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Summer fun in the city

School's out and summer in the city can be a very stimulating time for families. So many events will be taking place around our wonderful five boroughs and in the surrounding metro area. This 4th of July will be no exception, and with them moving the fireworks to the East River, more boroughs will be able to view them than when they are on the west side, so enjoy!

Perhaps you're like me and have been caught up in World Cup fever. Our family is crazy for soccer and we've been rather glued to the games. It's so exciting to root for our national team and as I'm writing this they have been doing quite well in their group and are probably moving



on to the next round. We are a "soccer" family and AYSO was a way of life for us for a number of years.

We're so glad to see it becoming more popular as more people get exposed to the game.

Whatever sport your children choose I hope they choose something. Complex and positive development is derived from participation in controlled and safe athletics. If your kids are enrolled in a summer program and/or camp they will undoubtedly be participating in lots of group activities and getting to know new friends and enjoying the many hours of daylight.

Still, it's also important for them to go on reading and stay on track

with their intellectual and academic achievements. Summer reading lists are always a great idea and most schools have sent home a selection and parents should encourage and assist with this summer goal. The learning process must be ongoing and parental assistance is necessary sometimes to see that it does.

July is also a big time for family vacations and I'm certain that many families will be opting for some time out of the city or at one of our many fine beach areas. Make sure your kids use sun block and know water safety precautions. Make it a family habit because our kids mimic either what we do or what we don't.

So with the whole summer ahead and a city loaded with street fairs, parks, block parties, beaches, ball fields, theaters, and more, no one should have a reason to not be active

and engaged.

I wish I had the summer "off" like our kids. I remember all too well the great feeling of freedom that we had in the summer break months and I recall it with wistful longing.

Whatever you do, I wish a great summer for you and your families. How terrific that it's just at the beginning and that many weeks still lie ahead. It goes fast though so make the most of it.

Thanks for reading and have a great time!

Susan Weiss-Voskidis,
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Avoiding the summer slide

Boredom busters for all age groups

BY CHRISTINA KATZ

You have probably heard about the summer slide — the way kids can lose a lot of the skills, knowledge, and motivation they learned during the school year over the lazy, hazy days of summer. And though I am sure you don't need your child to become the next Einstein or Madame Curie, you probably want to make sure your child will retain all that was learned last year in order to be prepared for the academic year to come.

And sure, a little strategic screen time here and there can be educational when we intend it that way, but the key to keeping summer fun and instructive is to mix up informative play and educational screen time. This is also a great way to stave off the inevitable choruses of "I'm bored" or "We're bored."

This summer, set tone that a little learning is an important part of each day, so kids still enjoy the relaxation

of summer while keeping up the habit of learning.

Here is a roundup of 21 ways to keep your kids' minds active all summer long, so your kids will have a happier summer and you won't worry about the transition back to school come fall:

Ask for insight. Check with your child's teacher before school gets out to see what kinds of educational goals she recommends for your child. Don't compare your children's academic performance to siblings or friends. Everyone learns and grows differently. Aim to support your child wherever he stands academically right now to maximize enjoyment of learning.

Sign up for your library summer reading program. Set a minimum reading time each day of 30 to 60 minutes. Or break reading time into two 30-minute chunks — one for a parent-approved book and the other for whatever your child chooses to read. The library offers lots of variety, and summer is a great time to check out age-appropriate comic books and graphic novels, as well as cookbooks and biographies.

Visit museums in your area. Find out in advance when the free days are to visit local museums and learning centers. Opt for guided or non-guided tour, as your family prefers. Be sure to check out the gift shop on your way out for inspired games and toys.

Plant a garden together. Use illustrated gardening books by Sharon Lovejoy to find projects that suit the personalities of your family and kids. If your family loves pizza, plant a pizza garden. If fresh salsa is your thing, plant a salsa garden. Think about what your family likes to eat and plant accordingly. See sidebar for guidebooks bursting with gardening inspiration.

Shop like a teacher. Visit your local teacher supply store and stock up on workbooks and educational games. Other things you will find that might motivate summer loungers include timers for breaking the day

up into learning chunks, craft supplies for every age, and educational games, videos, and music.

Play store. Pull out a portion of the food in your cabinets and pantry out onto the countertops. Let kids use real money, price items, break out the calculators, and do the math. Make playing store an all-day affair or a weekly occurrence, if your kids enjoy it. Make the game as simple or complex as suits your children's ages.

Visit local nature centers, Audubon societies, and nearby gardens. Make a list at the beginning of summer and plan to hit all the regional natural destinations all before the first day of school. Then plan a weekly outing and bring along a picnic. To review what you saw and learned on the way home, play "I Spied" instead of "I Spy."

Research a future vacation. Let each child pick his own destination and figure out what it would cost for the family to spend one week there including airfare, transportation, meals, hotels, and everything else. Have them present their proposed vacations to the whole family by showing the math writ large on posterboard. Who knows, they just might talk you into a trip you hadn't thought of yourself.

Let them plan a meal. The kids can become chefs for the day, including the jobs of finding the recipes, making the grocery list, cutting the coupons, doing the shopping, comparing brands, and cooking up a storm. Then be a good sport and enjoy whatever they serve. Very young children can do the same, only with make-pretend food.

Have a word of the day. Put the word in large letters at the top of a page with the definition just below. Hang the word on the fridge and make a game out of using it in sentences all day long.

Battle bugs or weeds as research projects. What a great way to practice troubleshooting and potentially solve your most nagging nuisances. Challenge older kids to solve your ecological challenges by

More boredom busters

Use this list of movies based on books and gardening books to keep little brains active on summer vacation.

Books with film adaptations to read together

"Madeline" by Ludwig Bemelmans and John Bemelmans-Marciano

"The Cat In The Hat" by Dr. Seuss

"Winnie-The-Pooh" by A. A. Milne

"Eloise" by Kay Thompson and Hilary Knight

"Charlotte's Web" by E. B. White

"The Tale Of Desperaux" by Kate DiCamillo

"Freaky Friday"* by Mary Rodgers

"Charlie And The Chocolate

Factory"* by Roald Dahl

"Diary of a Wimpy Kid" by Jeff Kinney

"Little Women"* by Louisa May Alcott

"Harry Potter" by J. K. Rowling

"The Lion, The Witch And The Wardrobe"* by C. S. Lewis

"The Hobbit"* by J. R. R. Tolkien

* More than one film version available.

Gardening books by Sharon Lovejoy

"Roots, Shoots, Buckets & Boots: Gardening Together With Children"

"Sunflower Houses, Inspiration From The Garden"

"Trowel and Error: Over 700 Tips, Remedies & Shortcuts For The Gardener"



researching and experimenting with natural solutions they track down on the Internet. Keep a log of the results. Give rewards for problems solved.

Measure and mix. Put the kids in charge of desserts for the summer. Make sure they create some healthy choices like fruit pops or sorbet, as well as delicious baked goodies like pies, cakes, and cookies. If they get carried away, let them have a neighborhood bake sale.

Go multi-media with books you read together. Take turns reading out loud or check out audio books from your local library to listen to before dinner or before bed. Once you finish the book as a family, watch the movie together. Compare and contrast the books and the films. See sidebar for suggested books that have been made into movies.

Keep a "How I Spent My Summer Scrapbook." Choose a blank-page, over-sized book with ample pages for writing, collaging, collecting, and embellishing. Set aside time to work on "summer books" for a half hour every day at whatever time

of day works best. Let kids decide whether or not to keep it private or share the results with the family.

Sign up for BrainPop. This educational website has more than 1,000 short animated movies for kids ages 6 to 17, making it the perfect substitute teacher for your kids over the summer. Best of all, they can pursue topics that interest them. Check with your child's school library to see if they have free access to BrainPopJr for kindergarten through third grade. Otherwise, a subscription is money well spent on entertaining enrichment.

Tackle a big creative project. Choose one that takes planning, creativity, and involving others like putting on a puppet show, writing a play, or making a movie. Let your child approach the project in his own way, and only offer to help if you are needed. Invest a little money in your child's creativity and their imaginations will be buoyed by your patronage.

Visit friends and family around the world. Start with a list of friends and family you know all over the

globe. Then once a week, take an hour to really explore that destination via Google Earth and by researching online information. Expand your geographic horizons further by video-calling your friends or family and informally interviewing them about the area where they live. Post a map on the wall and stick a tack in each location you visit virtually.

Think beyond the lemonade stand. Terrific lessons about business, sales, and marketing will be learned when you create your child's version of the lemonade stand. Why not sell old toys, baked goods, or artwork as a lesson in entrepreneurship? You never know. You might spark a future interest in business.

Commit to a cause. If your child loves animals, see if you can spend some time volunteering at a local animal shelter. If she's a regular fashionista, why not throw a summer "trashion" show to raise money for a local charity? Even a trip to your local food bank or letting your kids come with you while you give blood is a life lesson that keeps on giving.

Share your childhood favorites. Did you love to make friendship bracelets or collect comic books? Did your husband learn to play guitar or practice scouting skills in the backyard? Summer is the perfect time to share your favorite hobbies and summer pastimes with your kids. Why not strike up a conversation about it at dinner tonight to get the memories rolling?

Admire intelligence. Find healthy and smart virtual role models for your tween or teen to study over the summer. For example, if your young lady loves entropy and dissecting frogs, she might enjoy trying some home experiments created by Bill Nye, the "Science Guy." Learn more at <http://www.billnye.com/for-kids-teachers/home-demos/>. Make a list of virtual summer tutors for each child and indulge in customized summer learning.

Christina Katz loves jungle gym slides, water park slides, Slip 'N Slides, and Chutes And Ladders, but not the summer slide. Her latest book is "Permission Granted, 45 Reasons To Micro-publish."



GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Nutrition Facts		
Serving Size: 1 (45g)		
Servings Per Container: 1		
Amount Per Serving		
Calories: 185	Cal from Fat: 85	
	% Daily Value*	
Total Fat	9.5mg	15%
Saturated Fat	2mg	9%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	72mg	3%
Total Carb	19g	6%
Sugars	5g	45%
Dietary Fiber		
Protein	0g	
Vitamin A	4%	Vitamin C 4%
Calcium	10%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Food label accuracy

You felt so proud of yourself. You consumed only half of one of those stubby cartons of premium ice cream — until you noticed with horror that a serving size is only half a cup and not the entire carton. Oops.

Let's face it, the nutrition facts panel that has been a part of our food packages for two decades is confusing and frustrating. But if the Food and Drug Administration gets its way, labels will soon be revamped.

Americans have mixed feelings when it comes to how helpful food labels are to them. According to a Harris Poll of 2,266 adults surveyed in February:

- They are divided on whether seeing “healthy” on a food package is a helpful nutrition indicator, with 53 percent feeling it's helpful and 47 percent indicating it's not.

Fact: This claim is strictly regulated, with specific limits on its fat, saturated fat, cholesterol and sodium content, plus a requirement for certain good nutrients.

