

FIGHTING THE MID-YEAR EDUCATION BLUES

Bronx | Riverdale family

JANUARY 2019

NEWYORKFAMILY.COM

HAPPY
New
YEAR!

EATING YOUR
WINTER VEGGIES

Babies and Cold
Weather Safety

INSIDE:
+ Catholic School Choices



ST. ANSELM SCHOOL

Celebrating Excellence in Education since 1908



All
faiths
welcome!



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
- Technology Program including SMART Boards, I-Pads, Elmos, Chromebooks and Wi-Fi access
- Daily Extended Care Program until 6pm
- Comprehensive Science Program
- Art and Music Programs
- Physical Education Program
- Guidance & Counseling Services
- AFFORDABLE TUITION!!

Office Hours: Mon.-Fri. 8am-4pm

Scholarships Available for a Limited Time

(Call or visit school to inquire)

- * **FREE** Full Day PreK 3 and PreK 4
UPK Programs 8:15am - 2:45pm

AFTER SCHOOL CLUBS:
Math, Science, Choir,
Guitar, Violin, Art, Band,
& Chess

OPEN HOUSE

Every Wednesday
9am to 11am

APPLY NOW

**2019-2020 School Year
Pre-Kindergarten through Grade 8**

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



FEATURES

- 14 | Talking to Your Kids About Death**
How to broach the subject with young children and teens
- 16 | Have Faith**
Religious schools make the case for infusing faith into learning

FAMILY FUN

- 26 | Calendar**
Family-friendly January events

ADVERTISING

- 18 | Catholic Schools Week Directory**

COLUMNS

- 6 | Bits & Pieces**
A cool culinary service for families, a special needs app, the tastiest new café, and more
- 8 | Family Health**
Cold weather safety
- 10 | Good Sense Eating**
Eat your winter whites
- 12 | Must Read**
Mashonda Tiffrere's *Blend* is a must for modern co-parenting
- 13 | Education**
Mid-year elementary school blues
- 30 | Just Write Mom**
Overcoming people-pleasing to stand up for my kids

letter from the publisher

JANUARY IN THE CITY

The holidays are over and we're all slowly getting back into our routines. Everyone had a break, or at least a mini-break, and will be adjusting to a return to normalcy, or trying to. In this issue there is an interesting article about the mid-year blues we all experience, especially our children. That said, it's really important that parents continue to create the atmosphere and expectation for their kids' personal achievements, in spite of these blues.

Staying healthy is a big part of the equation and we typically present good ideas and plans for healthy eating and daily living that will accomplish just that. This



issue is no exception. Eating winter vegetables (eating whites) is such a helpful topic, and as she does every month, our contributing nutritionist Christine Columbo has shared ideas for keeping our kids nutritionally balanced.

We're heading into Catholic School's Week, and with that in mind, we once again present

a special advertising section highlighting many of the schools and their upcoming Open Houses. We've been doing this for many years, and moving forward we'll be showcasing other specialized schools, whether religiously affiliated or not. Again, all of this is motivated by our strong attempt to be as helpful as possible and letting you,

our readers, know what options are out there for your kids.

So Happy New Year to all! It's the 21st year of our publishing these parent guides and we are looking forward to yet another year of being, both in print and online, an integral source of information and support to parents across our city. Wishing all of you a great year!

Thanks for reading.

Susan Weiss-Voskidis,
Publisher/Executive Editor
Susan@nyparenting.com

New York family

PUBLISHER / EXECUTIVE EDITOR:

Susan Weiss
Family@NewYorkFamily.com

PUBLISHER: Clifford Luster

EDITOR: Mia Weber

ASSISTANT EDITOR: Courtney Donahue

OPERATIONS ASSOCIATE & CIRCULATION: Tina Felicetti

ACCOUNT EXECUTIVES:

Erik Bliss, Erin Brof, Mary Cassidy, Thomas Chillemi, Mary Ann Oklesson, Shelli Goldberg-Peck, Jay Pelc

MARKETING ASSISTANT:

Charlotte Sauvagnat

EVENT COORDINATOR:

Emanuelle Block

ART DIRECTOR: Leah Mitch

WEB DEVELOPER: Sylvan Migdal

GRAPHIC DESIGNERS:

Arthur Arutyunov, Daria Avvento, Gardy Charles, John Napoli, Marcos Ramos

CONTACT INFORMATION

ADVERTISING:

