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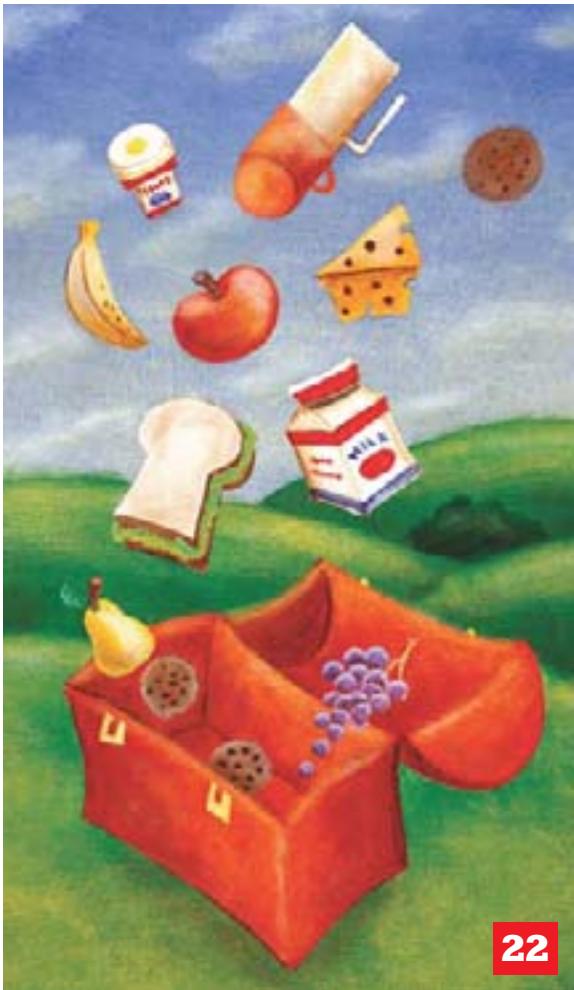
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Family September 2014



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Letter from the publisher

School's open

What a wonderful summer this was. Not too hot and very little actual need for air-conditioning. The beaches were full and still are as August winds down. September looks to be a continuation of this same pleasant atmospheric reality. What a super way for the kids to return to classes and the many engaging and creative activities we sign them up for.

This issue has a special section that presents many of these programs. Be sure to check it out and see what's right for your family. They say our children are too scheduled but I don't actually agree. I think they have a lot of free time and unfortunately spend too much time on gadgets and such. My belief is that



there's never enough good exposure to skills and alternative learning. Music, art, theater, athletics, enhanced learning centers, hand crafts, cooking, dance and martial arts, are all great programs to have kids experiencing beyond academic classes.

In my day we had a lot of these things in school itself. We had music and art, theater programs, gym, and many athletic teams. We had shop and home economics, and actually discussed household chores, bank accounts, and meal planning. People learned to make things, cut wood, hammer and saw, and were exposed to real life skills. With all the cutbacks in budgets over the years the curriculum has abandoned such things and mostly sticks to the

ABCs. A loss for all, in my opinion, prompting parents to seek out these activities individually.

I'm thinking of those of you whose children are just starting school, going for the first time, perhaps to a new school, a new level, or for the very little ones, preschool. All of these milestones are memorable and should be kept that way. Record them and enjoy them. They will be a part of your memory book for years to come.

We have articles on sleep routines, shopping savings, and the important and timely topic of head injuries and kids sports. Be sure to read it. It's so important and luckily it's being written and talked about a great deal lately. I first began to think about the potential dangers facing our children in their athletic pursuits after watching an interesting sports report on TV a few years ago. Now it's big news but I'm willing to bet there are still

parents who are their sports-talented kids' biggest fans and will be reluctant to put in place parameters and limitations. Don't be one of them! In addition, make sure you have this discussion with your child's coach or instructor. It's important for them to know that parents are concerned and informed on this topic.

Hopefully your family had a good summer, enjoyed a vacation, and made the most of the free time, fine weather and lazy days of summer. Now it's back to basics and to routines.

Wishing you a great September. Thanks for reading.

Susan Weiss-Voskidis,
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Parenting an ARTIST

Helping
creative kids
reach their
full potential

BY CAROLYN WATERBURY-TIEMAN

"Every child is an artist. The problem is how to remain an artist once he grows up."
— Pablo Picasso

Young children know they are artists. Give them a pencil, and they'll draw. Play music, and they'll dance and sing. Forget the music. They'll dance and sing anyway. Give them an instrument, and they'll play you a tune — most likely an original composition. Children do not doubt their artistic ability. They are uninhibited by social definitions of art and the evaluative process. They exhibit the fundamental human drive to create, to discover, to express themselves, to share what they



Avoid being either overly critical or overly complimentary. It is important for him to learn to discriminate between excellence and mediocrity.

have come to know, to tell their story. That is the purpose of art — to communicate and connect with others.

Unfortunately, by the age of 9, the artist has been socialized out of many children. Perhaps, more accurately, he have learned to doubt or mistrust the artist within. He begins to believe, "I can't do that." "I'm not good at that." "That's not for boys [or girls]."

However, for some children, the desire to create is more powerful than social pressure to stifle their talents. For those of us parenting these children, there are steps we can take to insure that our young artists achieve their full potential:

Recognize your child's gifts. If your child wakes up singing; dances rather than walks; draws on every scrap of paper he finds; can play a tune by ear; enjoys making up stories; or creates costumes and stages plays — chances are you have an artistically gifted child. These children are often talented in more than one area. Help them discover and explore all of their gifts.

Demonstrate your approval of and appreciation for their abilities. Provide them with the materials they need to create. Take the time to be an audience when they want to sing, dance or play for you. Display their artwork. Offer to write down their stories. Help with costumes or sets for their productions. Let them know that you value what they are doing.

Look for opportunities that will motivate them to improve their skills. Arrange for classes or private lessons. Involve your child in school or community art groups and activities. Attend exhibits, concerts, productions, and museums.

Emphasize the importance of discipline. Provide outlets for your child's artistic energy but make it clear when and where this is appropriate. Build practice into

his daily routine. Set reasonable expectations based on age.

Teach him to be his own best critic. Be an enthusiastic, but honest, audience. Show appreciation for effort, recognize progress, but also help him identify areas for improvement. Avoid being either overly critical or overly complimentary. It is important for him to learn to discriminate between excellence and mediocrity in his work.

Avoid unnecessary competition. Encourage your child to strive for his best, not the best. He can be the former every day of his life. He can waste his life away trying to be the latter. There is no such thing as objectivity in art. It is by its very nature subjective.

Encourage them to share their gifts. Participating in the creative process enriches the life of the artist. Sharing that which has been created enriches the lives of others.

Support the arts. Become an advocate, not only for your young artist, but for the arts in general.

Research consistently demonstrates that participation in the arts improves everything from attitudes to academic performance to health and well being. In short, art has the potential to bring out the best in us. Perhaps, Terry Semel, chairman of Warner Brothers, said it best: "Kids who create don't destroy."

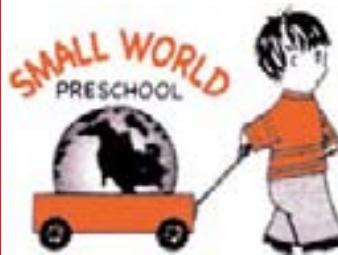
Reasoning, decision-making, creative and critical thinking, problem solving, visualizing, communication, and collaboration have all been identified as keys to success in the 21st century. Enhancement of these skills is a direct outcome of participation in the arts. When we nurture the artist in our children, we are investing in their future success.

Carolyn Waterbury-Tieman is a resident of Lexington, Kentucky. She has degrees in Child Development, Family Studies, and Marriage and Family Therapy. She spent 15 years in various agencies and clinics as a family therapist and parent educator. She has written extensively on the topic of parenting. After six years as Arts Facilitator for the School for the Creative and Performing Arts, she chose to return to her favorite place of employment — home. Her son, Douglas, 24, is now based in New York City where he is not on the road performing. He is an actor, singer, musician, dancer, writer, and visual artist. Joseph, 14, is a freshman theatre major at the School for the Creative and Performing Arts who also sings, dances, plays piano, and creates visual art.

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Crash course

Returning to a school-year sleep routine

BY MALIA JACOBSON

With fall on the horizon, supply lists have been checked off, overgrown locks trimmed, and backpacks filled to the brim. But if kids haven't transitioned back to school-year sleep habits, they're not ready for the first day.

Trading summer's relaxed sleep schedule for a school-year routine is an important part of back-to-school prep, says Dr. Roslinde Collins, medical director of the Sleep Center at Rutland Regional Medical Center in Vermont. Re-establishing an earlier time for lights-out helps ensure that kids get the rest they need to shine at school.

Kids who get their required nine to 12 hours of nightly slumber are primed for school-year success. Proper rest helps children learn and retain information, because memories are incorporated during REM sleep.

If a late summer bedtime lingers into the school year, kids will be

subject to grouchiness, inattentiveness, or worse.

"Chronically sleep-deprived children often exhibit symptoms of hyperactivity and can even be diagnosed with ADHD," says Collins.

Don't expect kids to fall back into their school-year sleep habits without some help. While you can't make them celebrate summer's end, you can plan for brighter mornings and happier days with some advance preparation.

Slow and steady

Kids depend on a regular sleep schedule, so don't wait until the last day of summer to dig out the alarm clock. Rising early after months of sleeping in can shock little bodies and leave kids in a daze during the critical first weeks of school.

Instead, give them time to adjust to the new schedule.

Beginning a week before the first day, wake kids 15 minutes earlier in the morning, and move bedtime earlier by the same amount

of time. Continue adjusting both wake-up and bedtime by 15 to 20 minutes per day until both are appropriate for their school-day schedule.

Early to bed, early to rise

During the transition, adjust both bedtime and wake-up time. Hitting the sack early isn't enough, says Collins; kids won't be tired enough to fall asleep at an earlier hour unless they're also waking earlier in the morning.

Once they're up, let the sun shine in — fling open curtains to expose them to morning light, and serve breakfast in the brightest spot in the house. They'll be awake in no time, and the light will reset their internal clock to help them fall asleep earlier at night.

An hour before bedtime, help kids slow down to prepare for sleep. Draw the curtains to block out late-summer rays and limit stimulating television and video games. Spend time winding down as a family with books and other quiet activities.

Stay in the groove

Kids' bodies and brains depend on consistency, so aim to keep bedtimes in check even on weekends and school breaks. Collins recommends keeping school-vacation bedtimes no more than an hour later than normal.

Sleeping in on weekends is a reality of our sleep-starved culture, but it's no substitute for good everyday habits. A general rule of thumb: "If kids have to sleep in more than two hours later than normal on weekends, they're probably not getting enough sleep during the week," says Collins.