- Three out of four (76 percent) feel that the statement “Made with...” — as in “Made with real fruit” — is a helpful signpost.

Fact: These labels can be applied to anything that contains even very small amounts of the boasted content.

New labels, new emphases

Calorie counts would be in large type and portion sizes will be adjusted to reflect how much Americans really eat. For example, a 20-ounce bottle of soda would be counted as one serving, rather than the two-and-a-half servings currently seen on most bottles. Your ice cream? The more realistic one cup serving would replace the current half-cup serving size.

“Things like the size of a muffin have changed so dramatically. It is important that the information on the nutrition fact labels reflect the realities in the world today,” says administration commissioner Dr. Margaret Hamburg.

The “Calories from Fat” line would be removed.

Percent daily calories would shift to the left of the label. And some package sizes would be required to show both “per serving” and “per package” calorie and nutrient amounts.

Added sugars would be highlighted on a new line. Currently, naturally occurring sugars and added sugars are lumped together. Foods with unexpected added sugars include pasta sauce, ketchup, and pizza. One cup of pasta sauce has five teaspoons of sugar while a frozen pizza may contain as much as six teaspoons. Each

tablespoon of ketchup contains one teaspoon of sugar.

A revised nutrition facts label may not stop you from overeating ice cream, but at least the portion size will be easier to read and will be more realistic.

Christine Palumbo is a Naperville-registered dietitian nutritionist who is a new Fellow of the American Academy of Nutrition and Dietetics and is enthused about the proposed changes, although she wishes caffeine would also be included. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

Mini mushroom burgers

PREPARATION TIME: 5 minutes

MARINATE TIME: 30 minutes

COOKING TIME: 8 minutes

SERVES: 4

INGREDIENTS:

2 Portabella mushrooms, stems removed

1/4 cup light balsamic vinaigrette

Salt and freshly ground black pepper

8 small high-fiber whole-grain dinner rolls

8 slices red onion

8 slices tomato

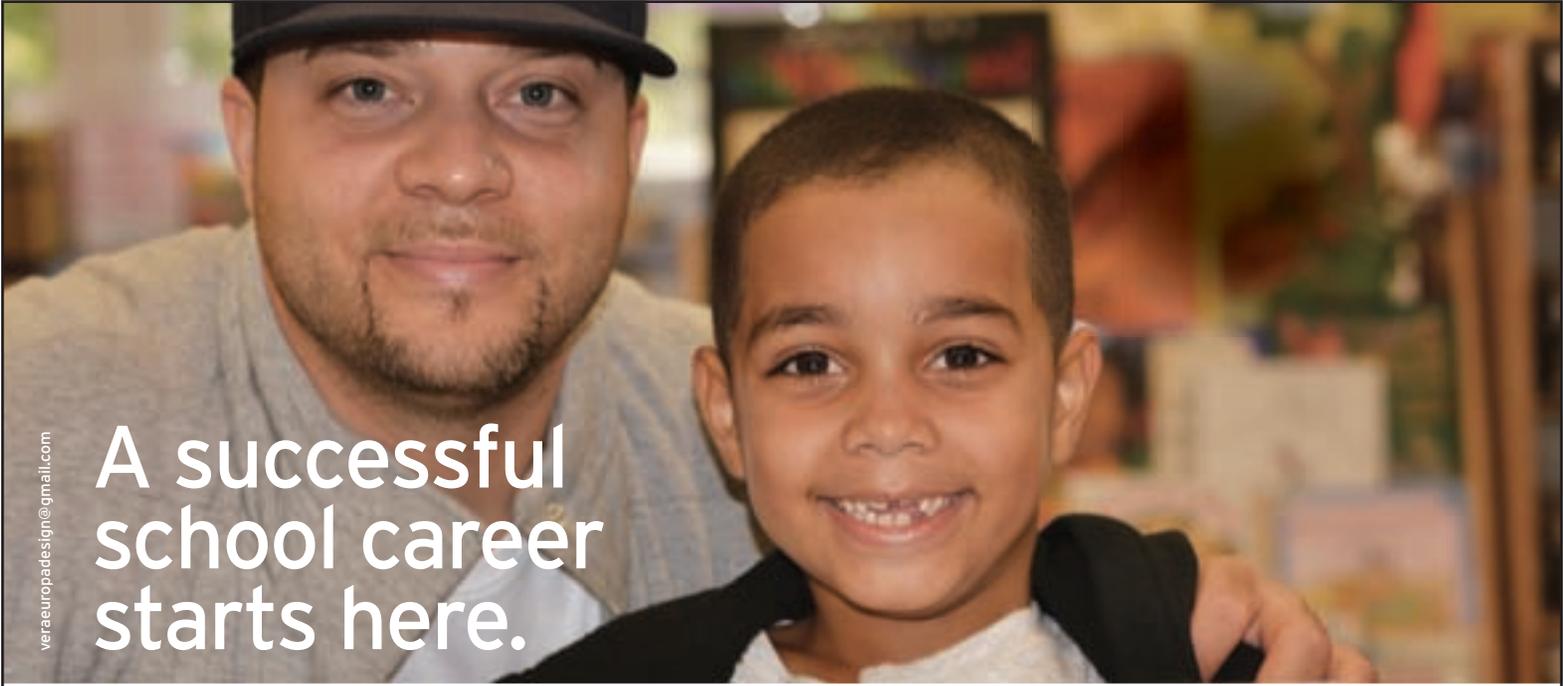
DIRECTIONS: Place Portabellas and vinaigrette in a large zip top bag. Zip and lightly rub the vinaigrette into the mushrooms. Let marinate for at least 30 minutes. Remove mushrooms from bag, drain and

season both sides with salt and pepper. Heat a grill or grill pan over medium heat and spray with non-stick cooking spray. Place the mushrooms on the grill gill side down and cook for 4 minutes. Turn and continue to grill until mushroom is almost cooked through, about 4 more minutes. Remove from pan and drain mushrooms on paper towel, gill side down. Cut each mushroom into quarters and place on buns. Top with onion and tomato and serve.

NUTRITION FACTS: 144 calories, 29 g carbohydrates, 4 g dietary fiber, 5 g sugars, 5 g protein, 2.5 g fat (0 sat or trans fat), 0 cholesterol, 300 mg sodium, 40% DV selenium, 8% DV iron, 8% DV potassium

Recipe courtesy of the Mushroom Council and mushroominfo.com.





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Baby, I'm tired

Helping your
baby sleep
all night

BY MALIA JACOBSON

There's no denying that parenting is exhausting work. But having a baby doesn't have to mean resigning yourself to months (and years) of sleepless nights. Armed with a bit of expert knowledge, you can help your little one sleep better — so you can catch a few zzzzs, too.

Find your baby's sleep number

According to sleep expert Dr.

Jacob Teitelbaum, late bedtimes cause many childhood sleep problems, because overtiredness makes it harder for children to get to sleep and stay asleep. But figuring out when to put your baby to bed can be tough.

To find your baby's perfect bedtime, first determine how many hours of sleep he needs in a 24-hour period to determine how many hours he can comfortably stay awake per day. Set your child's bedtime so that he is not awake longer than that, and you'll prevent overtiredness that can

wreck nighttime sleep.

For example, a 10-month-old who needs 14 hours of daily sleep can stay awake for 10 hours per day. If he gets up at 6 am and naps for three hours each day, he needs a standing 7 pm date with his bed. (Hint: Newborns need between 14 and 16 hours of shut-eye per day; tots 1 to 3 years old need 12 to 14 hours, and kids 3 to 6 need 10 to 12 hours.)

Nix the nightlight

You may love the way your baby's smile lights up a room, but when it

Learning to fall asleep in bed will help your child learn to sleep longer stretches, and eventually, sleep through the night. But many babies won't tolerate being put down awake.

comes to sleep, the best light is no light at all. Nighttime light disrupts melatonin production, and even a small nightlight or the light from the baby monitor can be enough to prevent deep, restful sleep. Dim the house lights after dinner and install effective blackout blinds to get the bedroom truly dark. A black twin-sized flat sheet can be folded in half and tacked around a window in a pinch.

Embrace boring

Sleep doctors agree that an effective bedtime routine is one that's absolutely set in stone: the same things, in the same order, every night.

"Our bodies love routine, and this is especially so with children and bedtime," says Teitelbaum. Performing the same events in the same sequence before bed cues a child's subconscious for sleep. Sure, a routine this solid is bound to get boring for you. But the routine is for their sake, not yours (and a happily snoozing child is well-worth the effort).

Practice the pacifier

Pediatrics reports that nearly 70 percent of parents give pacifiers to their newborns. And it's likely that a good portion of these parents find themselves getting up at night to replug their baby's lost binky. The sooner a child learns to manage his or her own pacifier, the better everyone sleeps. Incorporate "paci practice" into tummy time and playtime, and your baby will be self-plugging in no time.

Start sunny side up

For an easier bedtime, start your baby's day off the bright way. Strong morning light helps set your child's internal clock so

he'll fall asleep more easily come nightfall. Open curtains to let the light shine in, and serve breakfast in a sunny spot. When weather permits, take a quick stroll around the block.

Atta baby

Many experts advise putting babies to bed drowsy but awake, to support independent sleep skills. It's true, learning to fall asleep in bed will help your child learn to sleep longer stretches, and eventually, sleep through the night. But many babies won't tolerate being put down awake.

Help your baby learn to love his crib by using rhythmic patting to soothe him after placing him in bed, without picking him back up. Because infants should be placed to sleep face-up, you might not be able to pat your child's back, so pat the crib mattress or the shoulder instead.

Avoid nap traps

Naps are important to babies and young children — they promote healthy nighttime rest, and new research from Emory University shows that they help babies learn and retain new information. But napping all day is guaranteed to make your baby nocturnal; research links more daytime sleep with less sleep at night.

To promote healthy naps while preserving nighttime sleep, don't allow naps longer than three hours. For most babies and young children, naps of an hour or two are long enough to be restorative without robbing nighttime sleep.

Get baby moving

Moving all day can help your baby sleep all night. A body in motion is one that's primed for sleep, because exercise helps children fall asleep faster and sleep more soundly. So put away your stroller and carrier and let your little one move. Aim for at least 60 minutes per day of vigorous activity. Toddlers and young children need plenty of chances to walk and run; babies need lots of time on their tummies and backs to wiggle, stretch, and work their muscles.

Malia Jacobson is a nationally published sleep expert, health journalist, and mom of three. Her most recent book is "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."



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Stephanie Arnold
and her son Jacob.



Advocating for yourself

A patient's
journey through
a frightening
pregnancy

BY JENNY TORGERSON

Stephanie Arnold had always dreamed of having children. She met her husband, Jonathan, later in life and together they went through three rounds of in vitro fertilization to have their daughter Adina. When Adina was 3, they decided that they wanted to try for another child. This time, it took seven rounds of in vitro for 42-year-old Arnold to conceive. The family was overjoyed, and for the first 20 weeks of her pregnancy, everything seemed to be perfect.

