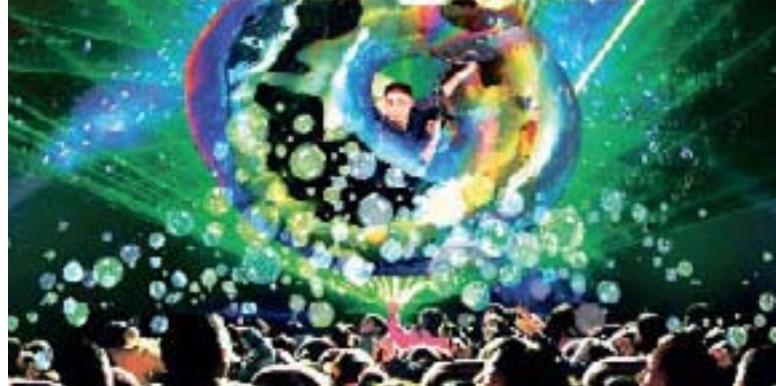
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LONG-RUNNING

Cartoon exhibit: New York Hall of Science, 47-01 111th St., at Avenue of Science; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm, Now – Sun, Sept. 2; \$11 (\$8 children 2-17, college students and seniors).

A 6,000 square exhibit features characters from the Cartoon Network.

“The Adoration of the Magi”:

Museum of Biblical Art, 1865 Broadway between W. 61st and W. 62nd streets; (212) 408-1500; www.mobia.org; Tuesdays – Sundays, 10 am–6 pm, Now – Sun, Sept. 9; Free.

The beautiful early Italian Renaissance alterpiece by Bartolo di Fredi, (1330-1410), will be displayed in its entirety.

“Little Miss Muffet’s Monster Sitting Service”:

The Swedish Cottage Marionette Theatre, West Drive 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, Now – Sun, Aug. 26; \$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 to 9 years old.

Yak Packers: Rubin Museum of Art, 150 W. 17th Street, between Sixth and Seventh avenues; (212) 620-5000 X 344. www.rmanyc.org; Wednesdays and Thursdays, 10:30 –11:30 am, Now – Thurs, Oct. 25; \$10 (\$5 seniors and students; Free for children under 12 and members).

Children 2 to 4 years old explore the exhibits and collections.

Le Carousel: Bryant Park, W. 40th St. between Fifth and Sixth avenues; www.nycgovparks.org; Daily, 11 am–8 pm; Now – Wed, Oct. 31; \$2 per ride.

Fashioned to complement the park’s French style, this classic ride features brightly colored animals and French cabaret music.

Ping Pong: Bryant Park, Sixth Avenue and W. 42nd Street; www.nycgovparks.org; Daily, 11 am–7 pm; Now – Sun, Sept. 30; Free.

Paddles and balls provided and all skill levels welcome.



Bike riding lessons

Learn to ride the safe and easy way on July 28 at Midland Beach.

Children 5 years and older will learn the basics of bike riding — balancing, steering, braking, and of course, stopping — from professional instructors for free!

Bring a suitable-sized helmet

and bike for your little scamp and watch him get one step closer to popping a wheelie at the Midland Beach parking lot, July 28 from 10 am to 1 pm.

Midland Beach parking lot [Hunter Avenue at Father Capodanno Boulevard in South Beach, (718) 667-3545, www.nycgovparks.org].

Carousel: Willowbrook Park, Eton Place and Richmond Avenue; (718) 477-0605; Weekdays, 11 am–5:45 pm, Now – Fri, Aug. 31; \$1.50.

The painted ponies, lions, and tigers go up and down and round and round.

Art Trek: The Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; metmuseum.org; Thursday, July 5, 3:30 pm; Saturday, July 7, 2:30 pm; Tuesday, July 10, 3:30 pm; Thursday, July 12, 3:30 pm; Tuesday, July 17, 3:30 pm; Thursday, July 19, 3:30 pm; Saturday, July 21, 2:30 pm; Tuesday, July 24, 3:30 pm; Thursday, July 26, 3:30 pm; Saturday, July 28, 2:30 pm; Tuesday, July 31, 3:30 pm; Thursday, Aug. 2, 3:30 pm; Saturday, Aug. 4, 2:30 pm; Tuesday, Aug. 7, 3:30 pm; Thursday, Aug. 9, 3:30 pm; Free with Museum Admission.

