

BRONX/RIVERDALE

# Family

Where Every Child Matters

September 2014

FREE

Activity Guide  
Fall  
Guide



## It's time!

Adjusting to the school year's sleep routine

## Nurturing creativity

Parenting artistic kids

## Heads up

Understanding child concussions



Find us online at [www.NYParenting.com](http://www.NYParenting.com)

**THINKING of :**

**Boosting Academic Skills**

**Improving Test Scores**

**Learning to Swim**

**Having a Great Time...**

**THINK Lehman Academy  
FOR CHILDREN & TEENS**



**Our Fall Saturday Enrichment  
Courses Are Back!**

**FREE Open House: Sat. Sept. 27, 10:30 am**

**Carman Hall room 128 - 250 Bedford Park Blvd. West / 200th St.**

**It's ALL Right in Your Neighborhood:**

- Register EARLY for Discounts! Combo Discounts too!
- Quality Programs at a Great Price!
- Beautiful Campus & Olympic Pool!

[www.lehman.edu/ce](http://www.lehman.edu/ce)



**718-960-8512**





14



12

## **FEATURES**

- 6 Parenting an artist**  
Helping creative kids reach their full potential  
BY CAROLYN WATERBURY-TIEMAN
- 8 Crash course**  
Returning to a school-year sleep routine  
BY MALIA JACOBSON
- 10 Spider sense**  
Get caught up in this web of fun facts  
BY SHNIEKA L. JOHNSON
- 12 A-head of the game**  
Understanding concussions in children  
BY SHNIEKA L. JOHNSON
- 15 Backpack safety**  
BY ALEXA BIGWARFE
- 16 Building a better mammogram**  
Breast tests that could save your life  
BY SANDRA GORDON

- 20 Parenting the troubled child**  
How to seek help for mental illness  
BY GAYLA GRACE
- 22 Back to savings**  
Ten ways to save big on back-to-school shopping  
BY MALIA JACOBSON
- 23 Fire safety can be fun**  
BY SHAVANA ABRUZZO
- 24 Healthy food for every kid**  
How the right diet can fuel a successful school year  
BY MAXINE YEUNG
- 26 Lice lessons**  
What to do when they visit your home  
BY RUTH HANLEY
- 34 Villains get their day**  
Kid critics weigh in on Gotham action

## **COLUMNS**

- 14 Good Sense Eating**  
BY CHRISTINE M. PALUMBO, RD

## **CALENDAR**

- 28 September Events**

## **SPECIAL SECTIONS**

- 18 Activity Directory**
- 33 Party Planners**
- 33 The Marketplace**

# Letter from the publisher

## School's open

**W**hat 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,  
Publisher/Executive Editor  
Family@cnglocal.com

### STAFF

#### PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss

#### PUBLISHER / BUSINESS MANAGER:

Clifford Luster

#### SALES MANAGER / ADVERTISING:

Sharon Noble

#### OPERATIONS ASSOCIATE:

Tina Felicetti

#### SALES REPS:

Alexis Benson, Shanika Stewart,  
Jackie Tarantino

#### ART DIRECTOR:

Leah Mitch

#### LAYOUT MANAGER:

Yvonne Farley

#### WEB DESIGNER:

Sylvan Migdal

#### GRAPHIC DESIGNERS:

Arthur Arutyunov,  
Mauro Deluca, Earl Ferrer, Cheryl Seligman

#### MANAGING EDITOR:

Vince DiMiceli

#### ASSISTANT EDITOR:

Courtney Donahue

#### COPY EDITOR:

Lisa J. Curtis

#### CALENDAR EDITORS:

Joanna Del Buono,  
Jesseca Stenson

### CONTACT INFORMATION

#### ADVERTISING: WEB OR PRINT

(718) 260-4554  
Family@cnglocal.com or  
SWeiss@cnglocal.com

#### CIRCULATION

(718) 260-8336  
TFelicetti@cnglocal.com

#### EDITORIAL

(718) 260-4554  
Family@cnglocal.com

#### CALENDAR

(718) 260-2523

#### ADDRESS

New York Parenting Media/CNG  
1 Metrotech Center North  
10th Floor  
Brooklyn, NY 11201

[www.NYParenting.com](http://www.NYParenting.com)

**NEW YORK Parenting**  
nyparenting.com • WHERE EVERY FAMILY MATTERS



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

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

**New York Parenting Media** can also be reached by calling (718) 260-4554, emailing family@cnglocal.com or by visiting our website, NYParenting.com.

Join the conversation on Facebook.

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

**New York Parenting Media** is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2014 Readership: 220,000. 2012 circulation audits by CAC & CVC.





## St. Thomas Aquinas School

1909 Daly Avenue Bronx, NY 10460 718-893-7600  
Mrs. Teresa Sopot, Principal

Registration is ongoing. Call for tours  
Pre-K4 and Kindergarten; Grades 1-8

### TOURING TUESDAYS

- Early Drop Off 7:15am
- After School Program Until 6pm
- Dedicated Faculty and Staff
- Breakfast Program
- Hot Lunch Program
- After School Piano Lessons
- Title I Services: Reading, Math & ESL
- Guidance Counselor
- State of the Art 48 Wireless Laptops
- Computer Lab & Smartboard Technology
- Physical Education
- Art & Music Program
- Daily Prayer and Weekly Masses
- Resource Room for Eligible Students



Celebrating Over 100 Years of Academic Excellence  
In The West Farms-South Bronx Area

**FREE**  
First Lesson  
and  
Consultation

## Belle School of Music "Where Learning Is Fun"



**SPECIALIZING IN PIANO,  
KEYBOARDS AND VOICE**



### Kindermusik

Ages 2 - 4 with parent participation.  
Plant the seed of music in your child!

### MUSIC LAND

Ages 4 - 5 with parent participation.  
A delightful experience for Mozarts of the future.

### MUSIC FOR LITTLE PEOPLE

Ages 5 - 7 with parent participation.  
Unique Russian-Japanese method.  
Experience the Magic of Music.

### ADVENTURES IN KEYBOARD

Ages 8 - 12. Tradition on a new note.  
Piano instruction for the child of the new millennium.

Bring out the musical talent in your child!

**914-961-5511**

**www.belleschool.com**

Scarsdale:  
1088 Central Park Ave.

White Plains:  
283 Tarrytown Road

Yonkers:  
1537 Central Park Ave.

# HAC Family Services Inc.



**Doris E. Stone**  
1165 University Avenue  
Bronx, NY 10452  
(718) 588-1030

**Highbridge Advisory  
Council\***  
Day Care Center  
1181 Nelson Avenue  
Bronx, NY 10452  
(718) 681-5216

**Early Childhood Center I\***  
1594 Townsend Avenue  
Bronx, NY 10453  
(718) 299-3917

**Early Childhood Center III\***  
1399 Ogden Avenue  
Bronx, NY 10452  
(718) 293-9196

**Richard H. Mangum Early  
Learning Center**  
921 E. 162nd Street  
Bronx, New York 10451  
(718) 590-0673

## Bridging the Gap to Education & Success

- Childcare (2-years to 5-years)
- Family Day-Care CACFP
- Headstart
- Pre-school Evaluations
- Universal Pre-K
- Pre-school Special Education
- Family Day-Care (6-weeks to 4-years)

*Nearly a half a century of service to the Bronx*

For more information contact the central office located at:  
**880 River Avenue Bronx, NY 10452 2nd Floor**  
**Phone: (718) 992-1321 Fax: (718) 992-8539**  
**James W. Nathaniel, CEO HacFamilyServicesInc.org**

**Marshall England Early  
Learning Center**  
800 Concourse Village East  
Bronx, NY 10452  
(718) 742-2366/69

**Head Start Program\***  
880 River Avenue 2nd Floor  
Bronx, NY 10452  
(718) 992-1321



# 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*

**Y**oung 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 find; 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 when 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.*



## General & Specialty Pediatric Services

Pediatrics  
Adolescent Medicine  
Occupational Therapy  
Behavioral Health  
Dentistry  
Orthodontics  
Physical Therapy  
Speech Therapy

*Hablamos Español*



260 East 188th Street • 2021 Grand Concourse  
470 East Fordham Road • 4487 Third Avenue  
[www.uchcbronx.org](http://www.uchcbronx.org) • 718-220-2020



# Crash course

## Returning to a school-year sleep routine

BY MALIA JACOBSON

**W**ith 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."*



# ST. ANSELM SCHOOL

Celebrating Excellence in Education since 1908

## Special Incentive Scholarship

Grades  
3<sup>RD</sup>, 4<sup>TH</sup> & 5<sup>TH</sup>



## It's Free

Universal Pre-Kindergarten Program  
Full day 6 1/2 hours of learning, exploring, playing and growing  
First Steps to College

### St. Anselm School offers a safe and nurturing learning environment where students:

- \* Achieve academic success
- \* Learn integrity and values in the Catholic tradition
- \* Belong to a community that fosters self-confidence and school spirit
- Full day Pre-K and Kindergarten
- Technology Program including SMART Boards, I-Pads, Elmos, Laptops and Wi-Fi access
- Daily Extended Care Program until 6:00pm
- State-of-the-Art Library • Comprehensive Science Program
- Art and Music Programs • Physical Education Program
- Math Mania Clubs • Guidance & Counseling Services

New York State Funded UPK provided by Saint Anselm School

- **New FREE** Full Day Pre-K Program (8:15am - 2:45pm)
- Children must be 4 years old by December 31

children first!  
always 1st!  
all faiths welcome!

### APPLY NOW

2014-2015 School Year  
Pre-Kindergarten through Grade 8

After School Clubs: Theatre, Choir, Guitar, Art, Band, Science and Basketball

For more information or to schedule a visit, please call the school office. | 685 Tinton Avenue, Bronx, NY 10455 | 718-993-9464 | [www.stanselmbx.org](http://www.stanselmbx.org)

# Enter to Win!

New York Parenting is giving away a beautiful new Britax Affinity stroller, just perfect for New York City streets.