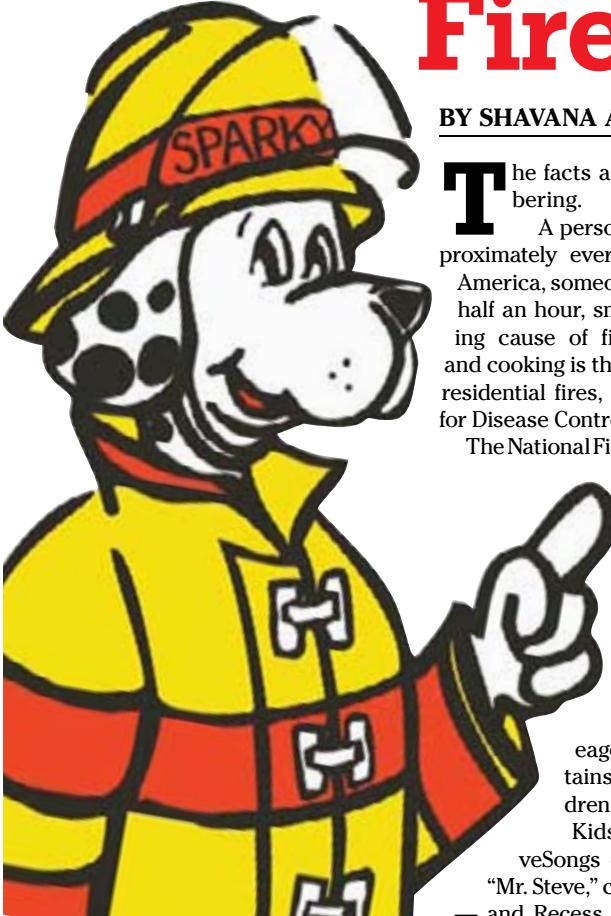
When it comes to sleep, kids are not little adults.

"Parents often wonder why it's hard to get their child up and ready for school after eight hours of sleep. They're not done sleeping yet!" says Collins. Good school-year snooze habits will make this year their best yet.

Malia Jacobson is a nationally published sleep and health journalist and author of "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."

Fire safety can be fun

BY SHAVANA ABRUZZO



The facts are red-hot and sobering. A person dies in a fire approximately every 169 minutes in America, someone is injured every half an hour, smoking is the leading cause of fire-related deaths, and cooking is the primary cause of residential fires, states the Centers for Disease Control and Prevention.

The National Fire Protection Association takes the burn out with a fun-filled, family-friendly approach to fire safety for National Fire Prevention Week — Oct. 5 to Oct. 11 — that will make eager fire-safety captains of even small children.

Kids' musicians SteveSongs — also known as "Mr. Steve," co-host of PBS KIDS — and Recess Monkey have cre-

ated terrific new songs and music videos with fire safety in mind, so that mom, dad, and the kids can bond over the critical world of fire prevention.

But first, fire up your knowledge of the essentials, says Mr. Steve.

"The key to fire safety for children is to teach them that when they hear the beep-beep-beep of a smoke alarm, they need to get out of the house and find a safe, outside meeting place," says the entertainer, whose real name is Steve Roslonek, and whose music takes audiences on "not just a musical journey, but an entertaining, interactive and educational one," states the Boston Globe.

Roslonek, Recess Monkey, and national fire-safety mascot Sparky the Fire Dog will help kids, families, schools, and communities learn about how to prepare for a fire and prevent it from happening with engaging apps, music videos, lesson plans, activity sheets, and an e-book and games for kids age 3-10, available for free download at sparkyschoolhouse.org — the Sparky Schoolhouse website.

On SteveSongs' "Little Rosalie," kids can sing and dance along, as Rosalie and her little brother learn four important steps to follow when they hear the smoke alarm. Recess Monkey's "What's That Sound?" takes a thrilling ride on Sparky's flying smoke alarm, while kids learn what it takes to stay safe in a fire. View the sizzling videos at the Sparky website or on YouTube.

Don't forget to check out the "The Case of the Missing Smoke Alarms," an exciting new app out Sept. 1 that's jam-packed with games, activities, coloring pages, and lots more. Related lesson plans will be posted on the Sparky website shortly thereafter.

National Fire Prevention Week is a personal wake-up call for Mr. Steve, too.

"It's a great reminder for our family to create our own fire escape plan, and agree upon an outside meeting place in the case of emergency," he says.

National Fire Prevention Week, Oct. 5-11; sparkyschoolhouse.org or www.nfpa.org.

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Building a better mammogram

Breast tests that could save your life

BY SANDRA GORDON

A yearly mammogram is the gold standard for breast-cancer screening and detection. The National Cancer Institute and the American Cancer Society recommend a mammogram yearly for all women age 40 and older. If you have a family history of breast cancer, your doctor may advise starting mammography before age 40. Mammography is the only test that has been scientifically proven to save lives.

Still, it's not infallible.

"In women with very dense breasts, mammography will miss cancer 58 percent of the time," says Dr. Thomas Kolb, a breast-cancer radiologist and leading ultrasound researcher in New York City. Dense breasts contain more glands, ducts and connective tissue than fat. Breasts tend to be denser during a woman's reproductive years; density makes it harder to detect suspicious lumps on a mammogram. That's because glandular tissue appears white on a mammogram, just like a mass can.

Fortunately, new tools can give a more precise diagnosis, especially if you have dense breasts or you're at higher risk for breast cancer because of your personal or family

health history. Here are four that may give you a clearer picture of your breast health — and could possibly save your life:

Tomosynthesis

The latest in breast cancer-detection technology, tomosynthesis is done in addition to a digital mammogram. During tomosynthesis, the breast is compressed, though slightly less so than with a conventional, digital mammogram, and a series of images are obtained from multiple angles. Tomosynthesis takes an arc of pictures through each breast, in 5 millimeter slices, which are then reconstructed into a three-dimensional image.

It allows radiologists to see through the breast tissue. They can more easily distinguish a true mass from overlapping structures, such as ligaments or glandular tissue. Tomosynthesis can be used for screening and diagnostic mammograms.

Pros and cons: Compared to a digital mammogram, women with dense breasts who undergo tomosynthesis are 40 percent less likely to be called back for additional imaging. Women who undergo tomosynthesis will be exposed to the same amount of radiation as a traditional, analog (film) mammogram, which is slightly more than today's digital mammogram. The risk of radiation-induced breast cancer is extremely low, affecting only 0.1 percent of women screened. In comparison, the screening test itself can reduce the risk of dying from breast cancer by about 50 percent.

Should you ask for it? Screening tomosynthesis is in order if you have dense breasts, but no symptoms. It takes a global 3D picture of each breast. If you have a complaint or something is found during

a screening mammogram, you'll go to the diagnostic level, which is a mammogram with tomosynthesis that magnifies and focuses on one particular area of the breast. Because the FDA-approved technology is relatively new, screening tomosynthesis isn't routinely covered by health insurance. Diagnostic tomosynthesis is typically covered by health insurance with no copayment necessary.

Computer-aided detection

With this technique, a computer scans a digital mammogram and flags areas of concern, enabling a radiologist to take another look and decide whether the computer markings warrant further action.

"It's like having an automatic second opinion," says Dr. Mitchell D. Schnall, professor of radiology at the University of Pennsylvania in Philadelphia.

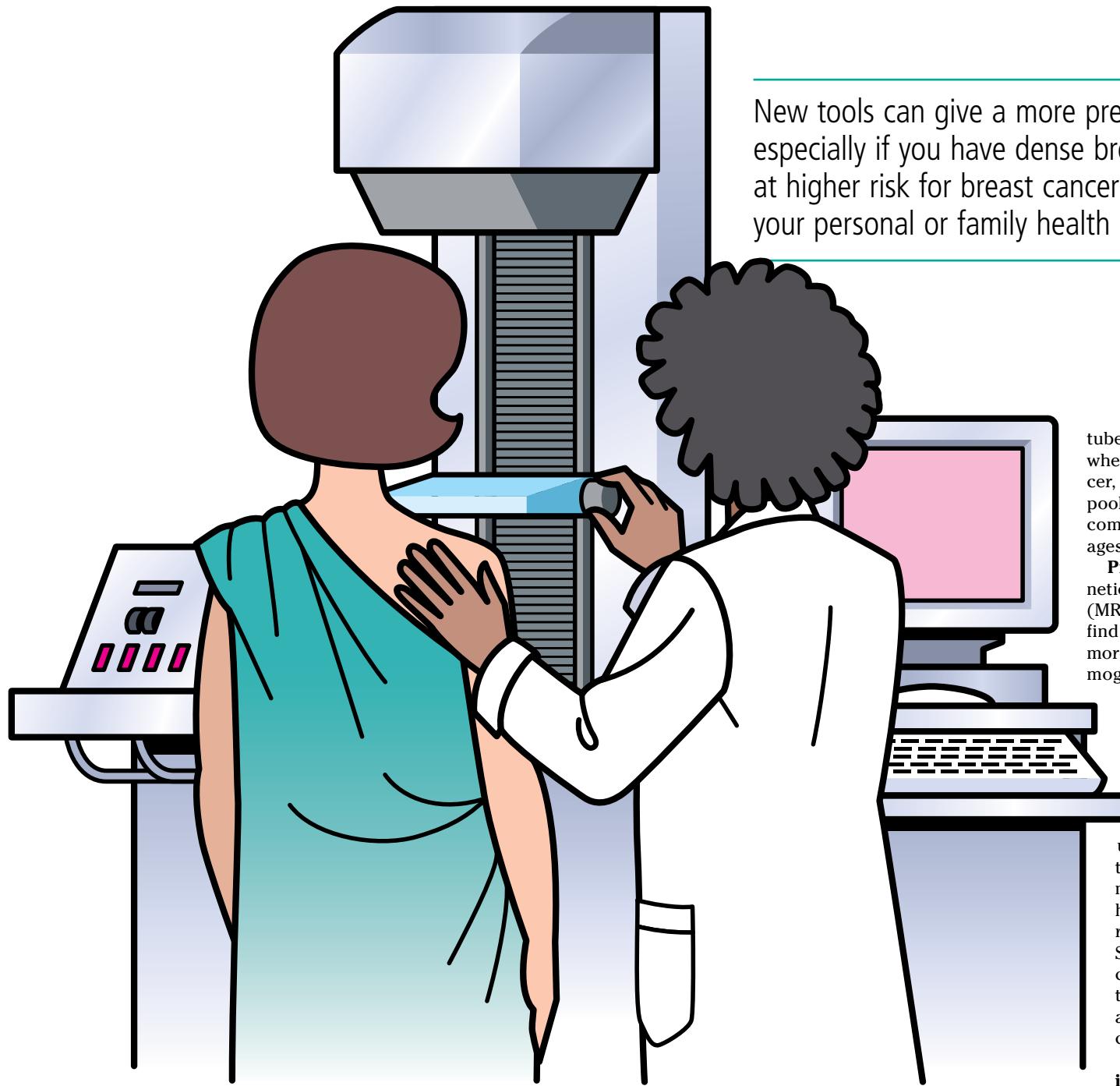
Pros and cons: Two studies reported that Computer-Aided Detection (CAD) found 20 percent more cancer than mammography alone. But it also tends to also mark non-cancerous lesions, such as bunched-up tissue, benign lymph nodes and benign calcifications, so the rate of false positives is high. Less than one percent of findings marked by Computer-Aided Detection turn out to be cancer. It is widely available at mammography centers and university- and hospital-affiliated breast clinics across the country and is generally covered by insurance.

Should you ask for it? Although it isn't a perfect tool, "it should be the standard of care for every woman who gets a mammogram," says Dr. Stamatia Destounis, staff radiologist at the Elizabeth Wende Breast Clinic, in Rochester, New York. "But there's

Do you have dense breasts?

Breast density depends in part on hormonal status, which is why premenopausal women are more likely to have dense breasts. Genetics also plays a part. If your mom had dense breasts, you're more likely to have them. But only a mammogram can make that determination.