Children 5 to 12 years old take a voyage around the globe.

Start with Art: The Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; metmuseum.org; Tuesdays, Thursdays, Saturdays and Sundays, 3:30–4:30 pm, Now – Thurs, Aug. 30; Free with museum admission.

Children 3 to 7 years old sketch, explore, and listen to stories.

Shababa Fridays: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; Fridays, 9:30 –10:15 am, Now – Fri, Aug. 24; \$10.

Karina and Coco lead shabbat in playful interactive activities. For newborns to 3 years old.

Picture-book time: New Dorp Library, 309 New Dorp Ln. at Clawson Street; (718) 351-2977; www.nypl.org; Mondays and Fridays, 2 pm, Now – Mon, July 30; Free.

For children 3 and up. Finger play, ac-

Submit a listing

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tion rhymes and coloring.

Kidz Cook: Staten Island Children’s Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskids.org; Fridays, 2–3 pm, Now – Fri, Aug. 31; Free with museum admission (\$6. Free for members).

Children explore the culinary arts.

Art on the High Line: The High Line, W. 23rd St. at 10th Avenue; (212) 206-9922; www.nycgovparks.org; Saturdays, 10 am–noon, Now – Sat, Aug. 25; Free.

Families are invited to drop in and experiment with unique materials and create their works of art to take home.

Storytime: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982-6983; www.barnesandnoble.com; Saturday, July 7, 10:30 am; Tuesday, July 10, 10:30 am; Saturday, July 14, 10:30 am; Tuesday, July 17, 10:30 am; Saturday, July 21, 10:30 am; Free.

Children listen to a different story each week.

Basketball clinics: North Meadow Recreation Center, 97th Street and Transverse Rd. (212) 348-4867; www.nycgovparks.org; Saturdays, Noon–2 pm, Now – Sat, Oct. 27; Free.

Children 9 to 17 get help with the B-ball game.

Up4Art: Staten Island Children’s Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskids.org; Saturdays and Sundays, 1, 2 and 3 pm, Now – Sat, Sept. 1; Free with museum admission.

Children create art with different mediums.

House tours: Conference House, 298 Satterlee St. at Hylan Boulevard. (718)

Going Places

984-6046; www.conferencehouse.org; Fridays – Sundays, 1–4 pm, Free.

Visit and explore the house and the grounds.

Fitness: Thomas Jefferson Recreation Center, First Avenue at E. 112th Street; (212) 860-1383; www.nycgovparks.org; Tuesdays, 2012, Now – Tues, Aug. 28; Free for center members.

Teens get helpful hints on how to stay flexible and use gym equipment from staff.

Summer workshop: Conference House, 298 Satterlee St. at Hylan Boulevard. (718) 984-0415; www.conferencehouse.org; Tuesdays – Thursdays, 9 am – noon, Now – Thurs, Aug. 9; \$10 per session.

Children 6 to 10 years old learn how to write with a quill pen, go on a scavenger hunt, and make vinegar grain. Pre-registration required.

River tots: Pier 46, Charles Street and West Street; (212) 627-2121; www.nycgovparks.org; Tuesdays, 10 am, Now – Tues, Aug. 28; Free.

Children 2 to 5 years old learn about nature in an urban setting.

Storytime: The Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-3894; metmuseum.org; Tuesdays – Fridays, 3–3:30 pm, Now – Thurs, Aug. 30; Free with museum admission.

Children 3 to 7 years old listen to a story then go and find the art on a treasure hunt in the galleries.

Stars of tomorrow: Hudson River Park Pier 45, Christopher Street and the Hudson River; (212) 627-2121; www.hudsonriverpark.org; Tuesdays, 6:30–8:30 pm, Now – Tues, Aug. 21; Free.