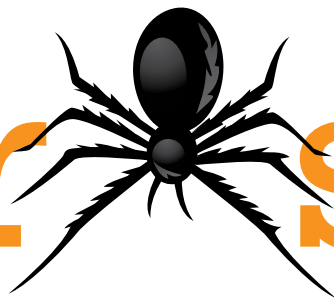
MUST LIVE IN THE FIVE BOROUGHS TO PARTICIPATE.

Log onto [www.NYParenting.com/stroller](http://www.NYParenting.com/stroller) for this contest. Fill out the form completely. It's as simple as that. One lucky family will be chosen by October 1st and it will be delivered to your door.



# Britax

# Spider sense



Get caught up  
in this web of  
fun facts

BY SHNIEKA L. JOHNSON

**F**or 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.

...

*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](http://www.shniekajohnson.com).*



Photo by Denis Flamin

Go online.

Why?

To get a quote.

Why?

To save money.

Why?

Because we said so!  
Parenting can be hard.  
See how easy it is to save with GEICO.

**GEICO**<sup>®</sup>

geico.com | 1-800-947-AUTO (2886) | Local Office



# A-head of the game

## Understanding concussions in children

BY SHNIEKA L. JOHNSON

**E**very 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, frailer 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](http://www.shniekajohnson.com).*



## LOVE ME TENDER

School for Child Development

A private pre-school program providing special education and therapeutic services for children with developmental delays

All services including Evaluation, Tuition and Transportation are provided at no cost.

### OUR PROGRAM OFFERS:

- Complete Evaluation Services Including Bilingual Spanish
- Individual And Group:
  - Speech Therapy
  - Occupational Therapy
  - Physical Therapy
  - Counseling / Play Therapy



For Children Delayed In Talking, Learning, Moving And Social Behavior

2500 Johnson Ave., Riverdale, NY 10463 • 718-884-7252



## The Kinneret School

Ranked as a top ten school based on N.Y. State tests

Early Childhood Elementary • Jr. High School

We incorporate the best of American & Jewish Education in an inclusive environment. On average more than 1/2 of our students are accepted into the specialized High Schools.

**Open House**  
Every Friday 9-10AM—Please Call.

2600 Netherland Ave.  
Riverdale, NY 10463  
718-548-0900  
Fax 718-548-0901  
[www.kinneretdayschool.org](http://www.kinneretdayschool.org)

To place an ad in our parenting magazines, or online, please call

# 718.260.4554



## GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

# Think outside the lunch box

**N**o 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).

# 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 pad-

ding on the back for additional comfort and protection.

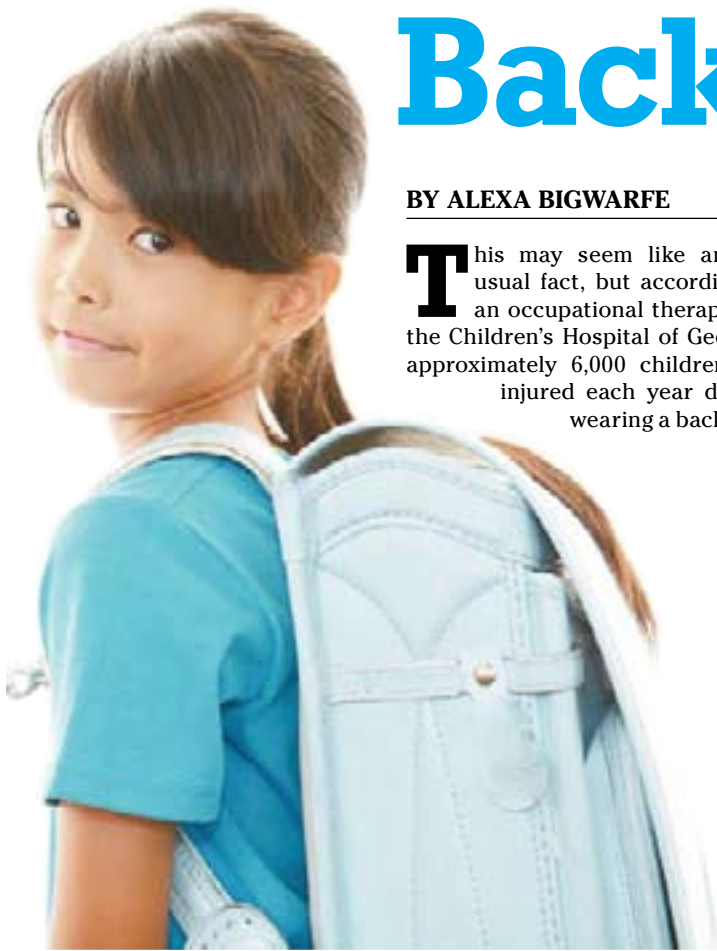
- Don't overload it. Your child should not be leaning forward from the weight. Be sure to place the heaviest books in the back of the bag for best muscle support.

- 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!*



**2014-15  
Private/Independent  
School Guide**

**Check it out on NYParenting.com**

**St. Simon Stock School**

• Quality education • Challenging curriculum • Enrichment  
**Mrs. Ceparano, Principal**  
(Limited Scholarships Available)

**Ongoing registration**

**Pre K4 through 8th**

- TACHS Preparation classes
- Departmentalized 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> grade
- Art, Music, Physical Education
- Summer Academy, Camp & Bible School
- Hot Breakfast/Lunch program
- Full time nurse on premises
- ESL K to 8 and Title I Services
- Math olympiad grades 5 to 8

- Computer Lab and state of the art library
- Remediation Classes
- Various Clubs (Art, Newspaper, Yearbook, Stockettes, Step & Guitar)
- After school 2:30-6pm
- Student of the Month
- AdvancED Accredition/NCA
- Smart Board Technology
- Project Leap/Guidance Counselor

**www.stsimonstockschool.org**  
**2195 Valentine Ave., Bronx NY 10457 • 718. 367. 0453**

# 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.

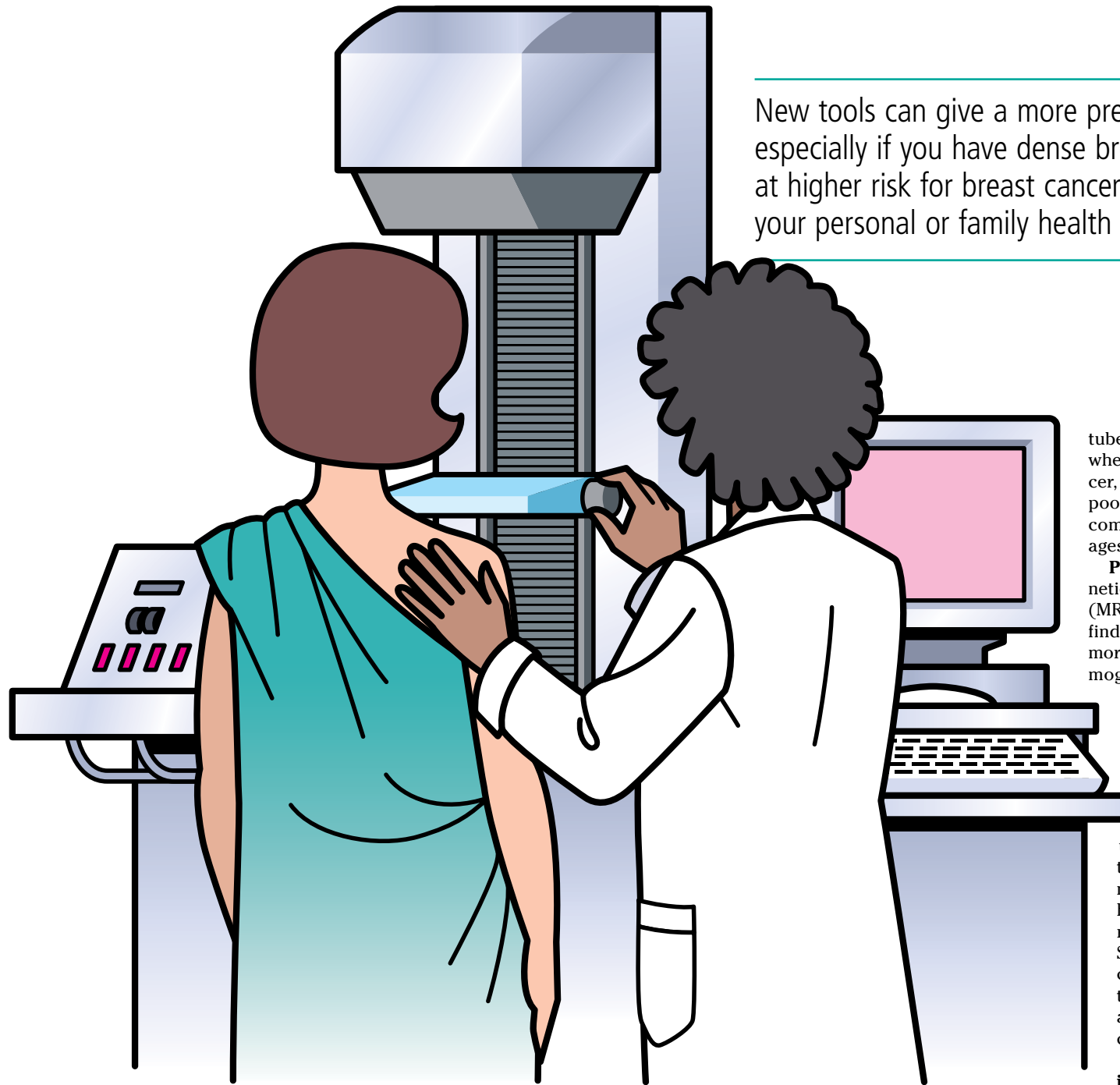
In some states, radiologists are required by law to tell you, in the letter you receive about your mammogram results, whether you have dense breasts. If your state doesn't require that information, simply ask your doctor if your mammogram results indicate that you have dense breasts.