In some states, radiologists are required by law to tell you, in the letter you receive about your mammogram results, whether you have dense breasts. If your state doesn't require that information, simply ask your doctor if your mammogram results indicate that you have dense breasts.



New tools can give a more precise diagnosis, especially if you have dense breasts or you're at higher risk for breast cancer because of your personal or family health history.

definitely a learning curve."

To reduce your risk of unnecessary additional testing, such as biopsy, find a facility with mammography-certified technologists and trained radiologists who have been using CAD for at least a year.

Automated breast ultrasound

During this test, an automated ultrasound machine, which uses a computer program, takes ultrasound images of breast tissue. The images are recorded and given to a radiologist who can interpret them. Doctors currently use handheld ultrasound devices to hunt for breast

tumors in some patients. The labor-intensive process can skip some tumors. Automated breast ultrasound eliminates the need for an ultrasound technologist, so there's less risk of missing a lesion.

Pros and cons: Automated breast ultrasound can help detect breast cancer. Breast cancer detection doubled from 23 to 46 in 6,425 studies using automated breast ultrasound with mammography, resulting in a significant cancer detection improvement. Some insurance providers don't cover the test yet, so check your policy.

Should you ask for it? Ask for it in addition to a screening mam-

mogram if you have dense breast tissue. If you're at high risk but you don't have dense breasts, a mammogram should suffice.

Magnetic resonance imaging

This tool employs magnetic and radio waves instead of X-rays to create high-definition cross-sectional images of breast tissue. For the test itself, the patient is injected with safe, nonradioactive contrasting salt solution in the arm, then lies face down on a table with both breasts positioned into cushioned coils that contain signal receivers. The entire bed is then sent through

tube-like magnet. In areas where there might be cancer, the contrasting agent pools and is illuminated computer-generated images.

Pros and cons: Magnetic Resonance Imaging (MRI) has been shown to find two- to six-percent more cancers than mammograms and clinical breast exams in high-risk women. MRI can't detect calcifications (a frequent sign of Ductal Carcinoma In-Situ), which is why it's used as a complement to mammography, not a replacement. It has also a significant risk of false positives. Screening breasts costs \$1,000 to \$2,000, though many insurance carriers now cover it.

Should you ask for it? "Even if you have as little as a two percent

risk of breast cancer over the next five years, talk to your doctor about adding MRI," says Dr. Wendy Berg, a breast imaging consultant in Baltimore. MRI breast-imaging centers are springing up across the country, but it's important to seek out a facility that has MRI-guided biopsy capability, so a tissue sample can be retrieved for diagnosis at the time of your scan if a questionable mass is spotted.

Sandra Gordon is an award-winning freelance writer who delivers expert advice and the latest developments in health, nutrition, parenting and consumer issues.



HEALTHY LIVING

DANIELLE SULLIVAN

New York hospitals among nation's best

With all of the pressures and headaches that come with living in possibly the most fast-paced city in the world, New Yorkers can take comfort in the fact that we have the nation's top hospitals available to us to keep us on the move and healthy.

According to U.S. News & World Report, which ranked more than 4,700 hospitals in the country, New York City has three hospitals which rank in the top 17 across the nation: New York-Presbyterian Hospital of Columbia and Cornell came in at number six, and NYU Langone Medical Center and Mount Sinai Medical Center ranked 15 and 16, respectively.

In addition to the overall performance of these medical centers, New York City also ranked quite high in medical specialties. Memorial Sloan Kettering Cancer Center ranked number one in cancer and The Hospital for Special Surgery came in at number one in orthopedics.

In total, 50 of the 180 New York metropolitan area hospitals were deemed excellent in one or more specialties.

Some municipal hospitals took top honors in specialties as well. Harlem Hospital and Bellevue were recognized for their excellence in nephrology (the branch of medicine that deals with the physiology and diseases of the kidneys).

This news is not a surprise to many native New Yorkers who realize that not every city has such quality medical care available. Patricia Daniels, a Windsor Terrace native who has since transplanted to Edison, N.J. and is a 10-year breast cancer survivor, says that when she was first diagnosed, she knew immediately she would make the regular trek to Memorial Sloan



Kettering for treatment, and she credits her long-term recovery with the doctors there.

"My doctors at Sloan were wonderful," said Daniels. "They were very thorough and truly caring through chemo[therapy] treatments. I still see them now for regular visits."

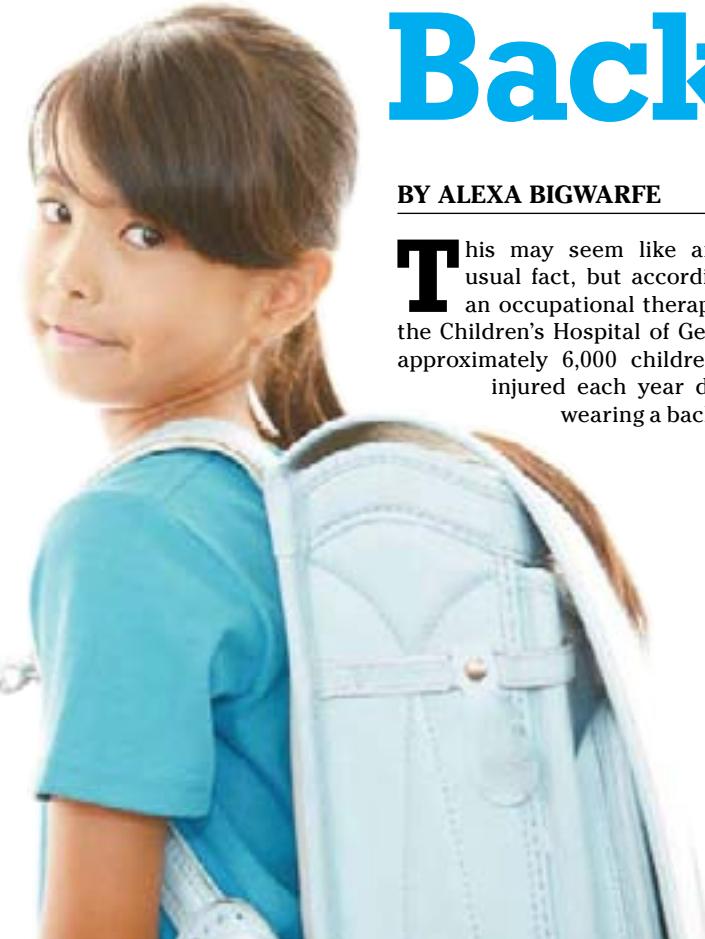
Daniels also had a knee replacement performed at The Hospital For Special Surgery and says she had a great experience during that operation and hospital stay, as well.

Many parents and families rely on the quality medical care offered in New York. Mariel Gomez of Brooklyn Heights says she and her husband often considered leaving the city to move to a slow-paced farm or rural town in middle America before they had children, but

after having their son who suffers from autism, they realized that he is receiving the very best medical care (and education) right here in New York City.

When asked if the news of New York City's top performing hospitals surprised her, Gomez said, "Absolutely not." She also said she would not consider raising her son in any other city, "Why would I go anywhere else, when we have the best treatments and doctors right outside our door?"

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.



Backpack safety

BY ALEXA BIGWARFE

This may seem like an unusual fact, but according to an occupational therapist at the Children's Hospital of Georgia, approximately 6,000 children are injured each year due to wearing a backpack

that is inappropriate for them.

As our children head back to school and look forward to choosing a new book bag with their favorite superhero or Disney character, make sure they have a bag that is appropriate and will not cause them injury or harm. Their bag needs to carry all of their necessary supplies and books, but not so large that your child will overload it. If backpacks are too heavy or not properly used, they can cause pain, strain, and injury to your child.

Here are five tips for backpack safety and proper use:

- Actually use a backpack. The muscles in the back are the strongest muscles and can support the bag better than shoulder bags and other types of bags. Pick one that is the right size for your child — not too big. It should fit him between the shoulder blades down to his waist.

- The bag should be lightweight, have two shoulder straps that are wide and padded, and have padding on the back for additional comfort and protection.

- Don't overload it. Your child should not be leaning forward from the weight. Be sure to place the heaviest books in the back of the bag for best muscle support.

- Have your child wear the backpack on both shoulders and make sure the straps are snug, but not too tight.

- For his personal safety, avoid writing the child's name on the outside of the backpack.

It's exciting for kids to pick out the "coolest" book bag to show to their friends at school, but it's more important to provide them with a bag that will be safe and not cause pain. But don't worry, there are plenty of superhero and princess options that meet these criteria!

Alexa Bigwarfe is the mother of three young children, one in elementary school and two in preschool. All three have their own strong opinions about backpacks!

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Britax

A-head of the game

Understanding concussions in children

BY SHNIEKA L. JOHNSON

Every year, thousands of children are sent to emergency rooms nationwide for head trauma and concussions. The causes for these injuries range from standard playground incidents to more serious automobile accidents. One of the most common ways that kids ac-

quire concussions is from participation in youth recreational and competitive sports. Studies have shown that the majority of sports-related concussions occur in children and adolescents, and of those, female participants sustain the most.

To learn more about concussions, treatment, and prevention, I spoke with Dr. Sergio Buzzini, the chief of Adolescent Medicine at Gei-

signer Health System, a physician-led healthcare system in northeastern and central Pennsylvania. Dr. Buzzini, a pediatrician and sports medicine physician, has previously examined the impact of concussions in young athletes, having published a study entitled "Sport Related Concussions in the Youth Athlete."

Shnieka Johnson: Why are kids more susceptible to concussions?

Sergio Buzzini: The brain develops until the age of 25, so it is believed that children's underdeveloped brains are at a much greater risk and much more susceptible to trauma. Due to the underdeveloped state at younger ages, children have thinner, fraile bones, which provide less protection to the brain.

A child's brain and head are also disproportionately large for the rest of the body. A child's weak neck cannot brace for a hit the way an adult's can and their vulnerabilities to head trauma are far greater.

SJ: What sports have a higher risk of serious injury like concussions? Should parents be cautious about these sports?

SB: The majority of concussions that happen in organized sports in the United States are football, ice hockey, wrestling, girls' soccer, boys' soccer, and girls' basketball. While it should be noted that certain initiatives have been implemented to try to make them safer, for instance, using the head to tackle in football has been banned and stricter rules on body checking in ice hockey, it should always be a family discussion and decision if there are concerns. Particularly if a child has already suffered a concussion playing one of these sports at a young age, as these preventative measures will not completely suppress the risk for concussion.

SJ: How are concussions identified? What are symptoms?

SB: There are three types of symptoms to identify a concussion: physical, cognitive, and emotional. Physical symptoms include headache, nausea, vomiting, balance problems, dizziness, fatigue, sensitivity to light and noise, tingling, and loss of consciousness.

For cognitive symptoms, it's important to look out for difficulty with concentration and memory, confusion surrounding recent events, answering questions slowly, and feeling dazed or confused. Emotional symptoms can be seen through



Before returning to the sport, it is necessary that the child be completely symptom free, or they are more susceptible to another blow.

a nervous or anxious demeanor, feeling tired, and having a lack of energy for daily activities.

SJ: What is the proper care for a child with a concussion? How long is recovery?

SB: While managing and caring for a child with a concussion, the most important factor is rest. The more the brain rests, the more it heals. Parents should make sure the child is going to bed early, avoiding caffeine, eating often and well, and limiting screen time with the TV, computer, and other electronics. Parents shouldn't be afraid to keep the child home from school to ensure they don't strain the brain.