(718) 260-4554
Advertising@NewYorkFamily.com

CIRCULATION: (718) 260-8336

Tina@NewYorkFamily.com

EDITORIAL: (718) 260-2587

Susan@NewYorkFamily.com



New York Family Media is a division of Schneps Media

PRESIDENT & PUBLISHER:

Victoria Schneps-Yunis

CEO & CO-PUBLISHER:

Joshua Schneps

ADDRESS

New York Family Media / Schneps Media
1 Metrotech Center North
10th Floor
Brooklyn, NY 11201

www.NewYorkFamily.com

Join the conversation on Facebook, Instagram & New York Family's Mom to Mom Facebook Group



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

New York Family is published monthly by Queens Family Media, LLC.

Reproduction of New York Family Media in whole or part without written permission from the publisher is prohibited. All rights reserved.

©2019 Queens Family Media, LLC





The New York City Charter High School for Architecture, Engineering & Construction Industries

838 Brook Avenue, Bronx, New York 10451 | 646-400-5566 | aecicharterhs.org | Fax: 718-585-4780

We invite families to our school to preview our school environment and tour the building to see the program currently available for incoming freshman students.

The Mission of AECI is to create an integrated rigorous academic program and career preparatory learning environment that provides students with a foundation of the necessary skills, knowledge, and practical experience to pursue a path leading to college and/or a career in the Architecture, Engineering or Construction Industries.

- Students are exposed to Architecture, Engineering or Construction Industries during their four-year degree
- College partnerships expose students to college level course work in preparation for college and career
- Over 96% of our students graduate and attend 2 and 4 year colleges
- Students are highly encouraged to participate in clubs, sports teams and internships in order to expose students to working collaboratively as teams and individually.



Invitamos a las familias a nuestra escuela a realizar una vista previa para conocer nuestro ambiente escolar y recorrer el edificio para ver los programas que están disponibles para los estudiantes del primer año.

La Misión educativa de AECI es crear un riguroso programa académico integrar de enseñanza y aprendizaje preparatorio de carreras que proporcionen a los estudiantes una base de habilidades necesarias del conocimiento y la experiencia práctica, para seguir un camino que los conduzcan a la universidad en los estudios de Arquitectura, Ingeniería e industrias de la construcción.

- Los estudiantes están recibiendo clases sobre Arquitectura, Ingeniería e Industrias de la Construcción durante su carrera de cuarto años.
- Las asociaciones con las Universidades ofrecen a los estudiantes prepararlos en cursos de nivel universitario antes de ingresar a una Carrera universitaria en estas áreas.
- Mas del 96% de nuestros estudiantes se graduado y asisten a colegios universitarios de 2 o 4 años.
- A los estudiantes se les anima a participar en clubes, a formar equipos deportivos y a realizar sus prácticas con el fin de conducir a los estudiantes a trabajar en colaboración como equipos e individualmente.



HIP MUSEUM

Museum of Illusions

Officially opened this past November, the Museum of Illusions is the coolest new attraction in the Meatpacking District. Perfect for kids ages 6 and up, the Mol is an interactive museum that offers a totally unique visual and educational experience—it's made up of illusionistic rooms, optical illusions, and a playroom with didactic games and puzzles. Kids and parents are welcome to laugh, scream, run, take tons of photos for the 'Gram. With over 70 exhibits all based on science, mathematics, biology, and psychology, visitors will be encouraged to learn why our eyes see things that our brain does not understand.

museumofillusions.us



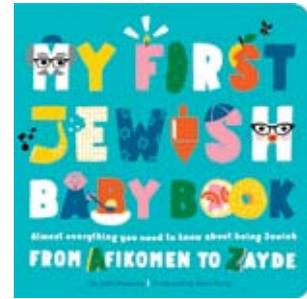
MOM TO MOM

Join our New York Family Mom to Mom Facebook sisterhood and find moms in your neighborhood for advice, community, and support. [facebook.com/groups/nypmoms](https://www.facebook.com/groups/nypmoms)

SPECIAL NEEDS

Wolf + Friends

Designed especially for millennial parents raising children with special needs (like autism, anxiety, ADHD, sensory processing issues, developmental delays, mental health issues, and down syndrome), Wolf + Friends is a new app aimed helping moms and dads connect with one another on their parenting journeys. With the goal of functioning as a modern and inclusive lifestyle platform, Wolf + Friends lets members create a peer to peer support system via direct messages and group chats; the app also gives members access to curated content and tips from occupational therapists, speech and language pathologists, child psychologists, behaviorists, financial advisors, and other experts. wolfandfriends.com