---

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.

---



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

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

risk of breast cancer over the next five years, talk to your doctor about adding MRI," says Dr. Wendie 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.*



He's not afraid of the deep end.

Help him dive into advanced math & reading.

Confidence is the ultimate school supply.

Now's the time for Kumon.

Schedule a free placement test

**Kumon Math & Reading of Bedford Park**

237 East 204th Street, Bronx, NY 10458

**917.751.1888**

[kumon.com/bedford-park](http://kumon.com/bedford-park)



LEARNING FOR THE LONG RUN

**KUMON**

## ENROLL TODAY!!

**NOW OPEN**

**24 Marble Hill Avenue • Bronx, New York 10463**

- Full Day Pre-K Program
- Nutritious Meals Daily
- Indoor/Outdoor Activities
- Summer Session
- Potty Training
- Certified Teachers
- Quality Childcare
- After School/Tutoring Program



HRA/ACD Voucher Programs Accepted

**Hours: 7:30am - 6:30pm**

*13 MONTHS and up*

429-437 East 148 Street  
Bronx, NY 10455

**917-645-5214**

[www.miniventures.org](http://www.miniventures.org)

*Se Habla Espanol*

*Accepting 6 weeks and up*

24 Marble Hill Avenue  
Bronx, NY 10463

**646-964-5491**

## Activity

### DIRECTORY

#### ACTIVITY / AFTERSCHOOL / PLUS

##### Happy Days at Riverdale

2975 Independence Ave. Bronx 10463  
718-601-1300 or [www.renanimpreschool.com](http://www.renanimpreschool.com)

Happy Days at Riverdale is a year-round preschool and summer camp program for young children between the ages of 3 months and 5 years. Our primary goal is to provide an early childhood educational experience that will prepare the children for success in kindergarten and beyond. We offer a full-day Universal Prekindergarten program for the children in our oldest class.

Our child-centered curriculum encourages exploration and involvement and is closely aligned with the school readiness goals adopted by the NYC Department of Education. We strongly believe that children learn through play. Our classrooms are filled with toys that promote learning and exploration. Learning centers provide opportunities for the children to learn and play in small groups under the close guidance of the teacher. Music and movement, yoga, arts & crafts, baking and science are integral parts of our curriculum.

##### Kumon Math & Reading of Bedford Park

237 East 204th Street Bronx 10458  
917-751-1888 [www.kumon.com/bedford-park](http://www.kumon.com/bedford-park)

For more than 50 years, Kumon's after-school academic enrichment program has helped children achieve success worldwide. We strive to instill in children the desire to achieve and the motivation to learn on their own. Whether your child is seeking enrichment, needs help catching up or is just beginning his or her academic career, Kumon is designed to help him or her develop a love of learning.

Students advance through the program at their own pace. Our emphasis on individualized learning helps your child become focused, motivated and self-reliant. We monitor each child's progress to ensure comprehension before moving on to a

new concept. With a strong academic foundation, critical thinking and problem solving abilities, your child has the potential to achieve whatever he or she desires.

##### Lehman College

Carman Hall room 128, near Gate 2 on Goulden Avenue,  
250 Bedford Park Boulevard West,  
Bronx 10468.

718-960-8512 or [www.lehman.edu/ce](http://www.lehman.edu/ce)

Give your child a chance to experience a real college campus! The popular Lehman Academy Enrichment Program for Children and Teens starts mid-October. For over 25 years, Lehman College has been providing quality courses at affordable prices in Academic Skills, Test Prep, Languages, Computer, Art, Creative Learning, Music, Physical Fitness, Dance and Swimming. Courses are taught by experienced professionals on the beautiful, tree-lined, Lehman College campus.

##### Mary Mitchell Family & Youth Center

2007 Mapes Avenue Bronx 10460  
718-583-1765

The Mary Mitchell Family and Youth Center has been providing youth and family programs in the Crotona section of the Bronx for 17 year. They are located at 2007 Mapes Avenue on the corner of 178th Street.

The after school program for children 6 to 12 years old runs from 2:30 to 6:00 each school day. It includes homework help, a healthy meal, art, sports, gardening, music, health and community service.

The Mary Mitchell Center is also the home of the "Fight Back" martial arts program and Tanima Productions. "Fight Back" provides jujitsu and karate training for youth. Tanima provides salsa, ballet, modern and hip-hop dance classes. These programs run on weekday evenings.

On Saturdays the Mary Mitchell Center is open for new immigrant classes including; English as a second language, civics and basic education.

##### MiniVentures

22 Marble Hill Avenue Bronx 10463  
917-525-3548

### Mary Mitchell Family & Youth Center

**REGISTERING NOW FOR  
2014-2015 AFTER SCHOOL PROGRAM**

**Ages 6-12 years — limited school pick up available**  
Monday-Friday Until 6pm

**Fight Back Martial Arts program 6:30pm-9pm**  
**Tanima Dance program 6:30pm-9pm**  
**New Immigrant Services Saturdays**

**2007 Mapes Ave., Bronx, NY 10460 • Phone: 718-583-1765**

# Activity

## DIRECTORY

**429-437 East 148th Street Bronx  
10455 – 917-525-3548  
www.miniventures.org**

MiniVentures starts accepting children at 6 month to 12 years of age. Our goal is to provide you with the highest level of day care services for your child Monday-Friday, when office duties call. We understand that this is your decision to choose an Early Care and Education provider for your little one, but hope that your final decisions rest with MiniVentures.

We strive for excellence in all we do. It is evident not only in the higher standard in which we provide our services, but in how we deliver them. Our employees embody excellence - whether it is in the decisions they make, the continued successful progression of a child's learning experience, or the care they deliver. In classrooms in particular, but everywhere, excellence equals brighter children for our future.

### Riverdale Y

**5625 Arlington Avenue Bronx 10471  
718-548-8200 x 220 or www.  
riverdaley.org/ecc**

The Riverdale YM-YWHA is the heart of the neighborhood serving everyone from the youngest to the oldest members of the Riverdale community and beyond year-round. Our facilities include a full Fitness Center, a saline filtered full-size Pool, and a Gymnasium. The Y! also offers music, dance, and swim classes for every age and skill level, and enrichment programs including: After School at the Y!, Family-friendly shows, Youth and Adult sports leagues, and special holiday events like the 9/7 Back-to-School Fall Open House, the 12/25 Winter Open House, Chanukah and Purim celebrations, Jewish memorial events, the annual Riverdale Y Race, and more. We look forward to having you join us!

### ART

#### Pelham Art Center

**155 Fifth Avenue Bronx 10803  
914-738-2525 or www.  
pelhamartcenter.org**

Pelham Art Center's mission is to provide the public with a place, the resources

and the opportunity to see, study, and experience the arts in a community setting. Currently serving more than 16,000 adults and children in Westchester County and parts of the Bronx by offering high-quality free and affordable art programs year round, Pelham Art Center is committed to the belief that the public's access to and participation in the arts strengthens communities and fosters lifelong engagement in the arts.

Affordable classes are offered year-round in many art forms and media: visual, performing, literary, and digital. Small class sizes, one on one attention from outstanding instructors, and convenient hours provide an enriching experience for our students. School vacation workshops include visual and performing arts and culminate in a performance. Need based scholarships are available.

### PERFORMING ARTS

#### Bronx House School for Performing Arts

**990 Pelham Parkway South, Bronx 10461  
718-792-1800 ext. 235 or www.  
Bronxhouse.org**

Bronx House School of Performing Arts offers year-round private and group instrumental music, dance and theater classes for students of all ages, pre-school through adult, as well as an annual musical theater production program for children in grades 3 and up. Located in a state-of-the-art 7,000 square foot wing, the facility features sound proof and sound enhanced music rooms and three dance studios. The faculty of accomplished performers and educators have advanced degrees from music schools around the world. The School offers partial need-based scholarships to any student who qualifies for financial assistance as well as multi-session and sibling discounts. Through the generosity of the Tom Freston Instrument Lending Library, loaner instruments are available for use during lessons at Bronx House and for practice at home, free of charge.

## REGISTER NOW! MUSIC, DANCE & THEATER CLASSES



### Fall classes begin Sep 15

- Music and Dance Instruction for All Ages
- Professional Faculty
- Music & Dance Recitals
- State-of-the-Art Facilities
- Free Loaner Instruments
- Year Round Programming
- Competitive Pricing & Financial Assistance

*Registration for Private Music Instruction is ongoing.*

**CALL NOW 718.792.1800 ext. 235**

**BRONX  
HOUSE**  
*A better life for everyone.™*



990 Pelham Parkway South, Bronx, NY 10461  
718.792.1800 ext 235 ▪ bronxhouse.org

## Back to School with the Riverdale Y!

Register for a free intro class at our

# OPEN HOUSE

Sunday, September 7

[riverdaley.org/fallopenhouse](http://riverdaley.org/fallopenhouse)

### Riverdale YM-YWHA

5625 Arlington Avenue, Bronx, NY 10471  
718.548.8200 [www.riverdaley.org](http://www.riverdaley.org)



Theater, Dance & Music



Swim



After School



Sports



Early Childhood Center

# ART IS SMART

An exciting range of art classes for all ages.  
**Plus NEW this fall:** exploring science, technology, engineering and math (STEM) through art!