If the symptoms continue to get worse, it's essential to receive further evaluation via a trip to the emergency room to have a brain study and make sure there is no bleeding in the brain.

Each child recovers differently, making each recovery process and length different per individual. In general, 80 percent recover within two weeks, but it could be up to a month after the blow to fully recover. Before returning to the sport, it is necessary that the child be completely symptom free or they are more susceptible to another blow.

SJ: What are some ways to prevent concussions? What if a young athlete receives multiple concussions?

SB: A popular misconception is that helmets will prevent a concussion. While helmets can prevent skin lacerations and inner cranial bleeds, they will not prevent the trauma of a concussion, and we should not rely on them to do so. It is more important to be able to recognize the symptoms of a concussion, and remove the child from play immediately if a concussion is suspected.

Education is the key to protecting children from concussions, and

it helps to promote a healthy and safe environment. By knowing how to identify symptoms, coaches, parents, and young athletes are able to recognize a possible concussion more easily and take immediate action. It is also important to educate young athletes on the symptoms and encouraging them to speak up to coaches, trainers, or parents if they feel that they are suffering from any of them.

On the field, some options include delaying full-contact until later in adolescence, ensuring proper techniques and using the right teaching methods to reduce the risk of concussions for young athletes. Make sure to enforce promotional fair play, which encourages the rules of safe play.

If a young athlete has received multiple concussions, it is important to have a baseline understanding of the child's health before the season starts. This includes a sports physical, notes on the history of past concussions, and other behavioral information, which will make it easier to identify if a child sustains another concussion later in the season. You should always consult your doctor before a child with a history of multiple concussions starts a new season.

SJ: How can parents help young athletes carefully return to sports after a concussion? How do we explain to our kids the seriousness of concussions?

SB: Once a doctor feels comfortable with a child returning to play after suffering a concussion, it is best to make it a process and not a race back to the field. The young athlete should slowly and cautiously work their activity levels back up. Begin with just fast walking, increase to light activity and so on, increasing each day.

It is important to stress the very serious nature of concussions to young children, and the long-term risks of returning to the field too quickly. If kids return to play while still having symptoms and have a second blow, it is possible to suffer from Second Impact Syndrome. This is a devastating case when an athlete is allowed to return to play before having adequate time to recover, and could result in death or coma in children.

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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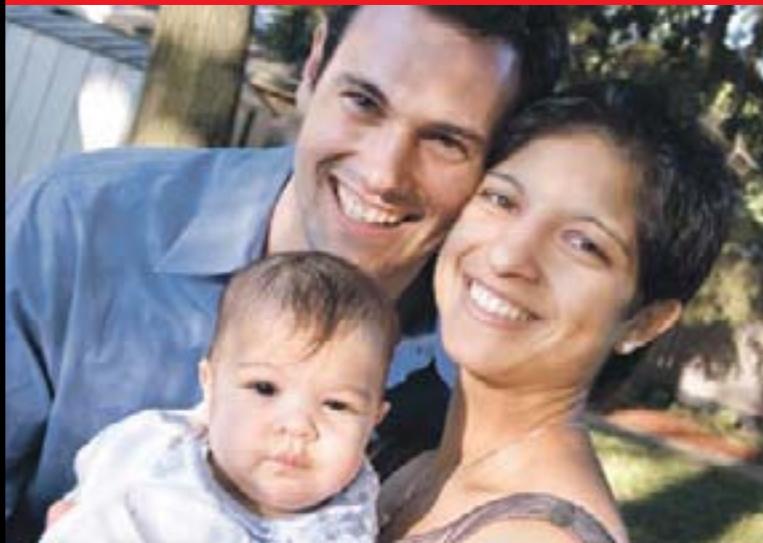
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Continued on page 20

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Activity DIRECTORY

Continued from page 18

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GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

Think outside the lunch box

No matter who packs it — Mom, Dad, caregiver, or the child himself — a lunch is a big deal. It contributes nearly a third of the child's calorie and nutrient needs. It's something to look forward to in the middle of the school day. And it's changed from the lunch your parent prepared for you.

"I think packed lunches were simpler a generation ago," says Katie Morford, registered nurse and author of the cookbook "Best Lunch Box Ever" and the blog Mom's Kitchen Handbook.

"It was a sandwich, piece of fruit, and maybe a bag of chips or a treat. I don't think a whole lot of vegetables went into school lunches or as much thought about the nutritional value of lunches."

Dispelling lunch myths

A great packed lunch has to take a lot of time. Not so. Lunch can be very simple and still tasty and nourishing. Leftovers are a terrific way to save time.

Kids won't eat salad for lunch. Not true. If salads are crunchy and fresh with plenty of kid appeal, they can be a real hit.

"In our house, if I pack taco salad or a chicken Caesar the containers always

come home empty," says Morford.

Lunches should have plenty of "kid food." Uh uh. There are hundreds of packaged foods marketed for kids, most of which aren't particularly healthful. Kids don't need tubes of artificially flavored yogurt and foil pouches of juice drinks. What kids need is simple, real, whole food.

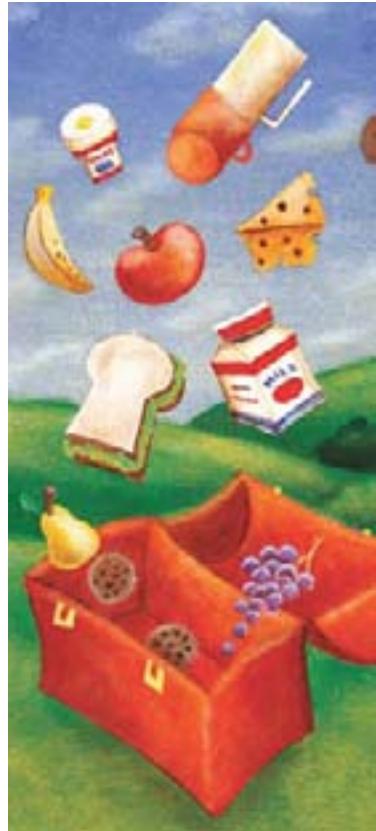
Lunches need to be "fun." Lunches just need to be, for the most part, eaten. A little bit of fun once in a while is great, but pulling out the cookie cutters and colorful toothpicks to make sandwiches everyday isn't necessary.

It's the parent's job to pack the lunch. Kids can begin helping with lunch in preschool and build their skills from there. By the time they are 8, they can be pretty independent.

Kids shouldn't play with their food. Lunch can be fun! Assemble bite-size cheese and cracker sandwiches. Make tiny fruit kabobs on toothpicks. Dip fruit, vegetables, crackers or bread in sauces.

Morford suggests involving kids by letting them pick fruit and veggies they like or getting adventurous and choosing ones they've never tried before.

"You might be surprised to find



your child loves jicama or kumquats."

Finally, include enough range to keep the kids from boredom. But don't be surprised if they settle on a few faves and request them week after week.

Little ones enjoy a few familiar, comforting items nearby when they're away from home.

Christine Palumbo is a Naperville-registered dietitian nutritionist who is a new Fellow of the American Academy of Nutrition and Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

Kiddie Cobb salad

The Cobb is a protein-packed salad that will stick with your kids through the school day. This version relies on smoked turkey for the signature flavor that typically comes from bacon. Blue cheese is an optional add-in since its flavor is too strong for a lot of little ones. The assembly is more composed than chopped, which makes it as pretty as it is tasty.

Makes two salads

INGREDIENTS:

- 2 cups chopped butter, red leaf, or romaine lettuce
- 1/2 cup chopped tomato or 10 cherry tomatoes, halved
- 1/2 large ripe avocado, cubed

2 or 3 slices smoked turkey, coarsely chopped

2 hard-boiled eggs, peeled and chopped

2 Tbsp. crumbled blue cheese (optional)

Dressing

1 tsp. soy sauce

2 tsp. balsamic vinegar

4 tsp. extra-virgin olive oil

DIRECTIONS: Divide the lettuce between two large containers. In each container, arrange half the tomato, avocado, turkey, eggs, and blue cheese (if using) in rows on top of the lettuce. To make the dressing, divide the soy sauce, balsamic vinegar, and olive oil between two small contain-

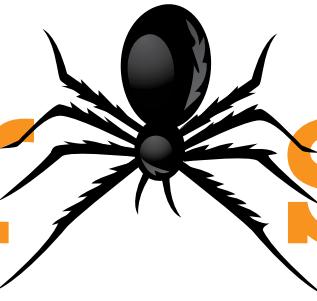
ers. Put on the lids and shake well.

MAKE-AHEAD NOTES: The salad and dressing can be made the night before and stored in the refrigerator, but wait until morning to cut and add the avocado. Be sure to give your child instructions for drizzling the dressing over the salad at lunchtime.

NUTRITION INFORMATION: 260 calories, 9 g carbohydrate, 13 g protein, 21 g fat (3.5 g saturated), 200 mg cholesterol, 590 mg sodium, 3 g sugar, 3 g fiber, 50% daily value for vitamin A, 20% daily value for calcium, 10% daily value for iron.

Used with permission from Katie Sullivan Morford, "Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love," Chronicle Books (2013).

Spider sense



Get caught up in this web of fun facts

BY SHNIEKA L. JOHNSON

For ages, arachnids have spun their silk of fascination through our imaginations, movies, and literature — think of E.B. White's classic book "Charlotte's Web" and the pop culture phenom that is Marvel's Spider-Man. And when you learn more about their real life power to survive in all types of environments — ranging from deserts to rain forests to urban centers like New York — it's not hard to gain an even deeper appreciation for these animals.

In the latest exhibit at the American Museum of Natural History, "Spiders Alive!" you can learn what the museum's researchers have discovered about these creatures, their anatomy, and defense mechanisms. In addition to displaying arachnids from the museum's vast collection, the exhibit includes an opportunity to see museum staff handling live specimens and to see these creatures up close.

"Spiders Alive!" does an excellent job of explaining — in an entertaining way — various spiders' biology, habitats, and how they impact human life. You will also gain insight into how the museum researchers study spiders.

I had the chance to discuss the exhibit with Hazel Davies, the associate director of Live Exhibits at the American Museum of Natural History:

Shnieka Johnson: This is a second run for "Spiders Alive!" How is it different from the last exhibit?

Hazel Davies: It's pretty much the same. The first run was a big success, so there was no reason to change. There is one different species of spider, the funnel-web grass spider.

SJ: Where were samples of the various species collected by researchers? How did the museum acquire the live specimens on view?

HD: The live exhibits collection is very different and separate from the research collection. The species for the exhibit came from several sources. As many as possible were bought from breeders in the hobby, for example, all 17 Chilean rose hair tarantulas... Some were sent by researchers who had them spare, and some were collected because they are so seasonal, living less than a year, just a couple are taken from areas with high population densities. None of them are endangered species.

SJ: This is considered a hands-on exhibit? What are some of the

hands-on components?

HD: It's not exactly "hands on" — no [visitor] touches the spiders. It's interactive in that you can get nose-to-nose with many species, some of them very large. The presentation area is the main feature where staff have a live tarantula and scorpion in open containers and use a magnifying camera to point out their features and explain anatomy and natural history. Visitors get to ask questions and learn a lot. There is a big climbable model so younger kids can really explore the features of spider's bodies — that is hands on.

SJ: How can parents use this exhibit to teach children about spiders and minimize their fear of them?