Talented students from the New School Jazz and Contemporary Music and Mannes College The New School for Music perform Bach to Bebop.

Wild Wednesdays: The High Line, W. 14th St. and 10th Avenue; (212) 206-9922; www.nycgovparks.org; Free.

Children watch a butterfly grow, touch a worm, or watch seeds fly.

Pop-up art: Pier 25, West Street at N. Moore Street; Wednesdays, 3 pm, Now – Thurs, Aug. 30; Free.

Together with the Children's Museum of the Arts, Pier 25 offers art-appreciation activities for children 1 to 15 years old.

Boogie Woogie Wednesdays: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskids.org; Wednesdays, 5–7 pm, Now – Wed, Aug. 22; Free with museum admission.

Children of all ages boogie, woogie, woogie till they can't boogie woogie no more. Sponsored by Con Ed.

Sunset festival: South Beach, Sand



Boogie woogie time

It's back — Boogie Woogie Wednesdays and it is better than ever from July 11 through Aug. 22.

Learn the art of the Chinese ribbon dance, the steps of the sizzling salsa, or the percussion in African-American step dance at the Staten Island Children's Museum during its weekly kids' dance party.

Lane and Capadanno Boulevard. www.nycgovparks.org; Wednesdays, 6–8 pm, Now – Wed, Aug. 29; Free.

Enjoy local artisans, face painting, downs, and fireworks (weather permitting).

Storytime: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982-6983; www.barnesandnoble.com; Tuesdays and Saturdays, 10:30 am, Now – Sat, Sept. 29; Free.

Children listen to a different story each week.

THURS, JULY 5

Moona Luna: Madison Square Park, Madison Avenue and E. 23rd Street; www.nycgovparks.org; 10:30–11:30 am; Free.

Mexican-American songwriter Sandra Velasquez and her Latin band Pistolera perform children's favorites.

FRI, JULY 6

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

Every Wednesday from 5 to 7 pm you can get your groove on with friends, neighbors, and family. Live performances will follow each night's activities. Admission is free.

Boogie Woogie Wednesdays at the Staten Island Children's Museum [1000 Richmond Ter. at Tysen Street in Randall Manor, (718) 273-20600, www.stateniskids.org].

songs, and do a fun craft.

Night of Independence: Recreation Center 54, 348 E. 54th St. and First Avenue; (212) 754-5411; www.nycgovparks.org; 7–9 pm; Free.

Song and dance performances by the Children's Ballet and adult dancers.

SAT, JULY 7

Canoeing: Clove Lakes Park, Martling Avenue at Brooks Pond Place; www.nycgovparks.org; 11 am–2 pm; Free.

Urban Park Rangers teach children 8 years and older the basics.

Word Kids: Bryant Park, Sixth Avenue and W. 42nd Street; www.nycgovparks.org; Noon–1 pm; Free.

It's cats and dogs forever. Celebrate the Stars and Stripes with apple pie and stories.

"Jungle Party" and "Moody Monsters": The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343-6166; www.scholastic.com; 3 pm; Free.

Little hands do big activities to welcome two new activity books. Recommended for children 3 to 6 years old.

SUN, JULY 8

Family Day: Rumsey Playfield, East Drive and Terrace Drive; www.nycgovparks.org; 3 pm; Free.

Presented by the SummerStage Kids, featuring Justin Roberts and the Not Ready for Naptime Players, Ill Style and Peace Productions, NY Chinese Cultural Center, and the Performers from Bindlestiff Family Circus.

MON, JULY 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 1-and-a-half with their caregivers.

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

For children ages 12 to 18 years old.

TUES, JULY 10

Art in the park: Westerleigh Park, Willard Avenue at Maine Avenue; www.nycgovparks.org; 10 am–noon; Free.

Children of all ages get instruction on the use of watercolor.

"Bessie's Big Shot": Columbus Park, Mulberry Street at Bayard Street; www.nycgovparks.org; 10:30–11:30 am; Free.

Children 2 to 8 years old share in Bessie's big day as she gets a chance to be in the circus.