**More info: [www.pelhamartcenter.org](http://www.pelhamartcenter.org)  
or call 738-2525 x114.**

**Pelham Art Center**  
155 Fifth Ave. Pelham, NY

# Parenting the troubled child

## How to seek help for mental illness

BY GAYLA GRACE

**T**he recent suicide of well-loved actor Robin Williams reminds us of the fragility of life and the inescapable reality of mental illness. Adults and children alike struggle with depression, anxiety, attention deficit hyperactivity disorder, conduct disorder, bipolar disorder, and a host of other diagnoses every day.

Unfortunately, society often shames and disregards those struggling with mental illness. It's easier to deny there's a problem than confront it and seek support. But mental illness shouldn't go unnoticed.

The National Institute of Mental Health says, "Mental disorders are common among children in the United States, and can be particularly difficult for the children themselves and their caregivers. Just over 20 percent (or one in five) children, either currently or at some point during their life, have had a seriously debilitating mental disorder."

I was devastated when my oldest daughter was diagnosed with an anxiety disorder at 6 years old. Accepting the reality that she needed medication to control her behavior created feelings of failure for me as a parent. But through education, professional help, and other means of support, we managed to help her through her elementary and teen years and put her on the path to emotional wellness.

If you suspect your child is suffering from mental illness, don't wait to seek assistance. Denial doesn't make it go away. Here are a few tips on what to do:

**Seek professional help while educating**



**yourself.** Start with your child's pediatrician and ask questions about behavior that seems unusual. Learn all you can. You don't have to have a medical background to begin to understand mental illness. You know your child better than anyone and can offer valuable insight to medical professionals.

I was first told my daughter had attention deficit hyperactivity disorder, but I suspected something different. As I continued to inform her doctor of her symptoms, the correct diagnosis emerged, which led to appropriate help.

**Let go of your guilt.** It's not your fault. Parents of children with mental illness are quick to blame themselves and hide in shame, but there's no reason to take responsibility for a biologically based mental illness. Don't feel guilty that your child behaves differently than your neighbor's child. Good parenting doesn't solve mental illness.

**Break the silence.** Talk with

school officials, other parents, and appropriate leaders to improve the situation for your child. Find a support group of parents coping with mental illness. Make an intentional choice to not hide in shame.

**Don't let it destroy your family.** Support one another. Unite together as a team, educating other children in the family of the illness while being sensitive to your child's feelings about the diagnosis. Don't allow siblings to demoralize or make fun of their behavior. Help your other children understand their sibling cannot always control his or her behavior. In addition, stay calm in the face of danger or unusual behavior.

**Let your child know you love him and will always be there for him.** Children with mental illness need more reassurance than other children. They need to feel loved and understood, even on days when their behavior spirals out of control. Make your home a safe place and encourage your child to ask questions and express his feelings. We were careful to avoid situations that might cause anxiety for our daughter such as leaving her alone or placing her in a vulnerable situation.

**Keep an open mind about solutions.** Don't dismiss an alternative without exploring it. Stay educated about ongoing research to determine the latest methods of treatment. Seek others' opinions on available options and try different methods.

I was resistant to medicating my daughter in the beginning, but her psychiatrist helped me recognize that counseling alone wasn't enough due to her heightened emotions. After several months of counseling, she learned how to manage her anxiety and was able to come off the medication a few years later.

•••

The impact of mental illness in children cannot be denied; but with the proper tools and education, more children can get the help they need to overcome its devastating effects and lead productive lives. A mental illness diagnosis doesn't mean your child will never lead a normal life. I'm thankful to report my daughter recently graduated from college with an early childhood education degree and is excited about her next chapter in life as a role model for children struggling with issues she has learned to overcome.

*Gayla Grace holds a master's degree in psychology and counseling and, as a freelance writer and mom to five children, is passionate about educating parents on mental health.*

### Mental health organizations

National Institute of Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov)

Mental Health America: [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

National Alliance on Mental Illness: [www.nami.org](http://www.nami.org)

National Coalition for Mental Health Recovery: <http://ncmhr.org/>

Substance Abuse and Mental Health Services Administration: [www.samhsa.gov](http://www.samhsa.gov)

#1 Studio For The Past 33 Years!

REGIONAL AND NATIONAL DANCE CHAMPIONS!

www.fancyfeet.com



2014 DANCE CHAMPIONS

# REGISTRATION FOR FALL CLASSES

## REGISTRATION

Monday–Friday | 4 pm to 8 pm

Saturday | 9 am to 5 pm

Register online at  
[www.fancyfeet.com](http://www.fancyfeet.com)  
It's quick and easy!

### CLASSES IN:

Ballet • Pointe • Tap • Jazz • Hip Hop  
Combo • Gymnastics • Mommy & Me  
Creative Movement • Contemporary  
Boys Only Hip Hop

CHILDREN • TEENS • ADULTS

- NATIONAL DANCE CHAMPION COMPETITION TEAM!
- Come See Why *WE'RE #1 WITH MOMS!*
- Loving Family Environment
- Award Winning Instructors From: ABT, MTV, Broadway and Dance Companies
- The **Only** Bronx Studio To Perform In *Lincoln Center!*

 Get social!



*Nobody Does it Like Fancy Feet!*

VISIT US AT ONE OF OUR 3 LOCATIONS

### Allerton Avenue

1295 Allerton Avenue  
Bronx, NY 10469  
718 405-5136



### Crosby Avenue

1628 Crosby Avenue  
Bronx, NY 10461  
718 824-1981



### Unionport Road

1306 Unionport RD  
Castle Hill  
Parkchester Area  
347-691-3443



# Back to savings

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

BY MALIA JACOBSON

**L**ooking 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](http://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 [Smartsources.com](http://Smartsources.com), [retailmenot.com](http://retailmenot.com), and [coupons.com](http://coupons.com) offer printable coupons, many with savings of \$1 or more.

### Surf the savings

Sites like [Craigslist.org](http://Craigslist.org) and [Ebay.com](http://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

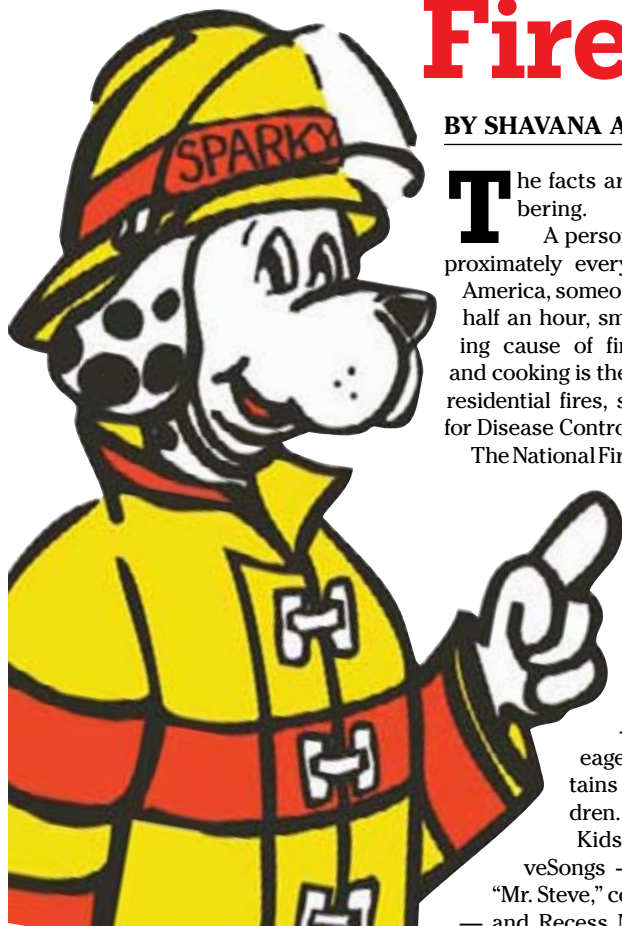
Creativity is in. Spice up a plain or hand-me-down binder with a digital photo collage. Protect school books with covers made from gift wrap or newspaper. Refresh last year's backpack with new buttons and iron-on patches. The possibilities for inspiration — and savings — are endless.

*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."*



# Fire safety can be fun

BY SHAVANA ABRUZZO



**T**he 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](http://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](http://sparkyschoolhouse.org) or [www.nfpa.org](http://www.nfpa.org).*

Like us on



or follow us on



Facebook Search: NYParenting

## Riverdale Pediatric Dentistry

Care From Infancy Through Adolescence & Special Health Care Needs

- Preventive Treatment for All Ages
- Highly trained staff
- Digital X-Rays
- Sedation Available
- Cutting edge technology



**Flexible Hours: Sunday & Evening Appointments**

**Dr. Liraz Spear, DDS, FAAPD** Pediatric Dental Specialist  
Board Certified, Over 15 years experience  
Diplomate, American Board of Pediatric Dentistry

Mention this ad for new patient gift



[www.rpdapp.com](http://www.rpdapp.com)

611 W. 239<sup>th</sup> Street • Riverdale, NY 10463  
718-725-8997

See for yourself why

## HAPPY DAYS AT RIVERDALE

is the right place for your child

REGISTER NOW FOR FALL 2014 AND 2015

Toddler's Program • 3 months–2 years • Preschool Program • 2 years–5 years  
Full Day UPK • After School Program 2:30–6:00 pm  
Open During Jewish & Non-Jewish Holidays & School Breaks

**MUSIC & MOVEMENT • YOGA • ARTS & CRAFTS**  
**LIVE-ANIMAL NATURE PROGRAM • SCIENCE**

2975 Independence Avenue • 718-601-1300 • [www.renanimpreschool.com](http://www.renanimpreschool.com)  
OPEN HOUSE: EVERY TUESDAY AND THURSDAY



# Healthy food for every kid

How the right diet can fuel a successful school year

BY MAXINE YEUNG

**S**chool 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.



BRONX/RIVERDALE  
**Family**  
Where Every Child Matters

September 2014  
**FREE**

**Fall  
Activity Guide**

**It's time!**

Adjusting to the school year's sleep routine

**Nurturing creativity**

Parenting artistic kids

**Heads up**

Understanding child concussions



Find us online at [www.NYParenting.com](http://www.NYParenting.com)

If you like  
the magazine  
you'll love  
the site.