HD: Most people are afraid of things they don't really understand, and this exhibit goes a long way towards educating young and old alike about spider's lives and how they are beneficial to humans.

Yes, spiders are venomous, but less than one percent of all species pose any problem to humans, and you can see two of those species in the exhibit and learn how to distinguish them. The exhibit explains how spiders really just want to hide, they don't want to have to interact with humans, and will only bother you if you really bother them.

They keep insect populations under control — without spiders we would be overrun with many insect species that could affect agriculture. So having spiders around your home and garden is a good thing. The exhibit also introduces you to really cool facts about spider webs, hunting strategies, adaptations, and behavior. When children see how fascinating spiders are, most in the exhibit think they are really cool and want to get as close as they can to the ones at the presentation area.

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Spiders Alive! exhibit at the American Museum of Natural History [Central Park West and W. 79th Street on the Upper West Side, (212) 769-5100, amnh.org]. Now through Nov. 2.

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.



Photo by Denis Finnin

Lice lessons

What to do when they visit your home

BY RUTH HANLEY

Parents dread getting that note from school or a text from another mother that a classmate has lice. They cautiously give their kids' hair a quick search, find a louse, and panic. Memories of childhood experiences make us recall the myths and stigma about lice. Lice are not a sign of a dirty house or a dirty child, and they can show up on anyone. In fact, six to 12 million school-aged children are treated for lice each year.

"We all seem to equate it with cleanliness, but really, it's more like catching the flu or a cold from someone," says Mary Spryer, a California mom of two.

The way to ease the panic caused by this minuscule menace is to equip yourself with a good

plan, so that you'll be ready when necessary:

Keep calm and buy the shampoo. Head lice are common among children 3 to 12 years of age, though children as young as 2 months old can be treated with an over-the-counter lice shampoo. If you are pregnant or have a child younger than 2 months old, consult your doctor about other available treatments. Over-the-counter shampoo treatments usually contain only one percent permethrin solution, which is enough to be neurotoxic to lice, but very mild to humans.

Home remedies abound on blogs and websites, but they are not recommended for use alone. Dr. Roberta Winch, pediatrician at Pediatric Associates in Sammamish, Washington found that mayonnaise helped her pick the nits out of her child's long, thick hair, but she recommends using a lice shampoo to kill the live lice first.

Get comfortable with a comb. There is a reason that nit-picking means being excessively concerned with small details. Nits are small white lice eggs that are teardrop shaped and stick to one side of the hair shaft. A louse is light brown and can be as tiny as a carrot seed. Lots of debris can get stuck in your child's hair and look like lice: food, flakes of dry skin, dirt or plant matter. However, lice move and nits cling to the hair shaft and are hard to remove. If you can flick or blow it away, it's not a nit.

Use a spray bottle of water or detangling solution to wet-comb your child's hair with a fine-toothed lice comb. Wipe your comb on a paper towel and check for nits on the towel. Continue each day until you no longer find nits as you comb. Letting your child watch a movie, read a book, or play a handheld gaming device will help her sit still.

You're gonna do a lot of laundry. Wash and dry clothing, bedding, and stuffed animals on the hottest setting

you can. Vacuum car interiors, mattresses, and the surfaces of furniture and floors in your house and wash sheets frequently for the next few weeks. Store items that can't be washed in garbage bags that are closed up and set aside for two weeks.

"Adult lice can survive up to 55 hours without a host and eggs can hatch up to ten days later," says Dr. Winch. "It takes 12 days for a newly hatched egg to become an adult."

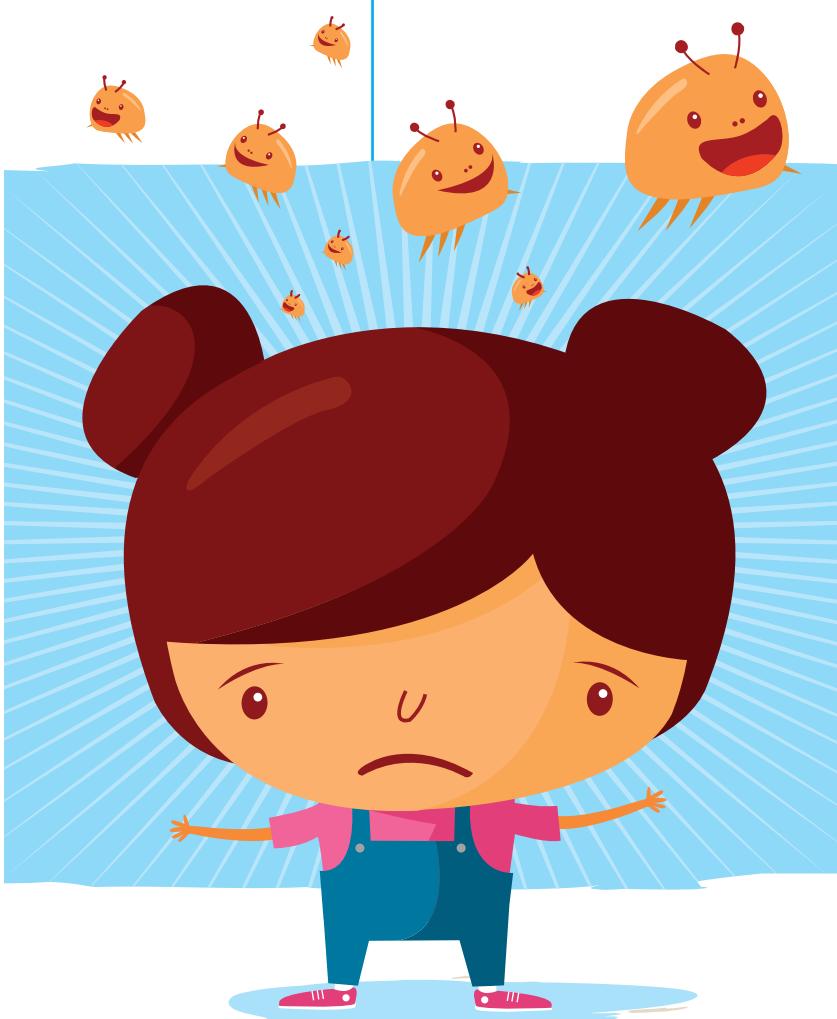
Cleaning and doing laundry can seem overwhelming, but don't assume you're surrounded by these nefarious creatures. Head lice crawl, rather than hop or fly, and are not transmittable to or from your pets. Also, according to the American Academy of Pediatrics, unless there is a heavy infestation, a louse isn't likely to wander off a person's head, because as soon as it does, it starts to die of starvation.

An ounce of prevention. Check your child's hair once a week for lice or nits. Lice Knowing You, a lice removal chain on the West Coast has the motto, "Take a peek once a week." If you find one in your weekly search, you'll likely catch it early and have a milder case. Remind your child not to share helmets, hair bands, brushes, or hats. It is also helpful to use a lice-repellent shampoo and detangling solution (such as Fairy Tales) on your child's hair and keep it in a ponytail or braid for school and camp.

Ultimately, educating yourself about how to look for lice and checking regularly are the best ways to avoid getting lice. Tara Clark, a mom of two girls from Washington State says, "Talk to friends with children of a similar age, and you will learn that everybody deals with it. It helps to know you aren't the only one." Take it from moms who have been there.

Let's get real about lice. When they show up at your house, it's not the end of the world. Things will get better, but first you'll have a lot of laundry to do!

Ruth Hanley has two daughters and she did a lot of laundry, vacuuming, and combing last year when lice came to visit her house. She was glad to see them go.





Healthy food for every kid

How the right diet can fuel a successful school year

BY MAXINE YEUNG

School is back in session, and while every child is different, making sure your children maintain a healthy diet during the new school year should be a priority for everyone. Whether you have a brainiac, star athlete, or a child with a peanut allergy, Montefiore Medical Center's associate wellness dietitian Maxine Yeung shares important nutritional advice that will set your child up for success.

The picky eater

Parents of picky eaters need to show kids how to eat healthily, not just talk about it. Being a good role model and leading by example will encourage kids to follow. But don't expect it to happen right away. For some children, it can take up to 15 tries before they will eat a new food. Patience and repetition are key:

introduce new, healthy foods in a fun and visually appealing way, and encourage children to "eat the rainbow" by incorporating colorful fruits and vegetables. Use cookie cutters to turn food into fun shapes and always pair healthy foods with other ingredients children already enjoy. For the pickiest of eaters, try hiding healthy foods in meals they love. For example, blend vegetables in the meat used for spaghetti and meatballs.

The eager beaver

If your child is always willing to lend a hand, letting her get involved with meal planning is a fun way to introduce new foods. Grocery shopping as a family gives kids an opportunity to make healthy food choices with their parents and offers a platform for discussing healthy habits.

In the home, parents can turn their kitchen into a fun, interactive,

healthy eating classroom by letting kids help cook. Allowing children to be involved in meal preparation gives them a sense of responsibility and increases the likelihood of them trying healthy foods.

The athlete

Hydration is important for everyone, but especially for children involved in sports. Even slight dehydration can lead to impaired memory and fatigue, so kids need to hydrate before, during and after physical activities.

Limit sweetened beverages like soda and juice and encourage your children to drink water. If your child is reluctant, add fresh fruit or a small amount of 100 percent fruit juice to help make water sweeter. On game day, avoid sending your kid with a sports drink and instead pack her water and a snack such as a banana or orange.

The over-achiever

Back-to-school means the return of extracurricular activities, including clubs, sports and after-school programs. Meal preparation is key for families that are always on-the-go.

Ease the stress that comes with a child's busy schedule by packing lunch and snacks the night before, or even cooking meals a week in advance.

The child with food allergies

Food allergies are a growing problem in this country, affecting one in 13 children. Returning to school can increase the risk of an allergic reaction among children with food allergies, because it's difficult to control a school environment.

Parents need to inform school officials about their child's food allergies and make them aware of triggers, signs, and medication. Families can also ask about accommodations their school can make for students with food allergies, such as peanut-free tables, meal service practices, and restricted food zones.

The early- or late-luncher

Children need to eat frequently, and while a snack is a good idea for most young students, it's essential for kids whose lunch is scheduled very early or late in the day.

Healthy snacks, like other meals, need to be balanced with protein and fiber, and should be low in sugar, saturated fat, and salt.

Calendar

SEPTEMBER



Photo by Michael Falco

A sailor's life

Celebrate the Smithsonian Magazine Museum Day Live with a trip to the Noble Maritime Collections on Sept. 27.

Discover the life and times of sailors at the famous retirement home for mariners. Visit the "Daily Life at Sailors' Snug Harbor" and "Treasures of Sailors' Snug Harbor" exhibits, learn about their activities at the turn of the last century, and explore the grounds of the stately manor.

Show your ticket and admission

is free.

The museum will accept your Museum Day Live ticket on the screen of your smartphone. Tickets may be obtained by visiting the Smithsonian magazine website.

Museum Day Live, Sept. 27 from 1 to 5 pm. Free with pass

The Noble Maritime Collections [1000 Richmond Terrace, building D at Tysen Street in Randall Manor, (718) 447-6490; www.smithsonianmag.com/museumday/tickets]

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 statenislandcalendar@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!

FRI, AUG. 29

ON STATEN ISLAND

Freaky Fridays: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 10 am–5 pm; Free.

Children participate in dress up. Spirit Day, Masquerade Day and Mustache Day.