"Adventures of Tin Tin": Great Kills Library, 56 Giffords Ln. at Margaret Street; (718) 984-6670; www.nypl.org; 2:30 pm; Free.

Jamie Bell and Andy Serkis voice the characters in this perennial children's favorite, with popcorn.

WED, JULY 11

New parents: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am–noon; \$10.

Director Sally Tannen leads discussion of new parents and their experiences, babies welcome.

Camp out: Great Kills Library, 56 Giffords Ln. at Margaret Street; (718) 984-6670; www.nypl.org; 5:30 pm; Free.

Bring your flashlight and sleeping bag for a night at the library. For children 5 years and older.

THURS, JULY 12

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

Children 1 to 3 years old and caregivers hear a story with finger play and ac-

Continued on page 32

Going Places

Continued from page 31

tivities. Pre-registration required.

Fiesta time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 2:30 pm; Free.

Enjoy all types of food. For children 8 and older, pre-registration required.

"Dolphin Tale": Bloomingdale Park, Lenevar Avenue and Ramona Avenue; www.nycgovparks.org; 8-10 pm; Free.

Pack a picnic basket and grab a blanket for this heart-felt family classic.

FRI, JULY 13

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

For pre-schoolers ages 3 to 5 years old with caregivers. Pre-registration required.

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

Camping: Wolfe's Pond Park Comfort Station, Cornelia Avenue at Hylan Blvd. (718) 967-5689; www.nycgovparks.org; 6 pm; Free.

Join Urban Park Rangers for a night under the stars. Families chosen by lottery.

SAT, JULY 14

Super snakes: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskids.org; Noon-1 pm; Free with admission.

Children get up close and personal with snakes.

Dance: Lincoln Center, 70 Lincoln Center Plaza; (212) 875-5000; www.lincolncenter.org; 3-4:30 pm; Free.

Children get an afternoon of lessons in ballroom, salsa, swing, merengue and tango, from teacher Rodney Lopez. Suitable for the whole family.

Dragons and dinosaurs: The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343-6166; www.scholastic.com; 3 pm; Free.

Children 4 and older learn all about the big "D's," pretend dig for dinos, and then create a Chinese Paper Dragon. For children 3 to 6 years old.

SUN, JULY 15

Breakfast with the Beasts: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 422-3174; www.stateniskids.org; 8:30-10:30 am; \$17 (\$15 members).

Ever wonder what happens with the animals in summer? Find out and have breakfast, too. For children 5 and older. Pre-registration required.

High Rock hike: High Rock Park, Ne-

The place for kids

What better way to spend a Saturday in the Big Apple than reading, learning, and crafting? Now you can at The Scholastic Store, the coolest place to enjoy a good book, meet new friends, and make unique craft projects.

Unleash your wild side on July 7 when the store releases "Jungle Party" and "Moody Monsters," two new activity books just right for children 3 to 6 years old who like to play with stickers, finger puppets, and puzzles.

July 14 introduces "Wings of Fire the Dragonet Prophecy," by Tui T Sutherland. Children 4 and older make a paper dragon and learn how to "dig" paleontology by learning about dinosaurs.

Little ones 3 to 7 should stampe over to the store on July 21 for "Jungle Run," by Tony Mitton. Tots will compete in a jungle race, play a round of wilderness charades, and then wolf down animals crackers while creating their very own puppet.

Get your spandex on and vault into the Olympic season on July

vada Avenue at Sloane Avenue; (718) 351-3450; www.nycgovparks.org; 1-2 pm; Free.

Take a look at the invertebrates and use magnifying glasses and bug boxes. Suitable for children 6 years and older.

Music with Patrick: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskids.org; 2 pm; Free with admission.

Children sing along with everyone's favorite songster. Instruments provided or bring your own.

MON, JULY 16

Teen lounge: 3:30 pm. Great Kills Library. See Monday, July 9.

TUES, JULY 17

Art in the park: 10 am-noon. West-erleigh Park. See Tuesday, July 10.