**Check us out!**

**NYParenting.com**

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

**Back to School Special**

\$39.....Children \$69.....Adult

Full Exam, Digital X-Ray, Cleaning,  
Oral Cancer Screening and  
Complimentary Home-care Kit



We accept all major insurances including Medicaid

**FREE  
CONSULTATION  
FOR ORTHO  
AND  
IMPLANTS**

**GABRIEL SHALMI, D.D.S.**  
*Riverdale Dental Care*

444 W. 259<sup>th</sup> St., Bronx, NY 10471

**718-601-0900**

[www.riverdaledentalcare.com](http://www.riverdaledentalcare.com)

[riverdaledentalcare@msn.com](mailto:riverdaledentalcare@msn.com)

**LM Bilingual Speech Pathology Services**

*Lorilet Monegro, M.S., CCC/SLP, TSHH*



All Ages Welcomed

- Evaluations
- Therapy Services
- Reading Readiness and more

*Related services and Private pay accepted*

Appointment Only 234B 204 St., Bronx, NY 10458

**646-226-9958**

[lmbslp@gmail.com](mailto:lmbslp@gmail.com)

**State of the Art Dental Facility • Kid Friendly**



**Smile-Savers**  
Pediatric Dentistry, PC  
[www.smilesaverspede.com](http://www.smilesaverspede.com)

**We Welcome Little Smiles!**

Dr. Dionne Finlay, Pediatric Dentist

Dr. Steve, Orthodontist



**718.708.6755**

2100 Bartow Ave., Suite 246

Bay Plaza, Coop City

Behind Pathmark,  
Next to AMC & Bally's

# Lice lessons

## What to do when they visit *your* home

BY RUTH HANLEY

**P**arents 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.*



**BEST NEW ACT  
IN AMERICA**  
America's Got Talent

**iLUMINATE**  
THE MOST FUN YOU'LL EVER HAVE IN THE DARK

**"A delight for both  
kids and adults  
AMAZING!"**  
Stage and Cinema

**"JAW DROPPING!"**  
Time Out NY Kids

**"Move over Blue Man Group & Stomp,  
iLUMINATE is in the house!"**  
Times Square Chronicles

**NOW LIVE in the heart of BROADWAY!**

Telecharge.com 212-239-6200 iLuminate.com  
 New World Stages, 340 W 50th St.

**STOMP**

**"EXUBERANT!  
A SURE-FIRE CROWD PLEASER"** - THE NEW YORK TIMES

**STOMP**  
ESTABLISHED IN 1994 NYC

ticketmaster® or 800-982-2787  
 ORPHEUM THEATRE 2<sup>ND</sup> AVENUE AT 8<sup>TH</sup> STREET  
 STOMPONLINE.COM

**Gazillion  
Bubble  
SHOW**

**"IT WILL BLOW YOUR MIND"**  
-OPRAH

Telecharge.com · 212.239.6200  
 GazillionBubbleShow.com  
 New World Stages, 340 W. 50th St.  
 For groups or birthdays call 866.642.0849

# Calendar

SEPTEMBER



Photo by Joshua Bright

## Preserving the Palisades

Become a Palisades protector at the Family Art project workshop on the weekend of Sept. 6 and 7 at Wave Hill.

Children can learn all about Theodore Roosevelt's role in preserving the cliffs and the Palisades, then make a painted and collaged

image and add it to the panorama installation.

Family Art project, Sept. 6 and 7 from 10 am to 1 pm. Free with admission to the grounds.

Wave Hill [W. 249th Street and Independence Avenue in Riverdale, (718) 549-3200; [www.wavehill.org](http://www.wavehill.org)]

## 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 [bronxrivervdalecalendar@cnglocal.com](mailto:bronxrivervdalecalendar@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

### IN THE BRONX

**Game on:** Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; 3:30–4:30 pm; Free.

Bring a friend and take the Xbox 360 challenge.

**Game Day:** Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave.; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

Children 5 to 12 enjoy games.

### FURTHER AFIELD

**Back to school jam:** Brooklyn Children's Museum, 145 Brooklyn Ave. at St. Marks Avenue, Brooklyn; (718) 735-4400; [www.brooklynkids.org](http://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](http://www.brooklynkids.org); 11:30 am; Free with museum admission.

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

## SAT, AUG. 30

### IN THE BRONX

**Learn to ride:** Van Cortlandt Nature Center, W. 246th St. at Broadway; (718) 548-0912; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 10 am – noon; Free.

Rangers teach a safety class including balance, take off and steering and stopping.

**Family Art project:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am–1 pm; Free with admission to the grounds.

Focus on fins, especially goldfish, in this fun 3D craft.

**Community Paddle:** Starlight Park, Bronx River Ave. and E. 172nd Street;



## Fun at the Mansion

From First Fridays to a birding adventure, the Bartow-Pell Mansion is the place to be this September.

Activities kick off on Sept. 5 when the trolley clangs its way to the mansion for a night of music, refreshments, and a fantastic view of the grounds. From 5:30 to 8:30 pm. Tickets are \$10 for adults and \$8 for students and seniors.

Up next is a nature hike on Sept. 21, which spotlights the only historic mansion left of Pelham Bay, Bartow-Pell. Rangers lead walkers on a hike through the estates and the neighboring locations. Wear comfortable shoes or boots, and bring water and a light snack. Recommended for older teens. The walk is free, but registration is requested. Meet at 1 pm in the parking lot.

Claire McRee is the guest speaker at the Young Scholars Talk on Sept. 24 at 4 pm. She discusses the history of white as a color for baby clothes, everyday wear and wedding dresses. Clothing from the museum's collection will be on

(718) 430-4665; [www.nycgovparks.org](http://www.nycgovparks.org); 12:30 pm; Free.

Short canoe trips for beginners and families.

### FURTHER AFIELD

**Hans Christian Andersen Storytelling:** Hans Christian Andersen Statue, 72nd Street & Fifth Avenue,

view. The event is free, but registration is requested. Recommended for teens and young adults.

Museum Day on Sept. 27 is hosted by the Smithsonian Magazine and provides an open door access to participating museums, along with a guided tour of the estate. Recommended for teens and young adults. Registration is required by visiting the Smithsonian magazine website at [www.smithsonianmag.com/museum-day](http://www.smithsonianmag.com/museum-day). Enjoy the museum for free from noon to 4 pm.

Naturalist Debbie Becker ends the month on Sept. 27 at 3:30 pm and leads the way for birders to explore the great fall migration of hawks, eagles, warblers and hummingbirds, who are making their way to their winter residences. Recommended for teens and young adults. Admission is \$10 for adults and \$8 for students and seniors.

*Bartow-Pell Mansion [895 Shore Rd. in Pelham Bay, (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org)]*

Manhattan; [hcastorycenter.org](http://hcastorycenter.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, Manhat-

tan; [www.nycunifest.com](http://www.nycunifest.com); Noon–5 pm; Free.

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

## SUN, AUG. 31

### IN THE BRONX

**Family Art project:** 10 am–1 pm. Wave Hill. See Saturday, Aug. 30.

### FURTHER AFIELD

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

**"Kokuriko-Zaka Kara":** Alianza Dominicana Cultural Center, 530 W. 166th St. and Amsterdam Avenue, Manhattan; (212) 740-1960; 2 pm; Free.

"From Up on Poppy Hill" is a children's movie suitable for children 6 years and older and helps support learning, in an artistic environment to improve skills in critical thinking and literacy.

## MON, SEPT. 1

### IN THE BRONX

**Labor Day:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 9 am–5:30 pm; \$8 (\$4 students and seniors; \$2 children 6-18).

The garden is open — 28 beautiful acres overlooking the Hudson River and Palisades. Enjoy the views, the artistry and legacy of the landscaping.

### 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](http://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

### IN THE BRONX

**Preschool time:** Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; 11 am; Free.

Families with children 3 to 5 years old enjoy new and classic storybooks, action songs and activities. Limited to 25 children — must be accompanied by a parent or caregiver.

## WED, SEPT. 3

### IN THE BRONX

**Storytime:** Kingsbridge Library, 291 W. 231st Street; (718) 548-5656;

*Continued on page 30*

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

## Continued from page 29

[www.nypl.org](http://www.nypl.org); 11 am; Free.

Toddlers from 18 months to 3 years old play with puppets, sing songs and fingerplay. Must be accompanied by a parent or caregiver.

**Read aloud:** Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; 3:30 pm; Free.

The librarian shares her favorite picture book for children 3 to 8 years old.

**Game on:** Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; 3:30-4:30 pm; Free.

Bring a friend and take the Xbox 360 challenge.

**Movie day:** Kingsbridge Library, 291 W. 231st Street; (718) 548-5656; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

An appropriate film for children 5 to 12 years old.

**Story time:** Barnes & Noble Bay Plaza, 290 Baychester Ave.; (718) 862-3945; [barnesandnoble.com](http://barnesandnoble.com); 6 pm; Free.

Join in for a weekly session of fun reading and activities.

## THURS, SEPT. 4

### IN THE BRONX

**Learning time:** Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; 11 am; Free.

Children from birth to 5 years old experience interactive stories, fingerplay, and action songs.

**Presley and Meloday:** Kingsbridge Library, 291 W. 231st Street; (718) 548-5656; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

An interactive concert for children of all ages.

**Game On!:** Kingsbridge Library, 291 W. 231st Street; (718) 548-5656; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

Children 12 to 18 years old play Xbox and Kinect games.