Toddler Time: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351-1444; www.nypl.org; 10:30 am; Free.

Little ones birth to 5 years old with a parent or caregiver.

Fun Fridays: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30–4:30 pm; Free.

Children 5 years and older listen to stories, play games, fun crafts, and sing songs.

"The Lego Movie": Westerleigh Park, Neal Dow Avenue and College Avenue; www.nycgovparks.org; 8–10 pm; Free.

Children enjoy a night out on the lawn and a viewing of this animated flick.

FURTHER AFIELD

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

Enjoy the last days of summer vacation with snacks, crafts, music and giveaways.

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.

Children under 5 years old paint, draw, glue and weave to exploring and experiencing their inner artist.



Stories of the past

Take your children to the Story Museum every Thursday now through June, 2015.

The weekly event for toddlers, pre-schoolers, and parents offers crafts, songs, and playtime. Volunteers dressed in period clothing transport visitors back in time to explore the

magic of stories.

Story Museum, every Thursday now through June, 2015 from 11:30 am to 12:30 pm. Admission is \$3.

Historic Richmond Town [441 Clarke Ave. at Tysen Court in Great Kills, (718) 351-1611; www.historicrichmondtown.org]

SAT, AUG. 30

ON STATEN ISLAND

Richmond County Fair: Historic Richmond Town, Clarke Avenue and Richmond Rd.; (718) 351-1611; 11 am–6 pm; \$10 (\$5 children; under 30 inches free).

Amusement rides, vendors, food, pony rides and fun.

Saturday showtime: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 2–4 pm; Free.

Children 12 years old and younger are invited to enjoy an age appropriate movie. Caregivers welcomed.

SI Philharmonic Concert: Alice Austen House, 2 Hylan Blvd. and Bay Street; (718) 816-4506; 3–5 pm; Free.

Enjoy Labor Day with a concert on the lawn.

Kids craft time: Mariners Harbor Library, 206 South Ave. at Arlington Place; (212) 621-0690; nypl.org; 11:15 pm;

pm; Free.

For children 4 to 11 years old.

FURTHER AFIELD

Hans Christian Andersen Storytelling: Hans Christian Andersen Statue, 72nd Street and Fifth Avenue, Manhattan; hcstorycenter.org; 11 am; Free.

Listen to Andersen tales and other stories, folktales, and fairytales from around the world told by a group of brilliant storytellers.

NYC Unicycle Festival: Governor's Island, Colonels Row, Manhattan; www.nycunifest.com; Noon–5 pm; Free.

Two day event featuring world famous unicyclists performing stunts and giving lessons.

SUN, AUG. 31

ON STATEN ISLAND

Richmond County Fair: 11 am–6 pm. Historic Richmond Town. See Sat-

urday, Aug. 30.

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

Presented by Con-Edison. Monkey Monkey Music began in 2001, when songwriter Meredith LeVande began writing and performing for children — she is now a kiddie staple.

FURTHER AFIELD

NYC Unicycle Festival: Noon–5 pm. Governor's Island. See Saturday, Aug. 30.

MON, SEPT. 1

ON STATEN ISLAND

Richmond County Fair: 11 am–6 pm. Historic Richmond Town. See Saturday, Aug. 30.

FURTHER AFIELD

Labor Day At The Met: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street, Manhattan; (212) 570-7710; www.metmuseum.org; 11 am–3 pm; Free with museum admission.

Children, ages 5–12, spend Labor Day enjoying family programs at the museum.

TUES, SEPT. 2

ON STATEN ISLAND

Baby space: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 10 am–11 am and 11:30 am to 12:30 pm; Free.

Tiny toddlers from birth to 18 months and a caregiver listen to a story followed by a playtime with other tykes. There are two sessions to choose from.

WED, SEPT. 3

ON STATEN ISLAND

Read aloud: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 4–4:30 pm; Free.

Children 3 years old and up finger play, learn action rhymes and color.

THURS, SEPT. 4

ON STATEN ISLAND

Teen Lounge: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30–4:30 pm; Free.

Join with friends, bring snacks and use the library's lap tops for homework. For children 13 to 18 years old.

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Calendar

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FURTHER AFIELD

Start with Art and Music: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street, Manhattan; (212) 570-7710; www.metmuseum.org; 2-3 pm; Free with museum admission.

Children look, move, and sing while exploring art and music together in the galleries. This month's theme is Art in the Round.

FRI, SEPT. 5

ON STATEN ISLAND

Story-time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11-11:45 am; Free.

Preschoolers from 3 to 5 years old and a parent or caregiver listen to a story, sing songs, and meet other preschoolers.

Teen Advisory Group: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2-4 pm; Free.

Children 13 to 18 years old get hands-on experience by attending monthly meetings and volunteering for the library.

Fun Fridays: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30-4:30 pm; Free.

Children 5 years and older listen to stories, play games, fun crafts, and sing songs.

Board games: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 3:30 pm; Free.

Connect 4; Checkers, Battleship, Sorry and Candy Land are on the menu.

SAT, SEPT. 6

ON STATEN ISLAND

Tutoring: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 11 am-1 pm; Free.

Students in pre-K through eighth grade get help with math and reading by Staten Island High School volunteers. In-person registration is required.

Leap Band Fit Made Fun: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982-6983; www.barnesandnoble.com; 1 pm; Free.

Introducing the first activity tracker for children that encourages healthy habits with up to 50 fun challenges. For children 4 years and older. Reserve a spot in advance. Limited to 24 participants.

"The Pirate Fairy": New Dorp Li-

brary, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2-4 pm; Free.

From the world of Peter Pan comes this swashbuckling new adventure about Zarina, a smart dust-keeper fairy who is captivated by Blue Pixie Dust and its endless possibilities. Watch the movie and bring home a coloring sheet.

"Emergency": Cpl. Thompson Park, Broadway and Wayne St.; (212) 254-1109; nycgovparks.org; 2 pm; Free.

A rip-roaring musical about a heroic EMT worker. Presented by Street Theater.

Tutoring: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2-4 pm; Free.

Students in pre-K through eighth grade get help with math and reading by Staten Island High School volunteers. In-person registration is required (afternoon session).

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

Join with the rangers for a night out under the stars and in a tent. Families are chosen by lottery.

SUN, SEPT. 7

ON STATEN ISLAND

Nature walk: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; 1 pm; Free.

Take a closer look at what is beneath the leaves under our feet. A short walk lets children 6 years and older discover millipedes, sowbugs and other creatures of the ecosystem. Registration required.

FURTHER AFIELD

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

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

Block Printing: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; www.nyscience.org; 10:30 - 12:30 pm; \$8, plus museum admission.

Children ages 18 months and older carve groovy designs into foam blocks and use colorful ink to create a one-of-a-kind print.

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

MON, SEPT. 8

ON STATEN ISLAND

Teen Cafe: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2-4 pm; Free.

Hang out with friends in the community room, do homework, bring snacks or check out a laptop and do homework or just browse. For children 13 to 18 years old.

Board Game Bonanza: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 3:30-4:30 pm; Free.

Roll the dice, move pieces and have fun with board games. For all ages.

Read aloud: Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; www.nypl.org; 4 pm; Free.

Children 5 to 12 enjoy books.

Read aloud: Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; www.nypl.org; 4 pm; Free.

Children 5 to 12 enjoy books.

TUES, SEPT. 9

ON STATEN ISLAND

Baby space: 10 am-11 am and 11:30 am to 12:30 pm. St. George Library. See Tuesday, Sept. 2.

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.

Tutoring: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 3:30-5:30 pm; Free.

Students in pre-K through eighth grade get help with math and reading by Staten Island High School volunteers. In-person registration is required.

FURTHER AFIELD

Grief counseling: COPE, 1177 Ave of the Americas at 46th St., Manhattan; (516) 484-4993; 7-9 pm; Free.

Bereavement support group for adult siblings who have lost a sibling. New members must speak to Karen Flyer, executive director prior to first meeting.

WED, SEPT. 10

ON STATEN ISLAND

Summer reading finale: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 3-5 pm; Free.

Teens celebrate the end of the challenge and back to school.

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.

Read aloud: 4-4:30 pm. New Dorp Library. See Wednesday, Sept. 3.

THURS, SEPT. 11

ON STATEN ISLAND

Pre-school time: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 10:30-11:30 am; Free.

Children 3 to 4 years old with a parent or caregiver do a simple craft and sing-a-long. Pre-registration required.

Toddler time: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984-6670; www.nypl.org; 11-11:45 am; Free.

Little ones 18 months to 3 years old with a caregiver listen to interactive stories, fingerplay, and spend time with other tykes. Pre-registration required.

Teen Lounge: 3:30-4:30 pm. Great Kills Library. See Thursday, Sept. 4.

FRI, SEPT. 12

ON STATEN ISLAND

Rhyme time: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 10:30 am-11 am; Free.

Babies birth to 17 months old with parent or caregiver enjoy a simple story, gentle movement, songs, and rhymes.

Pre-school: Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984-4636; www.nypl.org; 10:30 am; Free.

Toddlers enjoy rhyming, and finger play.

Fun Fridays: 3:30-4:30 pm. Great Kills Library. See Friday, Sept. 5.

Board games: 3:30 pm. St. George Library. See Friday, Sept. 5.

Bat night: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351-3450; www.nycgovparks.com; 7 pm; Free.

Enjoy a leisurely end of summer stroll around Willowbrook Park pond in search of the nocturnal mosquito eater, the bat. Recommended for children 8 years and older. Registration required.

SAT, SEPT. 13

ON STATEN ISLAND

1776 Peace Conference: Conference House, Hylan Boulevard and Satterlee Street; (718) 984-6046; www.conferencehouse.org.

Calendar

nycgovparks.org; 11 am–4 pm; \$5 (\$3 for children 12 and younger and seniors).

Celebrate the 238th anniversary of the 1776 Peace Conference. Turn back the hands of time and enjoy children's activities, tours of the house, colonial dancing, outdoor cooking, music, and re-enactments.

Tutoring: 11 am–1 pm. New Dorp Library. See Saturday, Sept. 6.

"Despicable Me 2": New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351–2977; www.nypl.org; 2–4 pm; Free.

Gru, his adorable girls, and the mischievous Minions are back battling a new criminal mastermind. Watch the movie and bring home a coloring sheet.

Tutoring: 2–4 pm. New Dorp Library. See Saturday, Sept. 6.

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

Children explore how instruments like the guitar, flute, and xylophone work, then make one out of everyday materials. Suitable for children 5 to 12 years old.

Night Sky: Wolfe's Pond Park comfort station, Hylan Boulevard and Cornelia Avenue; (718) 967–3542; www.nycgovparks.org; 8 pm; free.

Join with park rangers and view the stars in the autumn night sky. Weather permitting, call ahead.

FURTHER AFIELD

Columbia Waterfront Fall Festival

Street Fare: Columbia Street between Degraw and Union streets, Brooklyn; www.carrollgardensassociation.com; Noon–5 pm; Free.

Family-friendly event featuring rides, animal rescue adoption truck, street food fare, live music, dance performances and raffles, lots of raffles.

SUN, SEPT. 14

ON STATEN ISLAND

Birdhouse workshop: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351–3450; www.nycgovparks.com; 11 am; \$6 (\$4 for members).

Birds of a feather flock to brightly decorated bird houses. Learn how to build your own. Recommended for children 5 years and older with an adult. Registration required.