The family was splitting time between Chicago and New York City

because of work commitments, so Arnold had a dedicated ob-gyn in each city. At 20 weeks into her pregnancy, both doctors confirmed a diagnosis of placenta previa, a condition in which the placenta is located on top of the cervix. Her doctors assured her that this was perfectly normal, and as long as she refrained from lifting and exercise, she would be able to carry the baby to term.

Two weeks later, Arnold was convinced that would never happen. She began to have severe premonitions of her death.

"I could visualize my husband burying me, putting dirt on my casket," she says. She repeatedly

dreamed that she would need a hysterectomy and would hemorrhage to death.

"My dreams were so vivid, and so detailed," says Arnold.

She was compelled to seek answers. Together, she and her husband went to visit a specialist at Northwestern University in Illinois. She was convinced that she needed a hysterectomy; the doctor asked if she had "been on the internet a little too much."

"Everyone thought I was crazy. No one believed me," remembers Arnold. However, as her premonitions grew stronger, she became more convinced that she was right.

An MRI at 32 weeks of pregnancy revealed nothing abnormal. Rather than relieving her anxiety, this only increased Arnold's fears, because she had no tangible cause for what could be wrong. By that point, she had been told by doctors that she could no longer fly until after her delivery, so she knew she would be having the baby in Chicago. She went for a special appointment with an anesthesiologist. By this point, she had experienced six total premonitions, including one that convinced her that she would need general anesthesia.

The meeting with the anesthesiologist went well, and although she did not know it at the time, the anesthesiologist flagged her file, and made a plan to incorporate extra crash carts and blood monitors into her delivery. This measure would eventually save Arnold's life.

At home, Arnold began to write goodbye letters to her children and husband, and even mailed a goodbye letter to the embryologist who had helped her to conceive. She also posted on Facebook, requesting that friends who share her blood type, O-negative, donate so that she would have a supply on hand for her delivery.

On May 30, 2013, at 36 weeks of pregnancy, as she was feeding her daughter breakfast, she started to bleed all over the kitchen floor. She put her daughter into her car seat and drove straight to the hospital. As she kissed her daughter goodbye before being wheeled into labor and delivery, Arnold was convinced that "this was the last time [she] was going to see her."

Arnold remembers that she "just felt like a ticking time bomb." She grabbed the doctor's hand and begged her to realize that there was "something wrong." The doctor assured her that she would be fine, and as Arnold was wheeled into the operating room for a C-section, she made the conscious decision to "let go."

"I just felt like I had said something over and over and it was out of my hands," recalls Arnold. The last thing she remembers is soap being put on her stomach prior to the start of her C-section.

She woke up in the Intensive Care Unit six days later. Arnold suffered an Amniotic Fluid Embolism, which has a less than 15 percent survival rate. She was clinically dead for 37 seconds before doctors were able to revive her. The condition is so

rare that none of the doctors on her team had ever experienced one in their careers. Unbeknownst to Arnold, her doctors had attended a conference where they had learned a life-saving method to handle the condition. This training, coupled with the measures taken by her anesthesiologist, saved her life. When her doctors had the hemorrhage under control, they transferred her to the ICU in a medically induced coma.

While in the ICU, Arnold had to have a hysterectomy due to the marriage of her placenta and uterus. She had three surgeries within 36 hours of being admitted to the hospital. During that time, she had more than 60 units of blood transfused into her body — more than three times the normal blood supply.

When Arnold came out of the coma, she could not sit up, could not eat, and required dialysis to repair damage to her kidneys. After six weeks, she was finally able to come off the medication and machines. She is the first recorded case of someone who suffered an Amniotic Fluid Embolism and survived, without any neurological damage.

"I felt something, and I said something," says Arnold. Thanks to her persistence, doctors were able to prepare for the care that she would ultimately need to save her life. At first no one believed her, but Arnold was relentless in her quest to be heard.

"If doctors don't believe you, you need to speak up louder," she says.

Today, Arnold's son, Jacob, is 10 months old. She is off all medications and she is unable to carry him — she is still rebuilding her muscle strength. She still has one more surgery pending to remove scar tissue to alleviate a resulting hernia. But this time, she has not had any premonitions. Her surgical team will be the same team that delivered Jacob.

"I just feel the normal fear anyone has before surgery," says Arnold. But, if that feeling were to change, she would not hesitate to advocate for herself.

"Patients need to speak up for themselves," advises Arnold, "you need to listen to your own body."

This is the message that she hopes others will take away from her experience.

Jenny Torgerson is a teacher with a master's degree in education from Bank Street College.



2 

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Kids in business

Children rake
in the skills
when they
get to work

BY DENISE YEARIAN

Children go into business for a variety of reasons. Some need extra cash to pay for recreational activities. Others have a desire to save for the future. Still others have a little extra time and want to make good use of it. Whatever the motivation, starting a summer business is a good way for children to learn entrepreneurial skills. Here are some things to consider:

Choose an idea

To get your child started in a business, help him make a list of what he likes to do and businesses that relate to those interests.

“When Ben decided he wanted to start a business, we sat down and talked about what he could do,” says his mother, Stephanie. “He has always loved animals, so it seemed a good fit for him to take care of other people’s pets.”

Once your child has made a list of what he enjoys doing and the kinds of services or products he can provide, have him analyze the market. Are there people who live in your area with specific needs? Talk with your child about those needs and how he may be able to provide a service

or product for them. In Ben’s case, there were plenty of people in need of summer pet care. Also, look at small businesses in the community. Do any offer a similar service your child could provide at a lower cost?

Sole proprietor or joint venture

Many small businesses successfully run with one person. The key question to ask is, how much time does your child have to devote to the business? If he is on a swim team or involved in another sports program, his time may be limited. For this reason, your child may want to consider working with another family member or friend.

For the Andersons, this was the best way to go. Their oldest child, Brandon, had karate lessons several times a week and a few summer tournaments on the calendar.

“While Brandon was at lessons, the girls and I mixed and baked cookies, so they would be ready to sell the next day,” reports their mother Kim.

The upside to having a joint venture is less work for each individual and more potential for the business to grow. The down side is they have to split the profits, and one party may feel he or she is doing more work than the other.

“There were times the girls complained that their brother didn’t help with the mixing and baking,” Kim says. “But I reminded them their brother was the one in charge of advertising. And he was always there when it came time to sell.”

Advertising ideas

Before advertising, choose a name that fits. Some business names are cute and clever. Others have names that clearly state who is running the business and what it offers — Ben’s

Best Home Pet Care. With a little creativity, your child can come up with a name that’s cute, clever, and states its purpose.

The best place to begin advertising is with family, friends, and neighbors.

“One thing that made Ben’s business so successful was we lived in the same community for 10 years,” says Stephanie. “People knew our whole family and felt comfortable letting Ben take care of their pet.”

One of the cheapest and most effective ways to advertise is to print up flyers and pass them around the neighborhood or community. Flyers should be printed on bright paper and include the business name, child’s name, phone number, address, services or products offered, and price (if desired). Posters that are tacked on bulletin boards are another good option, especially if they have tear-and-take tabs on the bottom of the poster that lists the service provided and a contact number. Other advertising options include business cards, newspaper ads, phone calls, and emails.

Count the cost

Before your child delves into business, have him list all of the supplies needed and the cost of each item. If he has money in his savings account, he can use that to get the business up and running. If not, perhaps you can loan it to him with the agreement he pay it back. That’s what the Andersons did.

“When my kids started Yum Yums, they were pretty broke,” Kim states. “I told them I would pay for the initial supplies, and they could reimburse me as the business took off.” Another option? Have your child do extra chores around the house to raise money for start up.

Business ideas for kids

Short on business ideas? Here’s a few:

- Babysitting
- Birthday party helper or entertainer
- Tutoring
- Data entry
- Dog walking
- Pet care
- Refreshment stand
- Baking
- Produce stand
- Garden weeding
- Lawn mowing
- Car washing
- Personalized people and pet gifts
- T-shirt making
- Making care packages
- Jewelry making or other craft



Determine the price

The flip side to counting the cost is determining the price. If your child is making a product, such as Yum Yum Cookies, go to a place where similar products are being sold. In the Andersons' case, a local bakery. What are similar products selling for? How much can your child reasonably charge after paying for supplies and still realize a profit?

If your child is providing a service, find out what his competitors are charging for the same services. Do they charge by the job or the hour? What are kids his age earning for doing similar work? One key question your child should ask himself is, "Can I offer this product or service for a little lower than market rate and still make a profit?" If the answer is "yes," he's in business!

Policies and practices

Before embarking on the busi-

ness, have your child determine exactly what services or products he will offer. This should then be communicated to future customers. If, for example, your child starts a lawn mowing business, will he provide his own gas? Sweep the driveway? Rake, if necessary? Depending on the business, he may want to have a written description of what he provides. When the service has been completed, your child should give the customer a receipt and make a duplicate copy for himself.

Even though your child is young, he can earn the respect of customers by maintaining good work ethics. Impress on him the need to be on time, respectful, and hard working. This is also a good way to help the business grow. Remind him that current customers may pass along his name to potential new customers.

At the onset of your child's business, establish safety rules. Insist

that he inform you of his whereabouts at all times. Avoid letting him sell door-to-door. Stress the importance of not talking with strangers while he is alone. Remind your child that if he ever feels uncomfortable, leave the situation and find a trusted adult immediately. If you have an extra cellphone or one he can borrow, let him take it while he is gone.

Record his success

Being a successful entrepreneur means managing money wisely. Encourage your child to record his income, expenses, and profit by making a chart in a notebook or using a ledger. This will show him how much money he has put into the business and how much he has gleaned from it. Allow your child to spend some of his earnings, but encourage him to save some and put some back into the business. If he has borrowed money from you, he needs to pay

you back. This is also a good time to teach your child about benevolent giving. Is there an organization he can give to?

Once kids experience the accomplishment of working, earning, and spending, they may decide to keep going. That's what Ben did.

"He had so much fun taking care of other people's animals, he kept the business going for several years," concludes Stephanie.

For the Andersons, Yum Yums was a summer experience that was shelved when school started.

"By the time fall rolled around, my kids were ready to shift gears," Kim finishes. "That's okay, though. It was a great experience, and I'm glad they did it. My kids worked together for a common goal and learned a little about what it takes to run a business."

Denise Yearian is the former editor of two parenting magazines and the mother of three children.

A need for flexibility

Comptroller
Scott Stringer
wants to give
city employees
more options in
working hours

BY SHNIEKA L. JOHNSON

City Comptroller Scott Stringer is proposing legislation to set the stage for flexible workplace hours for city employees — a topic very personal to him as a parent of two small children.