**Summer Jams:** Concrete Plant Park, Elder Ave. at Bronx River Avenue; (718) 430-4665; [www.nycgovparks.org](http://www.nycgovparks.org); 4-8 pm; Free.

Enjoy classic breaks, soul, salsa and more hosted by Grand master Caz and the Invincible Sound by Superman. For teens and young adults.

**Historic walk:** Van Cortlandt Park, Van Cortlandt Park East and Oneida Ave.; [info@kingsbridgehistoricalsociety.org](mailto:info@kingsbridgehistoricalsociety.org); [www.kingsbridgehistoricalsociety.org](http://www.kingsbridgehistoricalsociety.org); 6:30 pm; Free.

Follow the footsteps and explore the site of the Stockbridge Indian Massacre, aka the Battle of Kingsbridge 1778. The walk, hosted by the Kingsbridge Historical Society, is short and moderate, but walkers should wear proper footwear and bring water.

## 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](http://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

### IN THE BRONX

**Stay and Play shabbat:** Riverdale YM-YWHA, 5625 Arlington Ave.; (718) 548-8200 X 220; [dkessler@riverdale.org](mailto:dkessler@riverdale.org); [www.riverdale.org](http://www.riverdale.org); 9-10:30 am; Free.

A safe indoor play space with developmentally and socially enriching activities for children birth to 2 year old.

**First Friday Trolley & Music:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 5:30-8:30 pm; \$10 (\$8 seniors & students).

Explore the museum, stroll through the gardens and savor light refreshments.

## SAT, SEPT. 6

### IN THE BRONX

**Family Art project:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; Free with admission to the grounds.

Children learn all about Theodore Roosevelt's role in preserving the cliffs and the Palisades, then make a painted and collaged image and add it to the panorama installation.

**Riverdale Club Read-Aloud:** Kingsbridge Library, 291 W. 231st Street; (718) 548-5656; [www.nypl.org](http://www.nypl.org); 1 pm; Free.

For parents and children 5 to 12 years old.

## SUN, SEPT. 7

### IN THE BRONX

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Sept. 6.

**Hawk watch:** Pelham Bay Park, Rodmans Neck and City Island Road; (718) 319-7258; [www.nycgovparks.org](http://www.nycgovparks.org); 1 pm; Free.

The Old Pelham Bay landfill is a great place to watch migrating birds of prey. Join rangers to search for these avian hunters. Registration required.

## FURTHER AFIELD

**Garden tour:** Brooklyn Botanic Garden, 1000 Washington Ave., at

Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://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. Canceled in case of 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](http://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.

## MON, SEPT. 8

### IN THE BRONX

**Tech time:** Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-7830; 3:30 pm; Free.

Need an extra computer? Use library laptops for help. For children 13 to 18 years old.

**Gaming:** Kingsbridge Library, 291 W. 231st Street; (718) 548-5656; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

Children meet and play games.

**Come as you are:** Parkchester Library, 1985 Westchester Ave. at Pugsley Avenue; (718) 829-4505; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

A puppet program on disability awareness. Recommended for children 5 to 12 years old.

## TUES, SEPT. 9

### IN THE BRONX

**Preschool time:** 11 am. Parkchester Library. See Tuesday, Sept. 2.

**Support group:** Latino Pastoral Action Center Rm 321, 14 W. 170th St.; (718) 450-2567; [snadvocacynavigator@gmail.com](mailto:snadvocacynavigator@gmail.com); 7-9 pm; Free.

Parents of children with autism join with other parents in a loving, caring group. RSVP 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

### IN THE BRONX

**Storytime:** 11 am. Kingsbridge Library. See Wednesday, Sept. 3.

**Read aloud:** 3:30 pm. Parkchester Library. See Wednesday, Sept. 3.

**Game on:** 3:30-4:30 pm. Parkchester Library. See Wednesday, Sept. 3.

**Movie day:** 4 pm. Kingsbridge Library. See Wednesday, Sept. 3.

**Story time:** 6 pm. Barnes & Noble Bay Plaza. See Wednesday, Sept. 3.

## THURS, SEPT. 11

### IN THE BRONX

**Learning time:** 11 am. Parkchester Library. See Thursday, Sept. 4.

**Game On!:** 4 pm. Kingsbridge Library. See Thursday, Sept. 4.

**Summer Jams:** 4-8 pm. Concrete Plant Park. See Thursday, Sept. 4.

## FRI, SEPT. 12

### IN THE BRONX

**Stay and Play shabbat:** 9-10:30 am. Riverdale YM-YWHA. See Friday, Sept. 5.

**Teen Advisory Group:** Kingsbridge Library, 291 W. 231st Street; (718) 548-5656; [www.nypl.org](http://www.nypl.org); 4-5 pm; Free.

Brainstorm with other teens on how to improve the library; help choose free programs to be offered; review books, movies and more; and earn an hour of service credit for each session attended.

## SAT, SEPT. 13

### IN THE BRONX

**Knitting and Wildlife:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 1-4 pm; \$30 (\$20 members).

Learn how to knit with multiple yarns and colors with the Recapturing the Scenic Wilds artist Ruth Marhsall. Using photos from her own research learn how to design and knit a four-inch swatch. Participants should know the basics of knit and purl. Recommended for older teens.

**Gustafer Yellowgold:** Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave.; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 2 pm; Free.

It's a visit from the friendly creature who comes to Earth from the Sun. Recommended for children 4 to 12 years old.

**Family camping:** Pelham Bay Ranger Station, Pelham Bay Park, Bruckner Boulevard and Wilkinson Avenue; (718) 885-3467; [www.nyc.gov/parks/rangers](http://www.nyc.gov/parks/rangers); 6 pm; Free.

Join the rangers for a night out under the stars and in a tent. Families

chosen by lottery.

## FURTHER AFIELD

**Grief counseling:** COPE, 317 Madison Ave. at 42nd Street, Manhattan; (516) 484-4993; 11 am-12:30 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.

**Columbia Waterfront Fall Festival:** Street Fare, Columbia St. between Degraw and Union streets, Brooklyn; [www.carrollgardensassociation.com](http://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

### IN THE BRONX

**Family Art project:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; Free with admission to the grounds.

Budding artists put their own abstract spin on nature with this outdoor painting event. Follow the easy techniques of abstract painter Helen Frankenthaler.

## 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](http://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

### IN THE BRONX

**Fall Walk:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 1 pm; Free with admission to the grounds.

After the Family Art Project, explore the grounds with a naturalist on walk. Children 6 and older must be accompanied by an adult.

**Tech time:** 3:30 pm. Parkchester Library. See Monday, Sept. 8.

## TUES, SEPT. 16

### IN THE BRONX

**Preschool time:** 11 am. Parkchester Library. See Tuesday, Sept. 2.

## 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](http://www.whitney.org)]*

## WED, SEPT. 17

### IN THE BRONX

**Storytime:** 11 am. Kingsbridge Library. See Wednesday, Sept. 3.

**Read aloud:** 3:30 pm. Parkchester Library. See Wednesday, Sept. 3.

**Game on:** 3:30-4:30 pm. Parkchester Library. See Wednesday, Sept. 3.

**Movie day:** 4 pm. Kingsbridge Library. See Wednesday, Sept. 3.

**Constitution Day:** Bronx Library Center, 310 E. Kingsbridge Rd. at Briggs Ave.; (718) 579-4244; [www.nypl.org](http://www.nypl.org); 6-8 pm; Free.

Celebrate the day our constitution was signed with a public reading of the US Constitution. Audience members can sign up to read segments; period and patriotic costumes are welcome. All ages.

**Story time:** 6 pm. Barnes & Noble Bay Plaza. See Wednesday, Sept. 3.

## THURS, SEPT. 18

### IN THE BRONX

**Learning time:** 11 am. Parkchester Library. See Thursday, Sept. 4.

**Game On!:** 4 pm. Kingsbridge Library. See Thursday, Sept. 4.

**Summer Jams:** 4-8 pm. Concrete Plant Park. 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](http://www.brooklynkids.org); 3-6 pm; Free with museum admission.

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

## FRI, SEPT. 19

### IN THE BRONX

**Stay and Play shabbat:** 9-10:30 am. Riverdale YM-YWHA. See Friday,

Sept. 5.

**Annual plant sale:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-4 pm; Free.

Shop for rare plants, superior cultivars and top-notch performers especially selected by staff gardeners.

**Teen Advisory Group:** 4-5 pm. Kingsbridge Library. See Friday, Sept. 12.

## FURTHER AFIELD

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

## SAT, SEPT. 20

### IN THE BRONX

**Annual plant sale:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-4 pm; Free.

Shop for rare plants, superior cultivars and top-notch performers especially selected by staff gardeners.

**Family Art project:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-1 pm; Free with admission to the grounds.

Families mix up pulp and add some real flavor to handmade paper in Spicy Paper Visiting papermaking pro Randy Brozen will show you how to use household spices — like cumin, chili and turmeric — and other natural items for a naturally pigmented papermaking extravaganza.

## 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](http://www.nyscience.org); 10 am-7 pm; Ticket prices vary.

A festival of invention, creativity and resourcefulness. Six hundred makers exhibit their projects in addition to performance, 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](http://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

### IN THE BRONX

**Annual plant sale:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549-3200; [www.wavehill.org](http://www.wavehill.org); 10 am-4 pm; Free.

Shop for rare plants, superior cultivars and top-notch performers especially selected by staff gardeners.

**Family Art project:** 10 am-1 pm. Wave Hill. See Saturday, Sept. 20.

**Nature Hike:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885-1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 1 pm; Free.

Explore the only mansion left on the shores of Pelham Bay. Learn about the other country estates that neighbored the estate on this hike. Wear comfortable shoes or boots, bring water, and a light snack. Meet in the parking lot. Recommended for older children. Registration required.