B IS FOR BAGELS

My First Jewish Baby Book

Best-selling children's book author Julie Merberg (*My First Book of Girl Power*, *My First Book of Feminism for Boys*) has a knack for choosing and tackling subjects that appeal to the baby-preschool set as well as to adults. Her latest "cross-over" board book is designed for the littles "people of the book"—*My First Jewish Baby Book*. This irresistible board book gives little ones (ages 0-3) an alphabetical introduction to Judaism — the delicious foods, meaningful rituals, lively holidays, expressive language, and more. Hip illustrations by Beck Feiner accompany snappy, rhyming text in a package that is destined to be the perfect gift for any bris or baby naming party on your calendar. "My First Jewish Baby Book" is now in stores.



FAMILY COOKING

The Culinistas

Looking for an easy (and tasty) hack to week-night meal planning and preparation? Enter the Culinistas. The Culinistas is a newly launched in-home private chef service that offers family-friendly weekly cooking for households, as well as one-off special occasions in New York City and the Hamptons. Their services include menu planning, grocery shopping, cooking, and clean up; plus, they make private chef services approachable and customizable for families and make sure that their clients are served well-balanced, professionally home-cooked meals. It's a perfect option for busy families who want to still make family dinner a priority without the stress of meal planning. theculinistas.com



SWEET TREAT

Nutella Café

Calling a dessert fans! Union Square recently got a whole lot

sweeter! Opened this past winter, the Nutella Café offers foodie fams an authentic Nutella experience all year-round. The menu features Nutella-centric dishes (including the NYC exclusive Brioche sandwich, which features a dollop of Nutella Gelato between two small pieces of brioche caramelized to perfection) and specialty espresso beverages, and guests can experience an assortment of all-day dishes like freshly baked breads, pastries, breakfast specials, desserts, and gelato — all incorporating the iconic Nutella Hazelnut Spread as a key ingredient. [facebook.com/NutellaCafeNewYork](https://www.facebook.com/NutellaCafeNewYork)

State of the Art Dental Facility • Kid Friendly



718.708.6755

2100 Bartow Ave., Suite 246
 Bay Plaza, Coop City
 Behind Pathmark,
 Next to AMC & Bally's

TRABAJAMOS COMMUNITY HEAD START
A Child's Work is Play!



EDUCATION. NUTRITION. MENTAL HEALTH.

- Bilingual
- Available 5 days a week
 from 8am - 6pm all year 'round
- Breakfast, lunch and snack provided

*Inspired early childcare with a holistic approach
 to working with children and their families.*

Serving the community for over 52 years

<p>Site 1: 940 EAST 156TH ST., Bronx NY 10455 718-893-1512</p>	<p>Site 2: 1997 BATHGATE AVE., Bronx, NY 10457 917-259-7081</p>	<p>Site 3: 2167 UNIVERSITY AVE., Bronx NY 10468 917-962-9720</p>
--	---	--

trabajamoscommunityheadstart.com

REGISTER NOW! WONDERFUL WINTER PROGRAMS for Children & Families!

For pricing & descriptions, visit bronxhouse.org today!



**MATH & LITERACY
 TUTORING**
 Saturdays
 Grades K-7
 Jan 5-Mar 16



**JUNIOR
 CHEFS**
 Saturdays
 Ages 8-13
 Jan 5-Mar 16



**ADULT
 SEWING**
 Saturdays
 Jan 19-Feb 16



VACATION PROGRAM
 When Schools out, We're Not!
 Jan 21, Feb 18-22
 & most remaining
 holidays



**BRONX HOUSE
 DAY CAMPS**
 Grades K-10
**Register by Jan 31
 & SAVE \$200 off
 full summer!**



A better life for everyone.™

990 Pelham Parkway South • Bronx, NY 10461

718.792.1800 • bronxhouse.org

Contact: Leon Davis at ext. 232 or leon@bronxhouse.org



Cold Weather Safety

Recognizing the signs of frostbite in an infant, and how to treat it

As a new mother, I'm concerned about how cold this winter already is. I want to expose my infant to the world and also keep her safe and healthy. So, how cold is too cold? When should I worry about frostbite and my infant?