The legislation, “Right to Request,” aims to decrease the level of fear that employees may have in requesting flexible working arrangements by creating a platform for employees to approach their employers. Stringer announced findings from a report issued by his office joined by his wife Elyse Buxbaum and their two children.

A similar bill has been proposed at the federal level (called the Flexibility for Working Families Act), and model legislation is currently under consideration at the state level. These laws do not mandate that employers provide flexible scheduling, but they promote dialogue that can help eliminate the stigma associated with non-tradi-

tional work arrangements.

Stringer’s report, entitled “Families and Flexibility: Reshaping the Workplace for the 21st Century,” provides examples of best practices for companies to offer flexible scheduling to their employees and the variety of cost savings and other benefits that this scheduling can have for businesses. Advocates of the proposed legislation say that there is a need for “right to request” legislation because a change in hours can help a family, especially working families, single parents, and those caring for elderly relatives. The report is a strong attempt to bring everyone (legislators, business owners and employees) to the table to discuss this topic and find ways to implement flexible scheduling.

Following Stringer’s presentation, I discussed this topic with him further:

Shnieka Johnson: Your family was present at your most recent press conference on the “Right to

Request” legislation. Are they what made you feel so strongly about this topic of workplace flexibility?

Scott Stringer: Yes, it’s a struggle my wife and I confront every day as the parents of two children under 3 with full time jobs. It is my duty to look out for the long-term interest of our city’s economy. Few issues have a more profound effect on the day-to-day lives of working people like us in our city and beyond than achieving what is popularly known as “work-life balance.”

SJ: There is a passionate group of supporters behind the legislation, but what obstacles do you foresee in implementing it?

SS: One of the greatest obstacles to flexible workplaces is the continued stigma associated with taking time from work to care for family members. That stigma won’t go away overnight — not after generations have become accustomed to the traditional 9-to-5 workday within the walls of a particular workstation.

However, the best way to chip away at that old philosophy and make employees expect and employers embrace flexible scheduling is to provide a safe space to start a conversation about how it can be a benefit to both workers and the bottom line.

We will look carefully at successful legislation overseas and in states across the country for best practices in how to effectively implement “right-to-request,” and I am confident that our city agencies, many of whom are well-versed in enforcement of employment laws, are up to the challenge.

I have a strong coalition in support of the legislation. At my press conference, I was joined by caregiver groups like AARP and the Alzheimer’s Association, women’s advocates like NARAL Prochoice NY and Catalyst, and groups that advocate for low-wage workers like the Center for Popular Democracy and the Retail Action Project.

SJ: Are there strategies in place to maintain momentum on this topic and continue the conversation?

SS: I plan to host a forum on this topic to engage with the business community and workers in all sectors. Many in the private



City Comptroller Scott Stringer spoke of his workplace flexibility legislation at City Hall.

"Few issues have a more profound effect on the day-to-day lives of working people like us in our city and beyond than achieving what is popularly known as 'work-life balance.'"

sector have already realized that flexible workplace scheduling is profitable for all participants, but government can do more. I have strong legislative partners at the city, state, and federal level and there will be hearings on the bills.

SJ: Technology and telecommuting was mentioned a number of times during your remarks. Is that where you see the trends of workplace flexibility going?

SS: We've seen how technology can revolutionize our daily lives — from smartphones to GPS. But all too often, our institutions — business and government — are slow to pick up on what consumers already understand, namely, that technology can revolutionize the workplace and make the world more efficient.

Telecommuting certainly isn't going to work for all businesses. After all, you can't knead pizza dough on the internet or fit someone for a pair of shoes remotely. But for many businesses, technology will be one piece of a broader conversation about how flexibility works for their company and industry.

Aetna, one of America's largest health insurers, increased its share of workers who telecommute — from nine percent in 2005 to 47 percent in 2012, saving the company \$78 million in real estate costs alone.

SJ: How will this help working families with small children specifically?

SS: Flexible workplace arrangements allow parents and their employers to accommodate their schedules — that so often involve juggling many activities: day care, school drop-offs, doctor's appointments, soccer practice, and

many, many others. Sometimes adjusting your schedule by even one hour can make all the difference and have a positive impact on your work product

SJ: The benefits to the employees are clear, how does this legislation positively affect the businesses that are on board?

SS: For New York City to remain an economic engine, we must compete with other cities for top talent and investment. To do that, we must realize that everyone benefits from a policy that sees family and work as complementary, rather than competing parts of life. Happy, productive employees are good for business.

SJ: In the long-term, how will New York City benefit financially from "Right to Request?"

SS: This is an issue of economic competitiveness for the future of the city's economy. By embracing flexible scheduling, it will help to keep employees who are also parents or caregivers in New York City and attract young people who see the city not only as a place where they can make their mark professionally, but also as a place where they can put down roots and raise a family.

SJ: What would you like to communicate to New York City parents about this proposed legislation?

SS: I am highlighting the value of this important policy change, and hoping to start a discussion about it in New York City. I want parents to know that I understand the challenges of balancing their family responsibilities and career. The pressure of caring for children and elderly parents is very real. I feel it every day. In the New York City Comptroller's Office, we have our finger on the pulse of the New York City economy. That means responding to the needs of the business community, but also taking concrete steps to address the real challenges facing working people in all five boroughs. Promoting flexible work arrangements is but one piece of that effort, and I look forward to continuing this conversation in the months and years to come.

For more information, visit: <http://comptroller.nyc.gov/fleximnyc/>

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

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Take it to the BANK

Should you
bank your
baby's cord
blood?

BY SANDRA GORDON

Five days before her first birthday, Peyton Connelly had been crankier and sleepier than usual. When her mom, Shelly, went to retrieve her from her crib after a lengthy nap, "Peyton stood up and fell over," Shelly says.

Alarmed, Shelly and her husband, Travis, 32, took their toddler to the local hospital. There, they were shocked to learn that Peyton had a malignant brain tumor.

"Fortunately, it was surrounded by benign tumor," says the 33-year-old mom of two. Surgery to remove the mass was all that was required and after a two-week hospital stay, little Peyton went home.

No sooner did the Connellys pull into their driveway, however, did Shelly notice Peyton twitching, soon limp as a rag doll. Shelly and Travis rushed Peyton back to the hospital, where tests revealed a major setback: The 1 year old had suffered a massive stroke. She could barely lift her head and had lost use of the right side of her body.

"It was as if it wasn't there," Shelly says. Gone were Peyton's budding verbal skills, too. The Connellys were told that intense physical, speech, and occupational therapy were all that could be done. Yet, progress was slow and frustrating.

Then, one day, "a light bulb went off," says Shelly, as she was reading a magazine article about stem cells

while waiting for Peyton to undergo an MRI at the hospital. Ah ha!

"We had banked Peyton's cord blood. We had options," she says. Indeed, Shelly and Travis had stored Peyton's umbilical cord blood at birth through Cord Blood Registry, the world's largest newborn stem cell company.

A healing natural resource

Cord blood is a type of blood in a baby's umbilical cord that's rich in powerful blood-forming stem cells known as hematopoietic progenitor cells (these cells aren't embryonic stem cells). Hematopoietic progenitor cells — also found in bone marrow — are capable of renewing themselves and forming into more specialized cells.

"These master cells can differentiate and become different kinds of tissue in the body, to restore function," says Dr. Rallie McAllister, the co-author of "The Mommy MD Guide to Pregnancy and Birth."

After a baby is born, the umbilical cord and placenta are usually discarded. By collecting and freezing this blood instead, however, hematopoietic progenitor cells can be stored and used by someone who needs them — either the child from which the stem cells were derived, a family member, or even a stranger, through public cord blood donation. A cord blood transplant replaces diseased blood-forming cells with healthy ones, which can travel to wherever in the body they're needed. Hematopoietic progenitor cells reduce inflammation, stimulate blood flow and the growth of new blood vessels, and encourage and promote healing. Patients with leukemia, lymphoma, or certain inherited metabolic or immune system disorders have diseased blood-forming cells.

Blood banking basics

If you're interested in banking your baby's cord blood, you can store the blood privately so it's available for your baby or another family member to use, or donate it to a public cord blood bank at no charge, where it can be used to treat people with life-threatening illnesses. Either way, put cord blood banking in your birth plan, then inform your obstetrician or midwife and the hospital or birthing facility of your intentions.

Private banking is an investment. There's an average one-time fee of \$2,000 and a yearly storage fee of around \$130. The cost can be a financial burden for a couple just starting out. To offset the expense, "put cord blood banking on your baby registry,"

Dr. McAllister says.

Cord blood banks must store cord blood under pristine conditions. There are 29 AABB (formerly known as the American Association of Blood Banks) accredited private cord blood banks in the U.S. AABB maintains standards for cellular therapy services to which accredited banks must adhere.

Cord Blood Registry's laboratory and storage facility in Tucson, Arizona, for example, is fortified with bullet-resistant glass, has one of the largest backup generators available, and monitors temperature every 1.6 seconds. For a complete list of AABB accredited private cord blood banks, visit www.aabb.org/sa/facilities/celltherapy/Pages/CordBloodAc-

[crFac.aspx](#). Cord blood can be stored indefinitely.

If you decide to bank your baby's cord blood privately, contact the storage facility you select several months before your baby is born. You'll be sent a collection kit that contains two vials. Give the kit to your obstetrician when you're in labor. Once the vials are filled, they'll be shipped or taken by courier to the facility, where the cord blood is documented and placed into storage within 24 hours. If you choose to donate your baby's cord blood, ask your obstetrician or midwife how to go about it at the hospital or birthing center where you'll be delivering.

"If you do nothing else, at least educate yourself about cord blood banking," Dr. McAllister says. For more information, start by visiting the Food and Drug Administration at www.fda.gov/biologics-bloodvaccines/resources/you/consumers/ucm236044.htm.





For some of these patients, an umbilical cord blood or a bone marrow transplant may be their best treatment option, according to the U.S. Department of Health and Human Services.

Over the last two decades, hematopoietic progenitor stem cells derived from cord blood have been

used in more than 30,000 transplants performed worldwide to treat more than 80 diseases and disorders in adults and children. It's a burgeoning area of medicine called regenerative medicine — the science of using the body's own cells to induce healing and help repair damaged tissues and organs.

"Cord blood is one of the most valuable resources we have in medicine today," Dr. McAllister says.

Once-in-a-lifetime opportunity

The decision to bank your baby's cord blood is critical because you've only got one opportunity to do it —

when your baby is born and the umbilical cord is clamped. Cord blood banking is painless to you and your baby and not dangerous in anyway. It's safe and easy for obstetrician or midwife to do, whether you deliver vaginally or by cesarean section. Still, only 10 percent of cord blood is banked.

"Ninety percent of cord blood goes in the hospital incinerator," Dr. McAllister says. "It's a travesty."

Fortunately, the Connelys had the foresight to bank Peyton's cord blood.