## 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](http://www.nyscience.org); 10 am-7 pm; Ticket prices vary.

A festival of invention, creativity and resourcefulness. Six hundred makers exhibit their projects in addition to performance, 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](http://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.

*Continued on page 32*

# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

Continued from page 31

## MON, SEPT. 22

### IN THE BRONX

**Tech time:** 3:30 pm. Parkchester Library. See Monday, Sept. 8.

## TUES, SEPT. 23

### IN THE BRONX

**Preschool time:** 11 am. Parkchester Library. See Tuesday, Sept. 2.

## WED, SEPT. 24

### IN THE BRONX

**Storytime:** 11 am. Kingsbridge Library. See Wednesday, Sept. 3.

**Read aloud:** 3:30 pm. Parkchester Library. See Wednesday, Sept. 3.

**Game on:** 3:30–4:30 pm. Parkchester Library. See Wednesday, Sept. 3.

**Young Scholars Talk:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885–1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 4 pm; Free.

Claire McRee will discuss the history of white as a color for baby clothes, everyday and wedding dresses. Clothing from the museum's collection will be on view. Recommended for teens. Registration required.

**STEM program:** Kingsbridge Library, 291 W. 231st Street; (718) 548–5656; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

For children 5 to 12 years old - Science, Technology, Engineering, Math -

**Bionic bodies:** Kingsbridge Library, 291 W. 231st Street; (718) 548–5656; [www.nypl.org](http://www.nypl.org); 4 pm; Free.

Explore the human body, make a model of a bone, a working human lung, and observe live goldfish. Open to children 5 to 11 years old. Pre-registration required.

**Story time:** 6 pm. Barnes & Noble Bay Plaza. See Wednesday, Sept. 3.

## THURS, SEPT. 25

### IN THE BRONX

**Learning time:** 11 am. Parkchester Library. See Thursday, Sept. 4.

**Game On!:** 4 pm. Kingsbridge Library. See Thursday, Sept. 4.

**Summer Jams:** 4–8 pm. Concrete Plant Park. See Thursday, Sept. 4.

## FRI, SEPT. 26

### IN THE BRONX

**Stay and Play shabbat:** 9–10:30 am. Riverdale YM-YWHA. See Friday, Sept. 5.

**Teen Advisory Group:** 4–5 pm.

Kingsbridge Library. See Friday, Sept. 12.

## SAT, SEPT. 27

### IN THE BRONX

**Family Art project:** Wave Hill, W. 249th Street and Independence Ave.; (718) 549–3200; [www.wavehill.org](http://www.wavehill.org); 10 am–1 pm; Free with admission to the grounds.

Visual artist Tammy Nguyen takes participants on a mythological journey in Nature Becomes a Greek God to transform found materials in nature, such as leaves, dirt and twigs, into a portrait of a nature deity or a fantastical Greek god.

**Museum Day:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885–1461; [www.smithsonianmag.com/museumday](http://www.smithsonianmag.com/museumday); Noon–4 pm; Free.

The annual event hosted by the Smithsonian Magazine provides open door access to participating museums and a guided tour of the estate. Recommended for teens. Registration required. Visit the Smithsonian Magazine website for tickets.

**Birding:** Bartow-Pell Mansion Museum, 895 Shore Rd.; (718) 885–1461; [www.bartowpellmansionmuseum.org](http://www.bartowpellmansionmuseum.org); 3:30 pm; \$10 (\$8 seniors, students, and members).

Join naturalist Debbie Becker on a trail for the great fall migration with hawks, eagles, warblers and hummingbirds who are returning to their winter residences. Recommended for teens. Registration required.

### FURTHER AFIELD

**Celebrate Latin America:** Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street, Manhattan; (212) 570–7710; [www.metmuseum.org](http://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.

## SUN, SEPT. 28

### IN THE BRONX

**Family Art project:** 10 am–1 pm. Wave Hill. See Saturday, Sept. 27.

### 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](http://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

### IN THE BRONX

**Tech time:** 3:30 pm. Parkchester Library. See Monday, Sept. 8.

**Pajama night:** Kingsbridge Library, 291 W. 231st Street; (718) 548–5656; [www.nypl.org](http://www.nypl.org); 5 pm; Free.

Don your favorite pair of PJs and bring your fluffy toy for an evening of stories and games.

## TUES, SEPT. 30

### IN THE BRONX

**Preschool time:** 11 am. Parkchester Library. See Tuesday, Sept. 2.

## WED, OCT. 1

### IN THE BRONX

**Story time:** 6 pm. Barnes & Noble Bay Plaza. See Wednesday, Sept. 3.

## LONG-RUNNING

### IN THE BRONX

**Eco-Explorers camp:** Van Cortlandt Nature Center, W. 246th St. at Broadway; [www.ecologyconnection.org](http://www.ecologyconnection.org); Weekdays, 9:30 am–3 pm, Now – Fri, Aug. 29; Free.

Outdoor based educational camp so youth can explore the ecosystem and the park.

**Dinosaur Safari:** Bronx Zoo, 2300 Southern Blvd. at Boston Road; (718) 220–5103; [www.bronxzoo.com](http://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, prodohadros, stegosaurus and edmontonia.

**Seasonal crafts:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365–5516; [www.nycgovparks.org](http://www.nycgovparks.org); Fridays, 2–3:30 pm; Free.

Make holiday arts and crafts.

**Story, arts and crafts:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365–5516; [www.nycgovparks.org](http://www.nycgovparks.org); Tuesdays, 10 am–10:45 am; Free.

Children 6 months to 4 years old enjoy a story followed by a craft and activity related to the reading.

**Paper Arts & Crafts:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365–5516; [www.nycgovparks.org](http://www.nycgovparks.org); Wednesdays, 1–3 pm; Free.

Children have fun creating collages using decoupage, origami, kirigami

and more.

**Learn to draw:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365–5516; [www.nycgovparks.org](http://www.nycgovparks.org); Thursdays, 2–3:30 pm; Free.

Children 10 years and older learn the basics of still life pencil drawing, including volume, tone, value, and sketching.

**Family Workshops:** The Cloisters, 99 Margaret Corbin Dr.; (212) 923–3700; [www.metmuseum.org](http://www.metmuseum.org); Saturday, Sept. 6, 1 pm; Sunday, Sept. 7, 1 pm; Saturday, Sept. 20, 1 pm; Saturday, Sept. 27, 1 pm; Saturday, Oct. 4, 1 pm; Sunday, Oct. 5, 1 pm; Saturday, Oct. 18, 1 pm; Saturday, Oct. 25, 1 pm; Saturday, Nov. 1, 1 pm; Free with museum admission.

Families with children ages 4 through 12 are invited for an hour-long workshop covering different topics each week.

**Crochet workshop:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365–5516; [www.nycgovparks.org](http://www.nycgovparks.org); Tuesdays, 2–3 pm, beginning Tues, Sept. 9; Free.

Novices and experienced crocheters will learn how to create a two-color, open mesh bag for the beach, or as a carry tote and learn to read a pattern. Materials required: one skein color A and one skein color B, (100 percent cotton); one size J hook, and one tapestry needle. All levels.

**Recycle to art:** Poe Park Visitor Center, 2640 Grand Concourse; (718) 365–5516; [www.nycgovparks.org](http://www.nycgovparks.org); Wednesdays, 2–3:30 pm, beginning Tues, Sept. 16; Free.

Have fun turning junk to treasure. Children under 10 must be accompanied by an adult. Wear appropriate clothing.

**Haunted Pumpkin Garden:** New York Botanical Garden, 200th St. and Kazimiroff Blvd.; (718) 817–8700; [www.nybg.org](http://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, and 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.; (718) 817–8700; [www.nybg.org](http://www.nybg.org); Saturdays and Sundays, Noon and 2 pm, Sat, Sept. 20 – Fri, Oct. 31; Free with gar-



# Calendar

Our online calendar is updated daily at [www.NYParenting.com/calendar](http://www.NYParenting.com/calendar)

den 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.

## 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](http://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](http://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](http://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 propul-

sion, gravity, escape velocity, launch window, gravitational assist, and more!

**Kids's Discovery Stations:** Brooklyn Botanic Garden, 1000 Washington Ave., at Eastern Parkway, Brooklyn; (718) 623-7220; [www.bbg.org](http://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](http://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.prospect-park.org/visit/places/carousel](http://www.prospect-park.org/visit/places/carousel); Thurs-

days – Sundays, Noon–6 pm, Now – Sun, Aug. 31; \$2 per ride (\$9 per a 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](http://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](http://www.brooklynkids.org); Saturdays and Sundays, 12:30 pm, Now – Sun, Aug. 31; Free with museum admission.

Children learn all about shapes, triangles, squares.

# Party Planners



**Best Clowns**  
Clowns • Costume Characters  
Princess Parties • Magicians  
Face Painters • Balloon Art  
Caricaturists • Toddler Games  
Cotton Candy & More  
**1-800-75-CLOWN or 212-614-0988**  
Bi-Lingual Performers Available  
Private & Corporate Events  
All Boros, L.I. & Westchester  
[www.bestclownsnyc.com](http://www.bestclownsnyc.com)



**CONFETTI**  
CLOWNS & CHARACTERS  
Face Painting • Balloon Art • Magic • Games  
Cotton Candy • Popcorn  
**NEW PARTY ROOM AVAILABLE**  
Call (917) 579-0867 to book your party today!  
[ConfettiClowns.com](http://ConfettiClowns.com) /ConfettiClowns  
3190 Westchester Ave., Bronx, New York 10461



**CLOWNS.COM**  
Specializing in:  
• Party Packages  
• Corporate Events  
• Birthday Parties  
• Wedding Receptions  
• School Events  
• All Occasions  
718-971-5862  
[CLOWNS.COM](http://CLOWNS.COM)

# theMarketplace



**STAY CONNECTED**  
To advertise with us please call 718-260-2587

**LEARNING CENTER**

*Lil Rain Makerz*  
Educational & Recreational Activities  
**REGISTER NOW!!!!**  
AGES 6 wks to 13 yrs old  
**PRESCHOOL**  
**AFTER SCHOOL**  
**RECREATION**  
**MEALS INCLUDED**  
[www.lilrainmakerz.org](http://www.lilrainmakerz.org)  
4180 Hutchinson Parkway East BX, NY 10475 • 347-977-1189

# Villains get their day

## Kid critics weigh in on Gotham action

*"Batman: Assault on Arkham" is a direct-to-video animated superhero film. Kids First film critics Keefer B. and Anthony A. weigh in.*

**V**igorous! This is your typical, entertaining comic book film, only this time you're cheering for, and looking from, the bad guys' point of view.