Pond walk: Greenbelt Nature Center, 700 Rockland Ave. at Brielle Avenue; (718) 351–3450; www.nycgovparks.com; 1 pm; Free.

There is so much more to a pond than what is on the surface. Take a



Photo by Filip Wolak

Get arty at the Whitney

The whole family will enjoy Koons Family Day at the Whitney Museum of American Art on Sept. 27. The exhibit, Jeff Koons: A Retrospective, features a giant sculpture of a balloon dog, a larger-than-life sculpture of Play Doh, hands-on-activities, gallery stations, and fun ways to learn about the artist's work

and process. The event is suitable for children of all ages.

Koons Family Day, Sept. 27, 9:30 am to 11 am. Free with museum admission.

Whitney Museum of American Art [945 Madison Ave. between E. 74th and E. 75th streets on the Upper East Side, (212) 671–1846; www.whitney.org]

walk through the wetlands and discover the cycles of the pond. Suitable for children 8 years and older with an adult.

Archery: Willowbrook Park, Richmond Avenue and Eton Place; www.nycgovparks.org; 1 pm; Free.

Rangers demonstrate the proper way to use a bow and arrow. Suitable for children 8 years and older with an adult. Participants chosen by lottery.

FURTHER AFIELD

Cardboard Creations: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699–0005 X 353; www.nyscience.org; 10:30 – 12:30 pm; \$8, plus museum admission.

Children ages 18 months and older design new ways of joining cardboard pieces to transform them into cool creations.

MON, SEPT. 15

ON STATEN ISLAND

Teen Cafe: 2–4 pm. New Dorp Library. See Monday, Sept. 8.

Bricks for Kidz: Mariners Harbor Library, 206 South Ave. at Arlington

Place; (212) 621–0690; [nypl.org](http://www.nypl.org); 3:30 pm; Free.

Learn about the historic and mathematical info on LEGO. Children 6 to 12 years old build models in teams using imagination and new skills.

Board Game Bonanza: 3:30–4:30 pm. Great Kills Library. See Monday, Sept. 8.

Puppet workshop: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351–1444; www.nypl.org; 4 pm; Free.

Children create a puppet based on the characters in "Where the Wild Things Are," then put on a puppet play at the end of the program. Suitable for children 4 years and older.

Read aloud: 4 pm. Huguenot Public Library. See Monday, Sept. 8.

New York Public Library – E resources: Dongan Hills Library, 1617 Richmond Rd. at Liberty Avenue; (718) 351–1444; www.nypl.org; 4 pm; Free.

Teens 13 to 18 years old and GED students 16 to 24 years old get help in finding out information to complete homework and school projects.

TUES, SEPT. 16

ON STATEN ISLAND

Baby space: 10 am–11 am and 11:30 am to 12:30 pm. St. George Library. See Tuesday, Sept. 2.

Story time: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351–2977; www.nypl.org; 3:30–4:30 pm; Free.

Preschoolers 2 and one-and-a-half years old to 5 years old with a parent or caregiver enjoy books, songs, and rhymes and play with other children. Each program wraps up with a fun craft to take home.

Tutoring: 3:30–5:30 pm. New Dorp Library. See Tuesday, Sept. 9.

WED, SEPT. 17

ON STATEN ISLAND

Gustafer Yellowgold: Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984–4636; www.nypl.org; 4 pm; Free.

Meet the friendly creature that comes to Earth from the sun. Multimedia program. Recommended for children 4 to 12 years old.

Read aloud: 4–4:30 pm. New Dorp Library. See Wednesday, Sept. 3.

THURS, SEPT. 18

ON STATEN ISLAND

Toddler time: 11–11:45 am. Great Kills Library. See Thursday, Sept. 11.

Teen Lounge: 3:30–4:30 pm. Great Kills Library. See Thursday, Sept. 4.

FURTHER AFIELD

Learn and play: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735–4400; www.brooklynkids.org; 3–6 pm; Free with museum admission.

Children learn and play and strengthen developmental, and language skills.

FRI, SEPT. 19

ON STATEN ISLAND

Story-time: 11–11:45 am. Great Kills Library. See Friday, Sept. 5.

Presley and Melody: Great Kills Library, 56 Giffords Ln at Margaret Street; (718) 984–6670; www.nypl.org; 3:30 pm; Free.

The singing pair entertain children 18 months to 12 years old with an interactive concert.

Board games: 3:30 pm. St. George Library. See Friday, Sept. 5.

Family camping: High Rock Park, *Continued on page 30*

Calendar

Continued from page 29

Nevada Avenue and Sloane Avenue; (718) 967-3542; www.nycgovparks.org; 6 pm; Free.

Join with the rangers for a night out under the stars and in a tent. Families are chosen by lottery.

Tot Shabbat: Temple Israel Reform Congregation of SI, 315 Forest Ave.; (718) 727-2231; www.templeisrael-siny.org; 6 pm; Free.

Children are introduced to Shabbat in a friendly service filled with songs, puppets and music. Children 6 years and younger must be accompanied by a parent or grandparent. Bring your own blanket.

FURTHER AFIELD

Learn and play: 3-6 pm. Brooklyn Children's Museum. See Thursday, Sept. 18.

SAT, SEPT. 20

ON STATEN ISLAND

Junior Science Club: Staten Island Museum, 75 Stuyvesant Pl. corner of Wall Street; (718) 727-1135; www.statenislandmuseum.org; 10 am-Noon; \$8 and \$5 members.

Teens and tweens 8 to 13 years old learn about the fascinating properties of water.

Art bazaar & Flea market: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmondtown.org; 10 am-5 pm; Free.

Experience an artful oasis of works of art created by local talent, antiques and crafts.

Tutoring: 11 am-1 pm. New Dorp Library. See Saturday, Sept. 6.

"Wall-E": New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2-4 pm; Free.

Lovable Wall-E discovers a new purpose in life when he meets a sleek search robot named Eve. Watch the movie and bring home a coloring sheet.

Tutoring: 2-4 pm. New Dorp Library. See Saturday, Sept. 6.

Music Corner: 2 pm. Dongan Hills Library. See Saturday, Sept. 13.

FURTHER AFIELD

Fifth Annual World Maker

Faire: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; www.nyscience.org; 10 am-7 pm; Ticket prices vary.

A festival of invention, creativity and resourcefulness. 600 makers exhibit their projects in addition to performances, demonstrations and a speaker

roster including authors, innovators, and leading thinkers in the Maker movement.

Dinosaur vs. School: Brooklyn Academy of Music Hillman Studio, 321 Ashland Place, Brooklyn; (718) 763-4100; www.bam.org; 10:30 am; Free.

An interactive book reading of the latest Dinosaur series with author Bob Shea. Following the event there will be a book signing. Suitable for children 2 to 5 years old.

Learn and play: 3-6 pm. Brooklyn Children's Museum. See Thursday, Sept. 18.

SUN, SEPT. 21

ON STATEN ISLAND

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

Teens have an opportunity to get in shape with this brisk walk to the edge of the Greenbelt through the forest. Registration required. Bring a snack, water and wear insect repellent.

FURTHER AFIELD

Fifth Annual World Maker

Faire: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699-0005 X 353; www.nyscience.org; 10 am-6 pm; Ticket prices vary.

A festival of invention, creativity and resourcefulness. Six hundred makers exhibit their projects in addition to performances, demonstrations and a speaker roster including authors, innovators, and leading thinkers in the Maker movement.

Sunday Studio: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street, Manhattan; (212) 570-7710; www.metmuseum.org; 1-4 pm; Free with museum admission.

Try your hand at creating works of art in the galleries in this drop-in program. Focus on a different art form each session with family-friendly activities led by an artist.

MON, SEPT. 22

ON STATEN ISLAND

Teen Cafe: 2-4 pm. New Dorp Library. See Monday, Sept. 8.

Board Game Bonanza: 3:30-4:30 pm. Great Kills Library. See Monday, Sept. 8.

Read aloud: 4 pm. Huguenot Public Library. See Monday, Sept. 8.

New York Public Library – E resources: 4 pm. Dongan Hills Library. See Monday, Sept. 15.

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

TUES, SEPT. 23

ON STATEN ISLAND

Baby space: 10 am-11 am and 11:30 am to 12:30 pm. St. George Library. See Tuesday, Sept. 2.

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.

Tutoring: 3:30-5:30 pm. New Dorp Library. See Tuesday, Sept. 9.

WED, SEPT. 24

ON STATEN ISLAND

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

Take a closer look at what is beneath the leaves under our feet. A short walk lets 8 to 12 years old discover millipedes, sowbugs and other creatures of the ecosystem. Registration required.

Movies for teens: 3:30-5:30 pm. Dongan Hills Library. See Wednesday, Sept. 10.

Read aloud: 4-4:30 pm. New Dorp Library. See Wednesday, Sept. 3.

THURS, SEPT. 25

ON STATEN ISLAND

Pre-school time: 10:30-11:30 am. St. George Library. See Thursday, Sept. 11.

Teen Lounge: 3:30-4:30 pm. Great Kills Library. See Thursday, Sept. 4.

Movement fun: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 4-5 pm; Free.

This exciting program lets children 3 and older use their imagination and move with scarves, songs, shaker eggs and dance.

Indian dance: St. George Library, 5 Central Ave. at Hyatt Street; (718) 442-8560; www.nypl.org; 4 pm; Free.

Adults and children 5 years and older enjoy interactive dancing, music, workshops and learning about the different Indian art forms.

FRI, SEPT. 26

ON STATEN ISLAND

Pre-school: 10:30 am. Huguenot Public Library. See Friday, Sept. 12.

Board games: 3:30 pm. St. George Library. See Friday, Sept. 5.

SAT, SEPT. 27

ON STATEN ISLAND

Motori D'Italia: Casa Belvedere, 77 Howard Ave. at Victory Boulevard; (718) 273-7660; casa-belvedere.org; 11 am-8pm; \$10 (Children under 12 free).

Once again the exotic cars and motorbikes of Italy will be on display along with culinary demonstrations, rides, games, crafts, entertainment and more.

Tutoring: 11 am-1 pm. New Dorp Library. See Saturday, Sept. 6.

Museum Day: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351-1611; www.historicrichmondtown.org; 1 pm; Free.

Come and celebrate the Smithsonian Magazine's Museum Day. The 10th annual events throws open the doors to culture and history and shouts, "Welcome, come on in." Register on line for tickets.

Museum Day Live: The Noble Maritime Collection, 1000 Richmond Terrace, Bldg D at Tysen Street; (718) 447-6490; www.smithsonianmag.com/museumday/tickets; 1-5 pm; Free.

Come and explore the Daily Life at Sailors' Snug Harbor and Treasures of Sailors' Snug Harbor exhibits at the museum and learn about the activities of the famous retirement home for mariners. Show your ticket and admission is free. The museum will accept your Museum Day Live ticket on the screen of your smartphone (get tickets on the Smithsonian magazine website).

"The Jungle Book": New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351-2977; www.nypl.org; 2-4 pm; Free.

Disney's classic movie based on the stories of Rudyard Kipling is a toe-tapping, musical animated film that is 78 minutes long and great for children of all ages. Watch the movie and bring home a coloring sheet.

Tutoring: 2-4 pm. New Dorp Library. See Saturday, Sept. 6.

Music Corner: 2 pm. Dongan Hills Library. See Saturday, Sept. 13.