"My father-in-law had remarried and his wife was pregnant at the same time I was," Shelly says. "Since he was banking his baby's blood, he offered to cover the cost of privately banking my baby's cord blood, too." (For more information about cost, see "Banking Basics.")

"But I wasn't thinking about brain tumors or stroke. It was like, sure, why not?" Shelly says. "Then, I had a 'what if' situation."

In the aftermath of Peyton's stroke, the Connelys researched their options and traveled to the Duke Stem Cell and Regenerative Medicine Program in North Carolina, where Peyton's stem cells were shipped. There, Peyton listened to a musician strum his guitar as her own stem cells flowed through an IV into her blood stream. The October 2009 procedure took about 20 minutes. It was that simple. Just weeks after the \$18,000 cord blood transplant, which was covered by health insurance, Peyton began to regain the use of the right side of her body.

Today, five years since Peyton's stroke, the kindergartener loves to sing and dance. She's on track both in the classroom and on the playground.

"Her speech has taken off. She no longer needs speech therapy," Shelly says. Although gripping with her right hand remains a challenge, Peyton continues to improve through occupational and physical therapy. She can open her right hand and use her left hand to close it around her bicycle handle, for example.

"It's phenomenal what cord blood banking can achieve," Shelly says. "We're so excited about what the future holds for Peyton."

Sandra Gordon is an award-winning freelance writer who delivers expert advice and the latest developments in health, nutrition, parenting, and consumer issues. Her most recent book is "Save a Bundle: 50+ Ways to Save Big on Baby Gear."



JUST WRITE MOM

DANIELLE SULLIVAN



Figuring out social media

I think I've finally understood Facebook. I admit I've had a love-hate relationship with it. Back in 2009, I first became enthusiastic about it when I attended a publishing conference and learned of the many ways we, as editors, could engage with our readers. I pushed for our company to set up Facebook pages for our magazines and through a collective effort, my edit team began the then-new process of embarking on social media as part of our workload. While not exactly cutting edge, it was exciting and it felt fresh. Since we were using it daily for work, we all had to make a personal page and this was harder for some of us than others. At the time, I had recently started a page, but never really knew what to put on it. And then it happened, just like my colleague told me it would. She had a Facebook page for a few months before I did and told me that once I got on the up-and-coming social media network, I wouldn't believe the amount of people who would find me, both a good and bad aspect, we agreed.

Slowly, I put up a few photos and reported on my family's happenings here and there, when I thought something worthwhile presented itself. I

watched my friend's list grow, as did my timeline, and I started to read what other people wrote on their daily status. Some folks wrote everything from what they were eating and which child was currently throwing up to what doctor they were visiting and which stores had the best sales that week. There were the rants about frustrating happenings of the day and then increasingly, there were the more disturbing personal attacks, over-sharing of the dirty laundry and other posts which felt invasive and proved to be uncomfortable reading. There were also the racist, sexist, or otherwise unnerving photos, memes, and articles that were shared which made me view certain people in a whole new, unsettling light.

Over time, I began to shy away from my personal Facebook page, using it only for work. I'd still check my timeline occasionally but it was becoming a playground for bad behavior. I would sometimes block people who posted disturbing material, which made my timeline instantly happier. I started checking in more often and then I began to notice that there were many uplifting messages of support for those going through hard times. There were sweet sto-

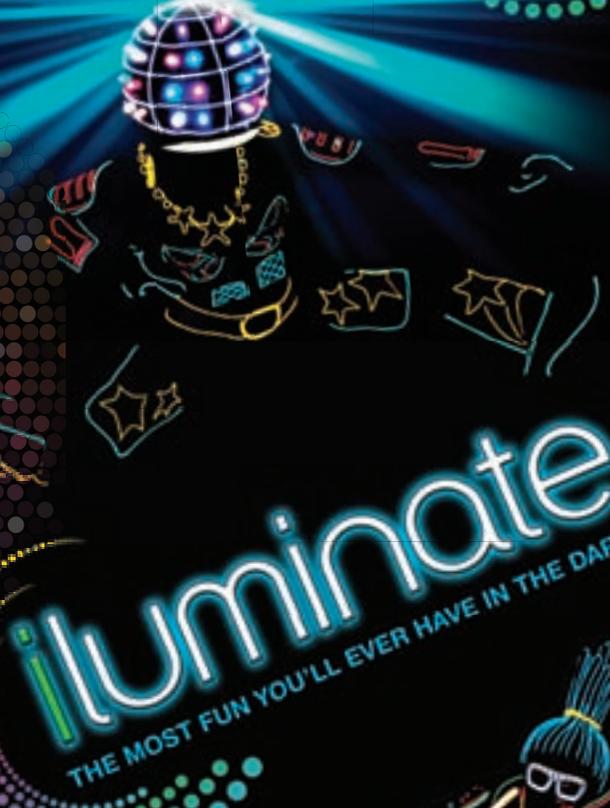
ries that friends shared of their new baby or puppy. There were photos of family celebrating milestones. During difficult times, like yet another horrifying (and maddening) school shooting, there was a collective discourse and discussion. During lively events, there was amusing chatter about the Oscars, World Series, and blockbuster movies. Little by little, I began to share more statuses. I also joined Instagram, Pinterest, and Twitter, each a little different.

The thing is, when used properly, social media does connect us. It is not simply a breeding ground for the mean spirited, although it does have the potential to attract a certain type of ugly cowardice hiding behind the screen at times. If you choose your friends wisely, it can become a larger social circle, not a replacement for human face-to-face connection, but an extension of how we socialize. Just as we choose our words wisely when speaking, we can also choose our thoughts wisely when posting. If you wouldn't say it to a room full of people, then think twice before you post it. But if you've got some great news or could use some support, then by all means let your friends know. That's what we're all here for!

Find me on Facebook, keyword DanielleSullivanWriter.

Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.

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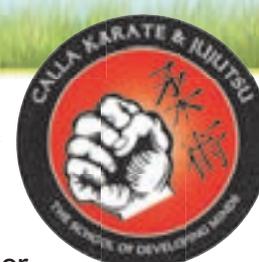


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Ludwig Bemelmans's painting of Madeline at the Paris Flower Market.

75 years of 'Madeline'

New York is a great place to celebrate this story of Paris

BY TAMMY SCILEPPI

It all started in 1939, with a humorous, rhyming picture book about a petite Parisian school-girl. She's a mischievous red-head with spunk and attitude, who becomes the envy of her classmates when her appendix is removed (true story).

Madeline is the feistiest of 12 little girls in two straight lines, wearing identical coats and flat sailor chapeaux. A brave role model for her young female readers, she seems totally fearless when telling a tiger

in the zoo, "pooh, pooh!" — proving that being smart and strong is cool, even if you're a mademoiselle.

Since her whimsical debut 75 years ago, Madeline still remains one of the world's most popular and beloved fictional characters. And, through her whirlwind escapades in Paris, London, and the French countryside — brought to life by her creator Ludwig Bemelmans's enchanting watercolor illustrations and light-hearted storytelling — she has charmed her way from the original book through all five sequels, which have become

true classics.

You can probably find at least one "Madeline" storybook on every kid's bookshelf.

Who was Bemelmans?

A hundred years ago, a footloose, frustrated, misfit teen from Austria arrived in New York City. Needing a creative outlet, he began to draw on walls — of his apartment, in restaurants — everywhere. Starting his first career as a busboy at the Ritz Hotel, he taught himself how to sketch on the backs of menus and kitchen tile walls.

“His ambition was to be a cartoonist, until the brilliant children’s book editor at Viking discovered him, and said, ‘You must write children’s books!’” says exhibit curator, Jane Curley.

The first lines of “Madeline” were written on the back of a menu at Pete’s Tavern in Manhattan.

Bemelmans claimed to have no imagination; all his books are mostly based on his experiences and people he knew. Madeline herself was actually a mix of personalities: his daughter, Barbara; his wife, Madeleine; and his mother. The school-girl was also her creator’s alter ego, along with her favorite companion, Pepito, who expressed Bemelmans’s wild and naughty side as a child.

Like Madeline, Bemelmans was a free spirit; he liked living large.

“His circle of friends ranged from mobsters to millionaires. He loved commissions like this one, where he got to stay on board a luxurious yacht, just as he stayed rent-free at the Carlyle, while he painted the murals at the bar there,” said Curley.

And he loved to travel. “For ‘Madeline and the Bad Hat,’ he visited Spain; for ‘Madeline and the Gypsies,’ he followed Gypsy caravans and circuses around for an entire summer in 1958. Of course, it was fun for him!” explains Curley.

And his message — which runs through all the Madeline books — is one of “courage, optimism, and delight in life, even in the face of challenges,” says Curley.

The “Madeline” series includes “Madeline,” 1939; “Madeline’s Rescue,” 1953; “Madeline and the Bad Hat,” 1956; “Madeline and the Gypsies,” 1959; “Madeline in London,” 1961. Bemelmans’s grandson has continued the series with books written and illustrated in his grandfather’s style: “Madeline and the Cats of Rome,” “Madeline at the White House,” and “Madeline and the Old House in Paris.”

Bemelmans bar

At the upper-crust Carlyle Hotel on the Upper East Side, in the 1940s, Bemelmans was commissioned to paint murals in

exchange for room and board. In fact, if you visit the hotel’s swanky Bemelmans Bar, you can enjoy a cocktail surrounded by his whimsical illustrations of city landmarks.

For youngsters who want to feel like they’re part of “Madeline” and love music and dressing up fancy, Bemelmans Bar serves high tea and kid-friendly food from Saturdays through October before Christmas. Singer and pianist Tina deVaron even takes singing requests and makes it a truly unique family experience.

Madeline’s Tea at the Carlyle [35 E. 76th St. at Madison Avenue on the Upper East Side, (212) 744-1600, www.rosewoodhotels.com/en/the-carlyle-new-york/dining/bemelmans-bar].

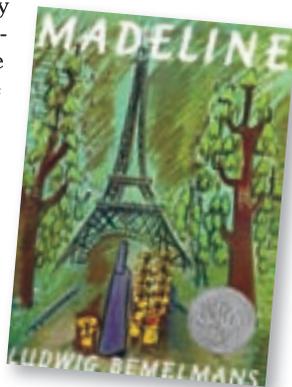
Anniversary celebration

To celebrate the 75th anniversary, the New-York Historical Society on Manhattan’s Upper West Side is honoring the little darling of Paris and her creator with a special exhibit and family event from July 4 to Oct. 13 — featuring more than 90 original artworks by Bemelmans, as well as the weekly Madeline’s Tea Party on Wednesdays.

To commemorate the anniversary, a lavish slipcased edition of the original book can be viewed or purchased at the New-York Historical Society. It includes a full-color panoramic pop-up spread of Paris, with all the famous landmarks, including Madeline’s house.