Amanda Waller (C.C.H. Pounder) assembles a team of six criminals, called The Suicide Squad. Their mission is to break into Arkham and retrieve The Riddler's (Matthew Gray Gubler) cane. However, it does not go according to plan.

This film is rated PG-13 for violence, sexual content, and language, and I agree with this film's judgment. Not long ago, I wrote a blog post about the rating



system and how casually the ratings are letting mature content into PG-13 films without warning. I can't complain, since this film gives us a clear heads up! I will say, towards the end, one of the film's characters says, "M-----" and then the audio cuts off. I don't believe that counts as using the "F" word.

The characters are dynamic. As much as I love heroes, I adore villains. A protagonist is nothing without an antagonist and these criminals take the cake. "Batman" villains are unlike your regular, "Want to take over the world" bad guys. They are complex criminals that are assassins, deranged psychologically, destined to kill and maim for fun, and sometimes all of the above at once.

What's even better, these characters are lesser known villains such as King Shark (John DiMaggio), Captain Boomerang (Greg Ellis) and more — all with their own vendetta both personal and business. This creates engaging conflict between the characters.

The artistry in the animation never ceases to amaze me. Batman's universe is dark and brooding with lots of shadows and dim lights. Colors like red, green, and purple are done in darker shades instead of bright tones. The characters all have costumes and designs that define them. The brightly colored suit of the Joker (Troy Baker) stands out from the rest of the characters while still looking like a part of the world he lives in.

My favorite character is Deadshot (Neal McDonough). Deadshot is the leader who only wants to be with his daughter. He's cunning, a sharp shooter, and deadly. He even manages to get into Joker's mind and outsmart him. That's impressive.

My favorite scene is when the squad is up against Batman (Kevin Conroy). This takes place in a building full of confiscated belongings from the criminals of Arkham. So if you're a comic book fan, like me, see how many different Easter eggs you can spot. Plus this is one of the rare times you see Batman do what he does best.

I give this film 4 out of 5 stars and recommend it to 13- through 18-year-olds. As I mentioned earlier,

there is content that is inappropriate for younger kids. This film is out on DVD and Blu-ray now.

— Keefer B.

See Keefer's video review here: <http://youtube/HCOhWerdQsg>

**T**his movie is funny, but has a lot of action, violence, and gore. I really enjoyed this movie and I hope you will, too.

The film is all about a group of super villains called The Suicide Squad. They have to listen to a government employee named Amanda Waller who wants to kill the Riddler. If anyone from The Suicide Squad tries to run or disobey, or if they try to kill Amanda, they will die. All the members have a bomb in the back of their neck, which she can set off, and it will blow their heads clean off. So they all go to Arkham to try to kill the Riddler for her.

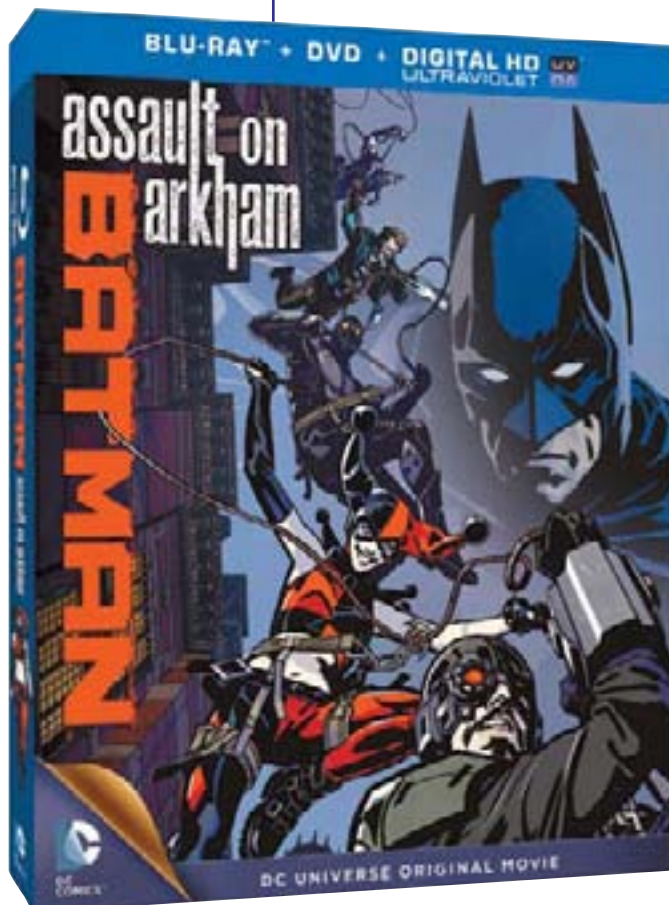
The main characters in this movie are The Joker (Troy Baker), Harley Quinn (Hynden Walch), Batman (Kevin Conroy), Deadshot (Neal McDonough), Killer Frost (Jennifer Hale), Captain Boomerang (Greg Ellis), The Riddler (Matthew Gray Gubler), Amanda Waller (CCH Pounder), King Shark (John DiMaggio), and Black Spider (Giancarlo Esposito). My favorite character in the movie is Deadshot, because he may be a bad guy, but he is more like a good guy. He will do anything for his daughter, even if he has to kill a few people. I guess that explains why he is in prison.

My favorite part in the movie is when The Joker gets out of jail and kills a few people, because it has a good amount of action. It also had a little gore and involves a smoke bomb. It is really cool and since The Joker's out of jail, no one is laughing but him.

I would recommend this movie for ages 12 to 18 because it has a few bad words, killing, and gore.

— Anthony A., age 12

See Anthony's video review here: [http://youtube/IH\\_1raUffFI](http://youtube/IH_1raUffFI)



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

Trusted since 2008



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

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

Visit us online at

[www.NYParenting.com](http://www.NYParenting.com)

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



To advertise your business and or services contact us at 718-260-4554 or e-mail us at [family@cnglocal.com](mailto:family@cnglocal.com)

**Family Publications New York/CNG**  
1 MetroTech Center North - 10th Fl. • Brooklyn, NY 11201  
718-260-4554 • [family@cnglocal.com](mailto:family@cnglocal.com)



**FIDELIS CARE®**

# We have a Community Office Close to You!

Through NY State of Health: The Official Health Plan Marketplace, we can help you choose the coverage that's right for you. Stop by one of these locations, or call 1-888-FIDELIS (1-888-343-3547).

The next Open Enrollment for the Marketplace is from November 15, 2014 – February 15, 2015.

Apply for enrollment in New York State's Child Health Plus and Medicaid programs throughout the year!

### **Bronx**

815 East Tremont Avenue  
Bronx, NY 10460  
(718) 896-2531  
Fax: (347) 923-5389  
M-F: 9:00am - 5:30pm

### **Chinatown**

168 Canal Street  
Suite 308  
New York, NY 10013  
(212) 226-6157  
Fax: (212) 226-6380  
M-Su: 8:30am - 6:00pm

### **Flushing**

36-36 Main Street  
Suite 2SB  
Flushing, NY 11354  
(718) 896-4511  
Fax: (718) 362-2497  
M-Su: 9:00am - 5:30pm

### **Inwood**

100-02 Post Avenue  
New York, NY 10034  
(212) 942-3111  
Fax: (212) 942-8883  
M-F: 9:00am - 5:30pm

### **Patchogue**

232 East Main Street  
Patchogue, NY 11772  
(631) 475-7200  
Fax: (631) 475-7211  
M-F: 8:30am - 6:00pm  
Sa: 9:00am - 1:00pm

### **Ridgewood**

1674 Putnam Avenue  
Ridgewood, NY 11385  
(718) 896-2694  
Fax: (347) 923-6124  
M-F: 10:00am - 6:30pm  
Sa: 10:00am - 5:00pm

### **Spring Valley**

175-11 Route 59  
Spring Valley, NY 10977  
(845) 356-0194  
Fax: (845) 426-0694  
M-F: 9:00am - 5:30pm  
Sa: As needed for special events

### **Sunset Park**

837 58<sup>th</sup> Street  
4th Floor  
Brooklyn, NY 11220  
(718) 633-5308  
Fax: (718) 633-5608  
M-F: 8:30am - 6:00pm  
Sa-Su: 9:30am - 6:00pm

### **Westbury**

180 Post Avenue  
Westbury, NY 11590  
(516) 334-6588  
Fax: (516) 334-6440  
M-F: 8:30am - 6:00pm  
Sa: 9:00am - 1:00pm

### **Yonkers**

419B South Broadway  
Yonkers, NY 10705  
(914) 233-5222  
M-F: 8:30am - 5:00pm  
Sa: 10:00am - 6:30pm



**1-888-FIDELIS • fideliscare.org**

**(1-888-343-3547) TTY: 1-800-421-1220**



To learn more about applying for health insurance through NY State of Health: The Official Health Plan Marketplace, visit [nystateofhealth.ny.gov](http://nystateofhealth.ny.gov) or call 1-855-355-5777.