Sandcastles: Great Kills Park, Ebbits Street and Cedar Grove Avenue; (718) 816-6172; 11 am-noon; Free.

Build your very own castle and let your imagination free.



28 when "Gold Medal Summer," by Donna Freitas hurdles into the store with a limbo tournament and a pass-the-torch relay. Children 6 and older can create their own versions of gold medals.

All events begin at 3 pm and are free. No reservations required.

The Scholastic Store [557 Broadway between Prince and Spring streets in SoHo, (212) 343-6166, www.scholastic.com].

WED, JULY 18

New parents: 10:30 am-noon. 92nd Street Y. See Wednesday, July 11.

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

Children 2 to 5 years old with a caregiver read books, finger play, and color. Pre-registration required.

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

Come and visit with the traveling zoo. For children 13 to 18 years old.

THURS, JULY 19

Fiesta time: 2:30 pm. Great Kills Library. See Thursday, July 12.

FRI, JULY 20

Crafting workshop: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; 11 am-noon; \$6 (\$8 non-members).

Children 6 years and older with a chaperone make a fun craft. Pre-registration and pre-payment required.

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

"Superman-The Movie": Hudson River Park Pier 46, Christopher Street and the Hudson River; (212) 627-2121; www.hudsonriverpark.org; 8:30 pm; Free.

Rated PG.

SAT, JULY 21

"Jungle Run": The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343-6166; www.scholastic.com; 3 pm; Free.

Children 3 to 7 years old compete in a jungle race, play charades, and have some animal crackers while making their very own jungle puppet.

SUN, JULY 22

Flying high: Field of Dreams, Richmond Avenue at Forest Hill Road; (917) 364-6533; www.nycgovparks.org; 10 am-2 pm; Free.

Instructors teach how to use the controls of remote-control trainer planes. Suitable for older children.

Canoeing: Willowbrook Park, Eton Place at Richmond Avenue; www.nycgovparks.org; 11 am-2 pm; Free.

Urban Park Rangers teach children 8 years and older the basics.

Dragonflies: High Rock Park, 200 Nevada Ave. at Sloane Avenue; (718) 351-3450; www.nycgovparks.org; 1-2 pm; Free.

Expert Paul Lederer leads a hike to learn all about the mysterious insect. Recommended for children 6 years and older with an adult chaperone. Registration required.

MON, JULY 23

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

Teen lounge: 3:30 pm. Great Kills Library. See Monday, July 9.

TUES, JULY 24

Art in the park: 10 am-noon. West-erleigh Park. See Tuesday, July 10.

"Hugo": Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 2:30 pm; Free.

Beautifully directed film about a boy and a station.

WED, JULY 25

New parents: 10:30 am-noon. 92nd Street Y. See Wednesday, July 11.

Arts and crafts: New Dorp Library,

Going Places

309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2 pm; Free.

Children 5 to 12 years old make a cool craft. Pre-registration required.

THURS, JULY 26

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

Dance party: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 2 pm; Free.

Tweens and teens 10 years and older get their groove on.

FRI, JULY 27

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

For children 12 through 30 months and a caregiver, including interactive program of simple books, songs and gentle movement. Pre-registration required.

Summer reading: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; 11 am-noon; Free.

Children 4 to 8 years old read aloud,

then cool down running through the lawn sprinklers. Registration required.

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

Sing along with Patrick: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; 2-3 pm; Free.

Patrick Raftery leads a sing-along; afterwards cool down through the lawn sprinklers (weather permitting). Registration recommended.

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

"Hugo": Hudson River Park Pier 46, Christopher Street and the Hudson River; (212) 627-2121; www.hudsonriverpark.org; 8:30 pm; Free.

Based on the Brian Selznick's novel, "The Invention," about a boy who lives alone in the Paris railway station.

SAT, JULY 28

Learn to ride: Midland Beach Parking Lot, Hunter Avenue at Father Capodanno Blvd. (718) 667-3545; www.nycgovparks.org; 10 am-1 pm; Free.

For kids 5 years and older. The course covers the basics of balancing, starting, stopping, and steering. Bring a helmet

and bike that fits your child's size.