Madeline in New York: The Art of Ludwig Bemelmans at the New-York Historical Society [170 Central Park West between W. 76th and W. 77th streets on the Upper West Side, (212) 873-3400, www.nyhistory.org/exhibitions/madeline-new-york]

Madeline’s Tea Party at the New-York Historical Society [170 Central Park West between W. 76th and W. 77th streets on the Upper West Side, (212) 873-3400, www.nyhistory.org/programs/madeline-s-tea-party July 4 – Oct. 13, July 16, July 23, Aug. 13, Aug. 20, Sept. 10, and Oct. 8, 3-5 pm. \$40 per child, \$35 members; \$50 per adult, \$40 members.



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HEALTHY LIVING

DANIELLE SULLIVAN



Pets and pests boost children's immunity

There is an old saying about how kids should eat a pound of dirt in a lifetime. That simple notion is meant to be taken in a figurative sense, but in an attempt to have parents lighten up about keeping their kids healthy and safe, many parents today have done just the opposite. Their effort to create a sterile environment has not helped their kids. In fact, a new study says it may unintentionally hurt them by not exposing them to immune-boosting germs.

Researchers at Johns Hopkins Children's Center studied nearly 500 babies in large cities, such as New York and Boston, and tracked their health, along with allergen and bacteria levels in their homes. The study found that babies who were exposed to pets within the first year of life were less likely to suffer from asthma and allergies than those babies who were exposed

after age 1. It also found that babies exposed to cockroaches and mouse danders were less likely to suffer from wheezing by age 3.

Eileen Watterson of Madison Park agrees, "when we were kids, we never had Purell or disinfectant wipes in our backpacks. We simply practiced proper hygiene, washed our hands when we came home and before we ate, and went on about life."

The mother of five maintains that she favors "practicing common sense over practicing germ panic." She also admits that she does not carry any precautionary cleaners other than regular baby wipes in her diaper bag.

While not many of us would be willing to live with mice or insects for the sake of allergy immunity, this study reaffirms the belief that pets do not pose an elevated allergy risk for babies. On the contrary, our furry children help our human children fight

off allergies while providing an immunity boost. The Wattersons have had pets (two cats and a dog) since the family's first child was born.

"So far, so good. None of our children are allergic and I do believe that exposing kids to normal, everyday germs is essential to a healthy childhood."

According to the study, the sooner you introduce your baby to bacteria and dander, the better. After age 1, the incidence of contracting allergies and wheezing actually increase upon exposure.

The study was published in the June issue of the *Journal of Allergy and Clinical Immunology*.

Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney's Babble.com. Find Sullivan on her blogs, Just Write Mom and Some Puppy To Love.

Stuck *in the* middle

Seven ways moms in the 'sandwich generation' can reduce stress of caregiving

BY ALEXA BIGWARFE

Mothers in the “sandwich generation” (between the ages of 35 and 54 who are simultaneously caring for children and aging parents), feel more stress than any other age group, according to the American Psychological Association. This stress impacts all aspects of their lives — relationships with their spouse and children, emotional well-being, and their health.

Caring for children is stressful on its own, but caring for a parent at the same time can cause caregivers to become overly stressed and even depressed.

The stress of dual caregiving is caused by numerous factors: increased financial burden, feeling as though they are torn between caring for their children and their parent, and managing all the extra duties that come along with caring for a parent. Mothers who are “sandwiched” between parents and

children often take on the bulk of the caregiving responsibilities. A 2008 study of social workers reported that the majority of mothers in the sandwich generation are not prepared for all of the responsibilities that accompany caring for children and an elderly family member simultaneously. Additionally, many of those mothers were also unaware of the resources that are available to help them with their daily caregiving roles.

You are not alone if you've found yourself exhausted from being “sandwiched.” Here are some ways to help you reduce the stress associated with the demands of being a caregiver:

Breathe. Take time to relax and take a step back. If you have to, schedule daily and weekly down time. Determine what priorities really need to be handled, and let some of the other stuff go.

Get physical. A regular exercise routine can really help reduce stress.

Say “yes” to help, and don't forget to ask for it! If you have siblings, be sure to include them and have them help. You can also reach out to church members, friends, and social workers.

Develop a care plan. Include your parent or elderly family member, and ensure you understand her care goals and priorities. Also, involve the children in the planning process and allow their input, particularly if they will be sacrificing time, activities, and space due to your caregiving responsibilities.

Identify outside resources to help. Contact your local Area Agency on Aging for information on local caregiving services. Outside resources can really help alleviate stress. Available services usually include home health, laundry services, food preparation and delivery, driving services, and more.

If resources allow, consider retaining an elder care attorney. These attorneys are very familiar with the laws, rights, benefits, and all things related to protecting the elderly. They can be a tremendous support and wealth of information and also very useful in helping to prepare for end of life care and considerations.

Guard your relationships with your spouse and children. This is important. Family relationships can really suffer when children and spouses feel they are being ignored. Moms can also become overwhelmed with guilt from being torn away from their family in order to care for their parents. Be sure to make special time for your family and schedule periodic date nights with your spouse.

The sandwich generation phenomenon is not likely to end any time soon, especially since many children are living with their parents longer, women are waiting until later in life to have children, and life expectancies are longer. It is important for moms in this role to know how to get help and how to cope before becoming overwhelmed.

Alexa Bigwarfe is the mother of three small children. She has taken a special interest in child, maternal, and newborn health and writes regularly on these topics.





ASK AN ATTORNEY

ALISON ARDEN BESUNDER,
ESQ.

The inherited IRA

I inherited an Individual Retirement Account from my aunt. I am 45 years old, and there is \$350,000 in the account. What are the rules, and is that money exposed to creditors if I am sued or file for bankruptcy?

Both Roth IRAs and traditional IRAs are enjoying 15-minutes of fame this month in the wake of a United States Supreme Court's decision in the Clark vs. Rameker case on June 12, 2014. The Court was presented with the question: "Is an inherited IRA protected from the bankruptcy claims of creditors?" On June 12 the Court answered that question with a unanimous "No."

Specifically, the Court held that funds held in inherited IRAs are not "retirement funds" within the meaning of U.S.C. § 522(b)(3)(c) and therefore are not exempt from the bankruptcy estate. This renders inherited IRA funds to creditor claims in bankruptcy. Traditional and Roth IRAs have typically been exempt from bankruptcy claims up to a \$1 million limit (\$1,245,475 as adjusted for inflation in 2014).

The United States Circuit Courts of Appeals (the third court to address a bankruptcy case if it is appealed) has taken opposing views on this question. In the Eighth Circuit, inherited IRAs have been exempt from bankruptcy claims on the grounds that the funds are retirement funds in tax-exempt vehicles. Other Circuits have held that inherited IRAs lack the requisite "retirement purpose" and are governed by a different set of rules than IRAs in the hands of their original owners. Inherited IRAs can be liquidated at any time without penalty, unlike an original IRA, which suffers a penalty if the owner withdraws assets before the age of 59-and-a-half.

In the Clark case, Heidi Heffron-Clark inherited an IRA from her mother in 2001, who had named Heidi on the beneficiary designation form. The IRA was worth \$450,000 at the mother's death. Heidi had drawn the account down to approximately



\$300,000 before filing for Chapter 7 bankruptcy nine years later in October, 2010. Heidi argued that the money constituted "retirement funds" and was not available to creditors. The creditors objected. The bankruptcy court agreed. The U.S. District Court for the Western District of Wisconsin reversed the bankruptcy court and the U.S. Court of Appeals for the Seventh Circuit overturned the District Court decision.

IRA accounts, employer sponsored retirement plans such as 401(k)s and 403(b)s are accounts that an individual creates and funds for himself. The Supreme Court decision turned on the legal distinction between self-funded IRAs and inherited IRAs, whether through an employer-sponsored plan or a roll-over when you leave the company. The Court noted that, unlike IRA owners, inheritors cannot make additional contributions to the account. They can withdraw funds without penalty. By contrast, non-spouse inheritors of an IRA must withdraw the entire account balance in five years of the primary owner's death or take out a minimum amount each year starting on Dec. 31 of the year after the IRA owner dies. This applies to all inherited IRAs. The Court emphasized this distinction, reasoning that the bankruptcy code provision is intended to ensure that a filer has money during retirement,

justifying its protection.

This presents an interesting conundrum for spouses who inherit an IRA. Spousal inherited IRAs receive slightly different treatment. An inheritor spouse can roll over the inherited IRA into her own IRA account and not take distributions until she reaches 70-and-a-half, even if that date is later than the date the decedent spouse would have turned 70-and-a-half. She would not be able to withdraw assets before the age of 59-and-a-half from the commingled IRA. If she elects the roll-over, her own account is not an inherited IRA. If she does not do the roll-over, the inherited IRA is considered such. The spouse in that scenario would not have to withdraw money until the decedent spouse would have turned 70-and-a-half (or immediately assuming the spouse died after he reached that age). Since now, under the Court's decision, the inherited IRA would not be protected from bankruptcy, this new interpretation militates in favor of spouses rolling over the IRA into their own (or opening one post-haste if they did not have one to begin with).

Naming a creditor-protection trust as a beneficiary is also an option for spouse and non-spouse inheritors alike. The trust will shield the inherited IRA funds from creditors, and can also control a (possibly spend-thrift) heir to withdraw the funds in terms of timing and amount. The rules applicable to setting up a trust that will be the recipient of an inherited IRA are complex, and should only be implemented with the assistance of a qualified estate attorney to ensure that your objectives are met and that you understand all the benefits and drawbacks of using a trust.

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

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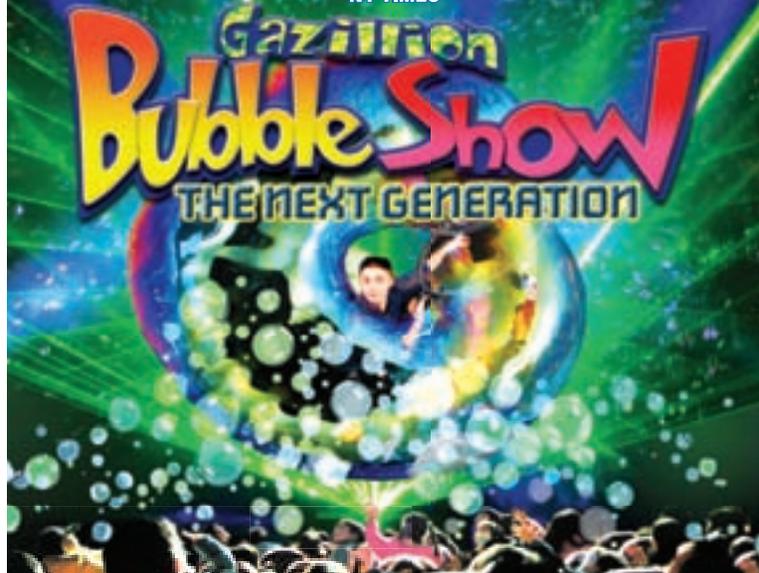
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Calendar

JULY



Photo by Jerry Speier

Playstreets are fun and safe

Playstreets is coming to a street near you from July 7 through Aug. 22.