FURTHER AFIELD

Celebrate Latin America: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street, Manhattan; (212) 570-7710; www.metmuseum.org; 1-5 pm; Free with museum admission.

Connect and celebrate during the annual museum-wide festival. Bring family and friends to explore art, enjoy performances and stories, create, and more.

Continued on page 32

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Calendar

Continued from page 30

SUN, SEPT. 28

ON STATEEN ISLAND

Motori D'Italia: 11 am–8 pm. Casa Belvedere. See Saturday, Sept. 27.

Elf on a Shelf: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982–6983; www.barnesandnoble.com; 1 pm; Free.

Celebrate the world's favorite elf with a story and birthday activities including a cupcake decorating event. Reserve your space. Limited to 30 children.

BBQ & Clambake: Alice Austen House, 2 Hylan Blvd. and Bay Street; (718) 816–4506; 2–6 pm; Tickets are \$60 (\$20 children 5 to 12).

Help support the Alice Austen house and enjoy a late summer event.

FURTHER AFIELD

Harvest Time Jam: New York Hall of Science, 47-01 111th St., at Avenue of Science, Queens; (718) 699–0005 X 353; www.nyscience.org; 10:30 – 12:30 pm; \$8, plus museum admission.

Children ages 18 months and older smash and stir seasonal fruit into a yummy batch of homemade jam.

MON, SEPT. 29

ON STATEEN ISLAND

Baby space: 10 am–11 am and 11:30 am to 12:30 pm. St. George Library. See Tuesday, Sept. 2.

Board Game Bonanza: 3:30–4:30 pm. Great Kills Library. See Monday, Sept. 8.

Read aloud: 4 pm. Huguenot Public Library. See Monday, Sept. 8.

New York Public Library – E resources: 4 pm. Dongan Hills Library. See Monday, Sept. 15.

TUES, SEPT. 30

ON STATEEN ISLAND

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

Tweens and teens explore their creative side and make a fun project. Pre-registration required.

Tutoring: 3:30–5:30 pm. New Dorp Library. See Tuesday, Sept. 9.

LONG-RUNNING

ON STATEEN ISLAND

Conservation Carousel: Staten Island Zoo, 614 Broadway at Martling Avenue; (718) 442–3174; www.statenislandzoo.org; Weekdays, 11 am–3

pm, Saturdays and Sundays, 11 am–4 pm, Now – Fri, Sept. 26; \$2 per rider.

Take a ride on one of the zoo's 25 animals from around the world. The carousel features hand-carved endangered or vulnerable wild animals.

Kidz cook: Staten Island Children's Museum, 1000 Richmond Ter. at Tysen Street; (718) 273–2060; statenislandkids.org; Fridays, 2, 3 and 4 pm, Now – Fri, Dec. 12; Free with museum admission.

Children experiment with all types of food.

Read aloud: New Dorp Library, 309 New Dorp Ln at Clawson Street; (718) 351–2977; www.nypl.org; Friday, Aug. 22, 2:30 pm; Monday, Aug. 25, 2:30 pm; Friday, Aug. 29, 2:30 pm; Free.

Children 3 years old and up finger play, learn action rhymes and color.

Learn Italian: Huguenot Public Library, 830 Huguenot Ave. at Drumgoole Road East; (718) 984–4636; www.nypl.org; Fridays, 3:30–4:30 pm, Now – Fri, Dec. 19; Free.

Children in kindergarten to first grade learn the basics, the alphabet, colors, numbers, days of the week and seasonal songs. Pre-registration required.

Rides and games: South Beach Ballfield, Ft. Capodanno Blvd and Sand Court; (347) 466–1767; Fridays, 4–9 pm, Now – Fri, Aug. 29; Free.

Families are invited to come on down at sunset and play games and watch movies on the ballfield.

Storytime: Barnes & Noble, 2245 Richmond Ave. at Travis Avenue; (718) 982–6983; www.barnesandnoble.com; Tuesdays and Saturdays, 10:30 am, Now – Fri, Nov. 21; Free.

Children listen to a different story each week.

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

Children create fun projects.

Sunset Family Festival: Staten Island boardwalk, Sand Lane and Capadano Boulevard; (34547) 466–1767; Wednesdays and Sundays, 4 pm to 11 pm, Now – Sun, Aug. 31; Free.

Each week the boardwalk is the spot for fireworks, entertainment snacks and vendors.

Story Museum: Historic Richmond Town, 441 Clarke Ave. at Tysen Court; (718) 351–1611; www.historicrichmondtown.org; Thursdays, 11:30 am–12:30 pm, beginning Thurs, Sept. 4; \$3.

Toddlers and pre-schoolers with a caregiver listen to stories, do crafts, lis-

ten to songs, dance and sing and have play with other children.

FURTHER AFIELD

Traveling in the World of Tomorrow: The Future of Transportation at New York's World's Fairs: New York Transit Museum Gallery Annex at Grand Central Terminal, 42nd Street and Park Avenue, Manhattan; (212) 878–0106; www.grandcentralterminal.com; Monday – Friday 8 am–8 pm, Saturday and Sunday 10 am–6 pm; Free.

This exhibition celebrates the 50th and 75th anniversaries of the 1939 and 1964 Fairs. With a variety of postcards, photos, ephemera and souvenirs, the exhibition shows how transportation was a symbol for the future, its potential effect on modern American life, and the technological advancements in transportation that American corporations claimed would make a better world possible.

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, sand boxes, 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, Now – Sun, Nov. 2; \$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, prodrohadros, stegosaurus and edmontonia.

Kids's Discovery Stations: Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623–7220; www.bbg.org; Tuesdays – Saturdays, 10:30 am–12:30 pm, Now – Fri, Aug. 29; Free with admission to the gardens.

Families drop by for a craft and learn about plants, composting and garden stories.

Art Kid: Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735–4400; www.brooklynkids.org; Fridays, 11:30 am, Now – Fri, Sept. 26; Free with museum admission.

Children 5 years and older explore a new style each week.

Carousel: Prospect Park Children's Corner, 452 Flatbush Ave. at Ocean Avenue, Brooklyn; www.prospectpark.org/visit/places/carousel; Thursdays – Sundays, Noon–6 pm, Now – Sun, Aug. 31; \$2 per ride (\$9 per book of five tickets).

Take a ride on the park's historic carousel.

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.

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.

Haunted Pumpkin Garden: New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817–8700; www.nybg.org; Mondays – Thursdays, 1:30–5:30 pm, Fridays, 1:30 – 5:30 pm, Saturdays, 10 am to 5:30 pm, Sundays, 10 am–5:30 pm, Sat, Sept. 20 – Fri, Oct. 31; Free with garden admission.

Youngsters experience guided activities, play inside a pumpkin house, go on a scavenger hunt for fall fruits and nuts; look for worms, put on a show at the Pumpkin Puppet Theater, read spooky stories, watch seeds sprout. On Saturday and Sunday children participate in a costumed parade that travels throughout the Children's Adventure Garden.

Creepy Creatures of Halloween: New York Botanical Garden, 200th St. and Kazimiroff Blvd., The Bronx; (718) 817–8700; www.nybg.org; Saturdays and Sundays, Noon and 2 pm, Sat, Sept. 20 – Fri, Oct. 31; Free with garden admission.

Youngsters meet slithery snakes and scaly reptiles, and learn why they are scary at all. Each weekend features a different creature from small snakes, snapping turtles and a Tegu Lizard.

Back to savings

Ten ways to save big on back-to-school shopping

BY MALIA JACOBSON

Looking to save on back-to-school shopping? You're in good company. Parents everywhere are feeling the pinch of the economy, and four out of five have reduced their school-related spending. The National Retail Federation reports that 56.2 percent of back-to-school shoppers are looking for discounts, 41.7 percent are ditching brand-names in favor of generics, and 40 percent are using more coupons.

Welcome the new school year in frugal fashion with these tips for back-to-school saving:

Start at the beginning

Get organized, and get "the list." Review your child's list of required supplies and take inventory of what you'll need. If you don't have a list, contact your child's school or friends with older children.

Aim to be thorough in your shopping. Forget a few items, and you'll find yourself fighting with the masses — and paying full price — for picked-over supplies at the last minute. Instead, save money and hassle by checking everything off the list before the first day.

Never stop shopping

Buy the basics on sale year-round and squirrel them away for back-to-school. According to Jonni McCoy, author of "Miserly Moms: Living Well on Less in a Tough Economy," shopping over time spreads out the expendi-

tures and maximizes your purchasing power.

"Don't try to get it all done in one day," says McCoy. "Not everything is on sale on one day. Every week, check what school items are on sale and get those. Then do the same the next week, and the next."

Cash in on the coupon craze

Budget-minded shoppers are couponing like never before. Promotional transaction vendor Inmar reports that coupon use is reaching record highs. In 2013, 96 percent of shoppers reported using coupons, and not just for groceries — a third of the 3 billion coupons redeemed were for non-food items.

Cents-off coupons can add up to big savings, but you can raise the stakes considerably with a little extra legwork. Major retailers like Target and Rite-Aid offer discounts up to \$25 for transferred prescriptions. Find a local store that doubles the value of manufacturer's coupons at couponing.about.com, and you can buy supplies for next to nothing.

Shoppers are increasingly turning to the web to score coupons. Inmar reports that more than half of the coupons redeemed were digital; more than 43 percent of coupons used were printed at home. Websites such as Smartsource.com, retailmenot.com, and coupons.com offer printable coupons, many with savings of \$1 or more.

Surf the savings

Sites like Craigslist.org and Ebay.com offer everything from computers to graphing calculators to brand-name backpacks at huge discounts. While you're at it, why not unload things your kids have outgrown? Last year's trendy outfit, bike, or winter coat can yield cash to put toward this year's list.

Join the club

Register to get exclusive discounts, deluxe coupons, and other perks delivered to your inbox from major retailers including The Gap, Old Navy, and Fred Meyer. Sign up online or in store. If you don't want to clog your personal account with marketing e-mail, snag a free e-mail

account just for promotional sign-ups.

Dollars and sense

Your local dollar store is a great place to find basic supplies for less. McCoy recommends shopping for supplies at discount stores and taking advantage of sales to stretch your dollar even further. Staples and Walmart host well-known sales offering back-to-school supplies for pennies. Mark your calendar for sale days and scoop up the savings.

Swap to save

Score some new-to-your-kids clothing by hosting a swap. Lay down a few ground rules — clothing should be free of stains and rips, and no payment or bartering is allowed. People take what they want, and leave what they don't. Afterward, leftover items can be donated to charity.

Say 'yes' to yard sales

Summer is yard-sale season. Binders, notebooks, pencil cases, scissors, staplers, loose-leaf paper, and more are yours for the finding. Bring small bills and change and don't be afraid to haggle. Carry a reusable bag to tote home your treasures.

Bulk up your budget

Big-box discounters and warehouse stores sell high-quality office and school supplies in bulk. If you have a large family, the supersized packages of pens, highlighters, binders, tape, and folders make sense.

You can take advantage of bulk deals even if you don't have a large brood. Gather a group of moms, divide the list, and pool the savings.

Grab some inspiration

Creativity is in. Spice up a plain or hand-me-down binder with a digital photo collage. Protect school books with covers made from gift wrap or newspaper. Refresh last year's backpack with new buttons and iron-on patches. The possibilities for inspiration — and savings — are endless.

Malia Jacobson is an award-winning health and parenting journalist and mom of three. Her latest book is "Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades."



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