"Gold Medal Summer": The Scholastic Store, 557 Broadway between Prince and Spring streets; (212) 343-6166; www.scholastic.com; 3 pm; Free.

Children 6 and older celebrate the 2012 Olympics with this new novel by Donna Freitas.

Camping: Blue Heron Nature Center, 222 Poillon Ave. between Amboy Road and Hylan Boulevard; (718) 967-3542; www.nycgovparks.org; 6 pm; Free.

Join Urban Park Rangers for a night under the stars. Families chosen by lottery.

"Zookeeper": Cpl. Thompson Park, Broadway and Henderson Avenue; www.nycgovparks.org; 8-10 pm; Free.

Pack a picnic basket, and a blanket for a viewing of this family-friendly flick.

SUN, JULY 29

Nostalgia Ride: New York Transit Museum, 130 Livingston St. between Boerum Place and Schermerhorn Street; (718) 694-1600; www.nycharities.org/events/EventLevels.aspx?ETID=4994; 10 am-5 pm; \$50 (\$25 children; \$35 members; \$20 children members).

Take a ride to Coney Island and visit

the Big Apple's playground.

Nature workshop: High Rock Park, 200 Nevada Ave. at Sloan Avenue; (718) 351-3450; www.nycgovparks.org; 11 am-noon; Free.

Children 6 years and older. Adult chaperone and pre-registration required. Program limited to 15 children.

MON, JULY 30

Teen lounge: 3:30 pm. Great Kills Library. See Monday, July 9.

TUES, JULY 31

Art in the park: 10 am-noon. West-erleigh Park. See Tuesday, July 10.

WED, AUG. 1

New parents: 10:30 am-noon. 92nd Street Y. See Wednesday, July 11.

"How to Train Your Dragon: Live Spectacular": Nassau Coliseum, 1255 Hempstead Turnpike at Earle Ovington Boulevard; (800) 745-3000; www.nassaucoliseum.com; 7 pm; \$32.50-\$149.50.

The production takes off where the movie leaves off with acrobats, warriors, Vikings, and yes, fire-breathing dragons.

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New & Noteworthy

BY LISA J. CURTIS

Best in the galaxy

You and your kids will have a blast making frozen treats with the Rocket Pop Molds by Tovolo.

Kids love their cool shape — atomic age-style rocket ships — and parents love that they can control what goes into them, whether it's pureed fruit, juice, yogurt, or ice cream. Choose well, and your kid will be enjoying a dessert that doesn't have any artificial colors, flavorings, sugar, or preservatives.

The set includes six sleeves and handles and one base to anchor the



pops while they are firming up in your freezer. The molds are sturdy and smooth, making it easy to slide the pop out. They can be cleaned on the top shelf of the dishwasher, and they are free of the chemical Bisphenol A (BPA). These molds are a delicious idea that you'll enjoy again and again, all summer long.

Rocket Pop Molds by Tovolo, in blue or orange, \$12.25. Visit www.amazon.com.

Up to the tusk

Before Disney's "The Lion King," Jean de Brunhoff immortalized his wife's story of an elephant king in his book "Histoire de Babar," published in 1931. Last month, Entertainment One released the adventures of the pachyderm, son of an elephant who sacrifices herself to a poacher to save the herd, to a new generation of children through the



two-DVD set, "Babar: The Classic Series."

This set preserves the original animated series that debuted on HBO in 1989.

While the loss of Babar's mother and his grief could be unsettling for some young viewers, the rest of his youthful adventures are largely charming and brimming with moral lessons.

"Babar: The Classic Series: The Complete First Season" set of 2 DVDs, \$19.98. Unrated. Visit www.amazon.com.

Wayward seafarer

There are some books you love to read to your child, and some he prefers, but we think you'll both agree that Carrie Clickard's "Victricia Malicia: Book-Loving Buccaneer" will be considered a treasure. In this tale, illustrated by Mark Meyers (of "Ballpark Mysteries" fame), young Victricia just can't embrace the family business of swashbuckling. Instead, she yearns for books and dry land.