For 100 years the Police Athletic League has provided a safe place for children to play and learn throughout the hot days of summer.

Whether it's a street or a park, the area is safe and supervised. From 9 am to 5 pm on Monday through Friday, staff lead children in sports, arts and crafts, games, music, and dance. Featured activities include double Dutch jump

rope, hopscotch, Nok Hockey, and basketball.

Participating areas are: Bowen Street between Sobel Court and Roff Street; Cpl. Thompson Park at Broadway and Henderson Avenue; and Mahoney Playground at Beechwood, between Crescent and Cleveland streets.

Playstreets between July 7 and Aug. 22, from 9 am to 5 pm. Free. There will be no playstreets on Aug. 1.

Playstreets (www.palnyc.org).

Calendar

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

Submit a listing

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

Send your listing request to stateniscalendar@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!

TUES, JULY 1

ON STATEN ISLAND

"Little Red's Hood": Westerleigh Park, Neal Dow Avenue at Springfield Avenue; (718) 442-0336; www.nycgovparks.org; Noon-12:30 pm; Free.

An updated, modern version with a twist.

THURS, JULY 3

ON STATEN ISLAND

Read aloud: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 2-3 pm; Free.

Children 3 to 12 years old hear a story and make a coloring craft.

SAT, JULY 5

ON STATEN ISLAND

Zoo quest: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 442-3174; www.statenislandzoo.org; Noon-3 pm; Free with zoo admission.

There's a scavenger hunt, trivia, and game for teams and individuals.

SUN, JULY 6

FURTHER AFIELD

Family Performance Festival and Musical Adventures: Central Park, Peter Jay Sharp Children's Glade, enter at Duke Ellington Boulevard and Central Park West, Manhattan; (212) 776-1066; www.nycgovparks.org/events/2014/07/06/family-performance-festival-musical-adventures-in-central-park; Noon; Free.

Discover more about the park and the music it makes from George Steele as you sing along with him, then head out on an adventure in the park.

Global Family Day: Central Park, Rumsey Playfield, off of Terrace Drive, enter at E. 68th Street, Manhattan; www.nycgovparks.org/events/2014/07/06/summerstage-presents-global-family-day-okee-dokee



Fancy a golf game?

Tea off at CityParks Golf, presented by René Lacoste Foundation, now through July 28 at Silver Lake Park and Egbert Field.

Children ages 6 to 16 can learn the basics of the sport, from teeing off to how to sink that hole-in-one.

City Golf is now through July 28 at Silver Lake, Mondays from 9:30 am to 10:30 am for children 6 to 8, and from 10:30 am to noon for children 9 to 16 years old.

brothers-hybrid-movement-company-shaun-parker-company-acrobuffos-national-dance-institute; 3-7 pm; Free.

It's a day dedicated to engaging young audiences and their families through performances, interactive workshops of circus arts, face painting and more!

It's also at Egbert Field on Tuesdays and Thursdays from 9:30 to 10:30 am for children 6 to 8 and from 10:30 am to noon for children 9 to 16 years old.

City Golf is free.

Silver Lake is at Hart Boulevard and Revere Street in Silver Lake. Egbert Field is located at IS 2, at Mason and Midland avenues in Midland Beach.

Online registration at www.city-parksfoundation.org/sports/register.

MON, JULY 7

ON STATEN ISLAND

Movies for teens: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 3:30-5:30 pm; Free.

Children 13 to 18 years old watch an age-appropriate film.

TUES, JULY 8

ON STATEN ISLAND

Bracelet workshop: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 2-3 pm; Free.

Make a friendship bracelet.

WED, JULY 9

ON STATEN ISLAND

Teen tech time: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 3:30-5:45 pm; Free.

For children 13 to 18 years old.

THURS, JULY 10

ON STATEN ISLAND

Read aloud: 2-3 pm. Dongan Hills Library. See Thursday, July 3.

Wii gaming for teens: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 3-4:30 pm; Free.

Video games for the older set.

FRI, JULY 11

ON STATEN ISLAND

Crafternoon: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 2-3 pm; Free.

Children 4 years and older make fun projects.

SAT, JULY 12

ON STATEN ISLAND

Fossils and more: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 442-3174; www.statenislandzoo.org; Noon-3 pm; Free with zoo admission.

Presented together with Con Edison. Dino expert Richie Mirriss will take you back a gazillion years when dinos ruled the earth, through fossils, rubbings and authentic relics.

FURTHER AFIELD

Block Party: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Children enjoy erecting new buildings with an assortment of blocks.

Garden tour: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; www.bbq.org; 2-3 pm and 3:30-4:30 pm; \$12 (\$15 non-members).

Continued on page 30

Calendar

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

Continued from page 29

Family-friendly peek inside the gardens. Learn about garden plots and make a tasty treat. Pre-registration required and online. Cancelled in case of inclement weather.

SUN, JULY 13

FURTHER AFIELD

Block Party: 11:30 am. Brooklyn Children's Museum. See Saturday, July 12.

"Bugaboo Review Puppet Show": Central Park, Peter Jay Sharp Children's Glade, enter at Duke Ellington Boulevard and Central Park West, Manhattan; (212) 776-1066; www.nycgovparks.org/events/2014/07/13/family-performance-festival-bugaboo-review-puppet-show; Noon; Free.

Families will learn more about the importance of bugs through bug puppets and interactive songs during this fun and educational show.

MON, JULY 14

ON STATEN ISLAND

Movie time: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nysl.org; 2-4 pm; Free.

Movies the whole family can enjoy.

WED, JULY 16

ON STATEN ISLAND

Wii gaming: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nysl.org; 2-3 pm; Free.

Children 5 to 12 years old play video games.

FURTHER AFIELD

Walking with Dinosaurs: Barclays Center, 620 Atlantic Ave. at Pacific Street, Brooklyn; (917) 618-6100; www.barclayscenter.com; 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm; \$30-\$94.

The spectacular featuring 20 animatronic beasts comes to the borough for a premier engagement.

THURS, JULY 17

ON STATEN ISLAND

Read aloud: 2-3 pm. Dongan Hills Library. See Thursday, July 3.

FURTHER AFIELD

Walking with Dinosaurs: 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm. Barclays Center. See Wednesday, July 16.

FRI, JULY 18

FURTHER AFIELD

Walking with Dinosaurs: 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm. Barclays Center. See Wednesday, July 16.

SAT, JULY 19

FURTHER AFIELD

Walking with Dinosaurs: 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm. Barclays Center. See Wednesday, July 16.

Max ZT & the Hammered: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Noon; Free with museum admission.

The Jimi Hendrix of the Hammered Dulcimer this is an innovative concert that combines Irish folk music with tunes inspired from Senegal to India.

Laura Marx Fitzgerald: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 1 pm; Free with museum admission.

The author of "Under the Egg" reads from her books and shares stories with children 8 years and older.

SUN, JULY 20

ON STATEN ISLAND

Penguin Visit: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 442-3174; www.statenislandzoo.org; Noon-3 pm; Free with zoo admission.

Presented together with Con Edison. Penguins from the Jenkinson's Aquarium Penguin habitat will visit to dispel the myths about these fascinating creatures.

FURTHER AFIELD

Walking with Dinosaurs: 10:30 am, 11 am, 1 pm, 3 pm, 5 pm and 7 pm. Barclays Center. See Wednesday, July 16.

Max ZT & the Hammered: Noon. Brooklyn Children's Museum. See Saturday, July 19.

TUES, JULY 22

ON STATEN ISLAND

Bracelet workshop: 2-3 pm. Dongan Hills Library. See Tuesday, July 8.

WED, JULY 23

ON STATEN ISLAND

Teen tech time: 3:30-5:45 pm. Dongan Hills Library. See Wednesday, July 9.

THURS, JULY 24

ON STATEN ISLAND

Read aloud: 2-3 pm. Dongan Hills Library. See Thursday, July 3.

FRI, JULY 25

ON STATEN ISLAND

Crafternoon: 2-3 pm. Dongan Hills Library. See Friday, July 11.

FURTHER AFIELD

Artpalooza: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Paint, draw, glue or weave your way to explore your arts and crafts side. For children 5 years old and younger.

Friday Family Jam: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 3 pm; Free.

Celebrate summer with a festive summer night when children can build and play with Imagination Playground blue blocks. For all ages.

SAT, JULY 26

FURTHER AFIELD

Celebrate Hawaii: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 11:30 am; Free with museum admission.

Children learn all about the culture and history of Hawaii then make a flower necklace to take home.

SUN, JULY 27

ON STATEN ISLAND

Origami USA: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 442-3174; www.statenislandzoo.org; Noon-3 pm; Free with zoo admission.

Presented together with Con Edison. Select a square of paper and learn the ancient art of paper-folding and how it has evolved into its modern form. Participants will be learn how to make origami animals.

FURTHER AFIELD

"Tina Ballerina and Friends": Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 1:30 am; Free with museum admission.

Join author Nandi Miley-Collymore and listen to the rhyming journey of Tina Ballerina. Then create a popsicle stick puppet of a favorite character from the book. For all ages.

Celebrate Hawaii: 11:30 am. Brooklyn Children's Museum. See Saturday, July 26.

EarthCapades: Central Park, Peter Jay Sharp Children's Glade, enter at Duke Ellington Boulevard and Central Park West, Manhattan; (212) 776-1066; www.nycgovparks.org/events/2014/07/27/family-performance-festival-earthcapades; Noon; Free.

Gather the family to watch the tricks and flips of this circus troupe as they teach about ecological diversity.

MON, JULY 28

ON STATEN ISLAND

Movies for teens: 3:30-5:30 pm. Dongan Hills Library. See Monday, July 7.

WED, JULY 30

ON STATEN ISLAND

Wii gaming: 2-3 pm. Dongan Hills Library. See Wednesday, July 16.

THURS, JULY 31

ON STATEN ISLAND

Read aloud: 2-3 pm. Dongan Hills Library. See Thursday, July 3.

FURTHER AFIELD

Free Thursdays: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; 3 pm; Free.

Come and join in for an afternoon of fun exploring of the museum. For all ages.

LONG-RUNNING

ON STATEN ISLAND

Golf lessons: Egbert Field, Mason Avenue and Midland Avenue; www.cityparksfoundation.org; Tuesdays and Thursdays, 9 am - noon, Tues, July 1 - Mon, July 28; Free.

City Parks Foundation kicks off summer with Lacoste in presenting its Summer Golf program. Children 6 to 16 learn the basics of putting and the sport.

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

Children listen to a different story each week.

Golf lessons: Silver Lake Park, Hart Blvd. and Revere Street; www.cityparksfoundation.org; Mondays, 9:30 am-10:30 am and 10:30 am-noon, Wednesdays, 9:30 am - 10:30 am and

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

10:30 am to noon, Tues, July 1 – Mon, July 28; Free.

City Parks Foundation kicks off summer with Lacoste in presenting its Summer Golf program. Children 6 to 16 learn the basics of putting and the sport.

Boogie Woogie Wednesday:

Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskids.org; Wednesday, July 2, 5 pm; Wednesday, July 9, 5 pm; Wednesday, July 16, 5 pm; Wednesday, July 23, 5 pm; Wednesday, July 30, 5 pm; Wednesday, Aug. 6, 5 pm; Wednesday, Aug. 13, 5 pm; Wednesday, Aug. 20, 5 pm; Wednesday, Aug. 27, 5 pm; General admission.

Every Wednesday night you are invited to shake your groove thing and have a snack, pack up a dinner basket, and enjoy the grounds and have a boogie blast. Each week a different artist shares a dance method from belly dancing to the Chinese ribbon dance. All disciplines are covered.

Kidz cook: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273-2060; stateniskids.org; Fridays, 2,3 and 4 pm, Now – Fri, Aug. 1; Free with museum admission.

Children experiment with all types of food.

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 – Sun, July 27; Free with museum admission.

Children create fun projects.

Play streets: Bowen Street play area, 55 Bowen St. between Sobel Court and Roff Street; www.palnyc.org; Weekdays, 9 am–5 pm, Mon, July 7 – Fri, Aug. 22; Free.

The Police Athletic League has provided a safe haven for children to play in the summer months for the last 100 years. Well-trained staff lead children in traditional games including double Dutch jump rope, basketball, Nok Hockey and arts and crafts.

Play streets: Cpl. Thompson Park, Broadway and Henderson Street; www.palnyc.org; Weekdays, 9 am–5 pm, Mon, July 7 – Fri, Aug. 22; Free.

The Police Athletic League has provided a safe haven for children to play in the summer months for the last 100 years. Well-trained staff lead children in traditional games including double Dutch jump rope, basketball, Nok Hockey and arts and crafts.

Play streets: Mahoney Playground, Crescent and Cleveland streets; www.palnyc.org; Weekdays, 9 am–5 pm, Mon, July 7 – Fri, Aug. 22; Free.

The Police Athletic League has pro-



Photo by Larry Thompson

Japan's ancient art

Audiences will have the rare chance to witness the old art form of kabuki as Japan's Heisei Nakamura-za kabuki company performs a revival of a 19th-century ghost story called "The Ghost Tale of the Wet Nurse Tree" on July 5.

The presentation will include a demonstration of various walking styles used by characters in

kabuki plays, as well how to use a dance fan stage prop, in order to familiarize audiences with the art.

July 5 at 11 am. Admission is free.

David Rubenstein Atrium at Lincoln Center [Broadway between W. 62nd and W. 63rd streets on the Upper West Side, (212) 875-5000, atrium.lincolncenter.org].

vided a safe haven for children to play in the summer months for the last 100 years. Well-trained staff lead children in traditional games including double Dutch jump rope, basketball, Nok Hockey and arts and crafts.

Family film night: New Dorp Moravian Church Center, 2205 Richmond Rd. at Bancroft Avenue; (718) 351-0090; www.newdorpmoravian.org; Wednesdays, 6:30 pm, Wed, July 9 – Wed, Aug. 27; Free.

Cool off in the air-conditioned con-

ference center and enjoy a family-friendly film. Check the website each week to check out the title of the film.

FURTHER AFIELD

Science Playground: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm.; \$4, plus museum admission.

Children are encouraged to explore

science through slides, seesaws, climbing webs, a water play area, sandboxes, and more, weather permitting.

Rocket Park Mini Golf: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; www.nyscience.org; Weekdays, 9:30 am–5 pm, Saturdays and Sundays, 10 am–6 pm.; \$6 (adults,) \$5 (children and seniors,) plus museum admission.

Golfers of all ages can learn about key science concepts such as propulsion, gravity, escape velocity, launch window, gravitational assist, and more!

Dinosaur Safari: Bronx Zoo, 2300 Southern Blvd. at Boston Road, The Bronx; (718) 220-5103; www.bronxzoo.com; Weekdays, 10 am–5 pm, Saturdays and Sundays, 10 am–5:30 pm.; \$20.95 (\$16.95 children; Free for children under 3; \$18.95 seniors).

Mysteries Revealed features more than 30 dinosaur species and how scientists reconstruct the fossil pieces. The ride runs through the zoo and has fully animatronic dinosaurs as they move and snarl. The 40-foot T. Rex is joined by deinonychus, prodohadros, stegosaurus and edmontonia.

Touch tank: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Wednesdays, Saturdays and Sundays, 11:30 am–12:30 pm and 2:30–3:30 pm, Now – Sun, Aug. 31; Free with museum admission.

Children of all ages touch a starfish, a horseshoe crab, or a sea snail.

"As You Like It": Central Park, W. 103rd St. and Central Park West, Manhattan; newyorkclassical.org/whats-playing; Thursdays – Sundays, 7 pm, Now – Fri, Aug. 22; Free.

Audiences will enjoy this performance of Shakespeare's classic tale, as performed by the New York Classical Theatre, which is celebrating its 15th anniversary.

The Art of Math: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; www.brooklynkids.org; Saturdays and Sundays, 12:30 pm, Now – Sun, Aug. 31; Free with museum admission.

Children learn all about shapes, triangles, squares.

Giglio: Our Lady of Mount Carmel, N. Eighth and Havemeyer streets, Brooklyn; Weekdays, 6 pm to 11 pm, Saturdays, 6 pm to midnight, Sundays, Noon to 11 pm, Wed, July 9 – Sun, July 20.

The 127th feast at Our Lady of Mount Carmel kicks off and features a parade, brass band, games, vendors selling Italian specialties, rides, amusements and old-world charm.

Sibling on the way!

Helping children embrace a new family member

BY JUDY M. MILLER

Our family building began with one child. As our family grew, I discovered that preparation helped our children transition into their new roles as a big brother or big sister. Here are a few tips from my in-the-trenches experiences, practices that helped our children embrace the newest family member with total joy:

Begin the big sibling preparation early

You will have plenty of time once you have shared the news that you are expecting. Use some of this time to help your child become comfortable with welcoming the new arrival. Siblings-to-be can sing, talk to, or tell stories to the baby in your belly. Talk about what a great older brother or sister your child will be, and what a help they can

be to you.

Your child can carry a photo around of the child if you are adopting. My son did this after we received a picture of his sister from China. We laminated a copy for him so that he would not destroy it. He proudly shared the picture with anyone he could, "This is my baby sister!"

Siblings-to-be can help with nursery preparation — arranging small items like diapers, books, and stuffed animals. Older siblings can help with painting the room. Our son helped us pick out books for his sister, as well as toys and clothes. My daughter helped me put her sister's crib together by handing me the small assembly items. She then ran and got a stuffed animal from her cache to gift to her baby sister.

Acknowledge that everything shifts when a new child arrives

An only or youngest becomes a big sister or brother. The youngest child relinquishes the spot of being the baby, to become the middle child. As parents, we should recognize and talk about these changes with our children and focus on the fact that even though our family is growing it is still our family, just bigger.

Our oldest was an "only" for five years before his sister arrived home. We spent a lot of time preparing him to be a big brother. We discussed responsibilities and expectations as well as the privileges that come with being the oldest. We read books and watched movies about families with multiple kids; then we talked about the relationships we read about or viewed in the

movies. The transition to becoming a big brother went beautifully because he was so invested. Now a teenager and an adult, my daughter and son continue to be close.

Be consistent

Adhere to your schedule. Children do well with consistency; they need to know what they can rely on, what to expect. Consistency gives a child security, especially when there has been a big change, as in the addition of a new sibling.

It is common for children to act out or regress when a new sibling arrives into the family. My youngest daughter wanted a bottle after her brother arrived home. Recently potty-trained, she had a few accidents.

Discipline and reactions to your children should be consistent with how you handled things prior to the arrival of your new child. Praise the behavior you want to see.

Address the fears that come with change

There will be less of you — energy, patience and time — to go around, especially during the first days, weeks, and, sometimes, months home. You will likely run into additional challenges because you are juggling more kids.

Assure your child that your relationship with and love for him will not change. Try to schedule on-on-one time to listen and share with your child. Have dad, another family member, or trusted friend watch the new sibling. Your child will feel loved, and this is the greatest gift you can give.

Judy M. Miller is a freelance writer living with her husband and four children. She is the author of "What To Expect From Your Adopted Tween."



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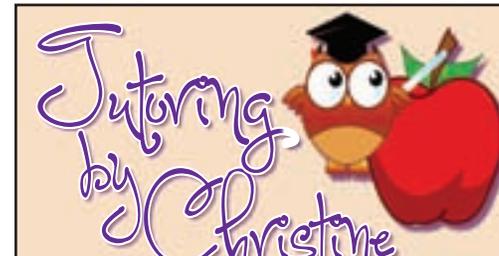


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Got their 'Back'

Operation Backpack helps a child in need face school with a smile

BY SHAVANA ABRUZZO

Summer is finally here, but the start of a new school year is around the corner.

The pint-sized pupils in your life may already be bugging you about buying pens, pencils, notebooks, binders, bookbags and all the other supplies that make their fresh start fun, so turn the nag into a flag of opportunity for good works and introduce them to Operation Backpack.

The annual campaign of Volunteers of America-Greater New York collects brand-new knapsacks filled with grade-specific supplies for the thousands of city children living in homeless and domestic violence shelters, and then delivers them to their doorsteps before the first day of school.

You and your family can help by dropping off new backpacks and supplies at

a Duane Reade store near you from July 14 through Aug. 8. You can also donate at the register from July 13 to 24 to help the retailer continue its assistance to vulnerable youth.

Operation Backpack instills community service in children while defraying costs for families in need, claims the program's founder.

"A new backpack and school supplies can make the difference between a child being excited to go to school and not wanting to go at all," says Rachel Weinstein. "With the average cost of a filled backpack hovering around \$81, we can relieve the financial burden that many parents face."

A humble backpack can amount to a badge of honor for underprivileged children: It can help restore normalcy to their otherwise chaotic lives, make them look and feel more like their classmates, and help them start the school year prepared and confident in the knowledge that their education is important and that someone believes in them.

It can be also be a fun and fulfilling summer activity for your whole family — the rewards of which are in a class of their own.

Visit www.OperationBackpackNYC.org/fill for a grade-specific supply list. Companies and community groups interested in donating can contact Rachel Weinstein at rweinstein@voa-gny.org.



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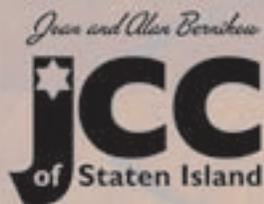
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