Clickard's rhyming tale is a joy to read aloud, and she introduces her readers (ages 4–8) to a boatload of

pirate terms.

She vanquishes a sea serpent and is hailed a hero, but she stays true to her dream and opens a bookstore on an island. Her independent spirit is an inspiration to all.

"Victricia Malicia: Book-Loving Buccaneer" by Carrie Clickard (FlashLight Press, \$16.95). Visit www.victriciamalia.com.



Howdy, pardner!

The best toys are the ones that encourage your little one's imagination to run wild, and with the Old West Khaki TeePee, he'll be dreaming of the Wild West in no time. At 4-and-a-half feet tall and wide, this teepee offers plenty of room for your little buckaroo to share his adventure with a pardner. Made of cotton, drapery-weight fabric that's suitable for indoor use, the teepee features a vintage, Western-style pattern. (It's also available in Denim Stripe, Fancy Flowers, and other patterns.) Flexible PVC pipe "poles" provide sturdy but lightweight construction.

The teepee is easy for a child to carry, as it's only 9 pounds, no assembly is required, and storage is as easy as collapsing an umbrella and sticking it under your bed. Accessories such as pillows are available. Recommended for toddlers to tweens.

Old West Khaki TeePee by TeePee for Me, \$288. Visit www.teeppeeforme.com.



Creole celebration

"Songs in the Shade of the Flamboyant Tree: French Creole Lullabies and Nursery Rhymes" is a hardcover book illustrating the 30 folk songs on its accompanying CD that are a welcome departure from our usual diet of kindie rock. The tunes are recorded with acoustic instruments and sung in French Creole by adults and kids.

Author Chantal Grosleziat explains that up until the 1980s, Creole — derived from French, African languages, and Amerindian terms — was "banned in church, on the radio, in government, and especially in school." The CD preserves the Creole songs that celebrate life's passages and rituals from the tropical isles of Guadeloupe, Haiti, Marti-

nique, and Reunion.

The publisher, Secret Mountain, claims that "Songs in the Shade" is appropriate for 2- to 7-year-olds, but we advise parents to page through

the illustrations by Laurent Corvaisier before showing it to their children, because some could be frightening to sensitive kids in the same way that some English nursery rhymes have alarming narratives.

The translations and notes in the book help parents to explain the meaning of the songs, and the music can certainly be enjoyed without the provocative illustrations.

"Songs in the Shade of the Flamboyant Tree: French Creole Lullabies and Nursery Rhymes" book with CD, \$16.95. Visit www.amazon.com.



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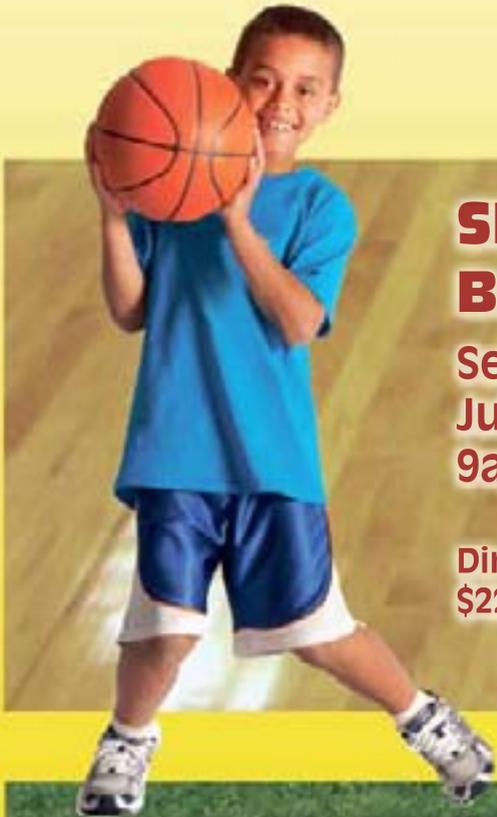
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To register contact Mike Reape, 718.475.5212 or mreape@sijcc.com