Cold, dry air can extract moisture out of a baby's sensitive skin, causing her round rosy cheeks to quickly become leathery and wind burned. Exposing an infant to extremely cold temperatures can be a serious health risk, as infants are more prone to frostbite than adults because they lose heat from their skin faster. It's important to know the signs of frostbite, its severity, and how to treat your baby.

Frostbite is caused by prolonged exposure to temperatures below 32 degrees Fahrenheit, and occurs in a series of stages. Babies and toddlers should never be outside in wind chills or temperatures of -15 degrees Fahrenheit or colder, because skin exposure can cause damage in just a few minutes. Babies should only be out in the extreme cold for a few minutes at a time at most, and toddlers should only play outside for 20-30 minutes before taking a break.

Remember that it takes infants a lot of calories to maintain body heat in frigid weather, so ensure your baby has been fed recently before taking her outside in the cold. As a general rule, babies and toddlers require one more layer of clothing than adults to protect them from the elements. Dress your baby in many layers—for example undershirt, shirt, sweatshirt, and coat — so that they can be removed one-by-one once inside. While outside, your baby should also be covered with a hat, mittens, warm socks, boots, and a warm coat or snowsuit.

To keep an eye out for frostbite, it is important to pay attention to color changes in the skin. The first stage is frostnip, a mild form of frostbite in which skin turns red and first feels very cold, and then prickly or numb. Frostnip alone does not require medical attention, but should you notice the symptoms on your daughter, be sure to remove wet clothing and wrap your baby in warm blankets. Also warm the affected area as soon as possible by soaking it in warm (not hot) water, and give your baby warm fluids, either by nursing or feeding



her a warm bottle. Do not rub or attempt to massage the frostbitten area as it may cause more damage.

The second stage is superficial frostbite, during which redness turns pale yellow or white and may appear hard or waxy. The skin may start to feel slightly warmer, but that is the body compensating for the freezing process. If you notice these symptoms, take her to an emergency room. Additionally, do not warm the affected area unless you can keep it warm, as warming and re-exposure to the cold can worsen the damage.

Severe frostbite reaches further into the skin's layers of tissue, making the skin appear very hard and cold. It can cause complete numbness in the affected area. If it

is very severe, the skin will turn black. If you suspect that severe frostbite has occurred, take your child to a warm area and call 911 immediately.

You can protect your infant from the dangers of extreme winter weather, but try to stay indoors during drastically cold temperatures and make any trips outside as brief as possible.



Pramod Narula, MD is the Chairman of the Department of Pediatrics at NewYork-Presbyterian Brooklyn Methodist Hospital.



**THEIR BRILLIANT
FUTURE STARTS
HERE**



Zeta's mission is to build and sustain high-performing schools that forge thriving communities of lifelong learners, problem solvers, and innovators.



Locations

Zeta Bronx 1
222 Alexander Ave
Bronx, NY 10454
(serving K-2nd grade)

Zeta Inwood 1
652 West 187th Street
New York, NY 10033
(serving K-2nd grade)

In the 2019-2020 school year Zeta Charter Schools will serve students in Kindergarten through Second Grade.

Apply today at
zetaschools.org/apply

Sign up for a school visit and
information session at
zetaschools.org/schoolvisit

Please contact us
with any questions:
apply@zetaschools.org

HAC Family Services Inc.

Bridging the Gap to Education & Success



- Childcare (2-years to 5-years)
- Family EarlyLearn CACFP
- Headstart
- Pre-school Evaluations
- Universal Pre-K
- Pre-school Special Education
- Family EarlyLearn (6-weeks to 4-years)
- 3-K for All program

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 www.hacfs.org

Nearly a half a century of service to the Bronx



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

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

Eat Your Winter Whites

It always bothers me to hear the advice “eat the colors of the rainbow.” As the thinking goes, the more colorful the produce, the more nutrients it contains.

But the fact is that many white or off-white plant foods can be just as nourishing as those colorful red, blue, and yellow foods. Here’s a look at what white-colored foods are nutrient-rich, and how they can be made kid-friendly:

Banana

While the peel is banana-yellow, the edible portion is a creamy white. Bananas are a perennial kid favorite and can be baby’s first food when mashed with a fork. Everyone knows they’re loaded with the mineral potassium, but did you know they’re packed with fiber? Bananas are perfect for a backpack, need no refrigeration, and help to soothe hunger pangs when a meal isn’t forthcoming. Whirl into a smoothie, slice on top of cereal or nut butter, or even freeze for a cool treat.

Cauliflower

This classic cold-weather vegetable is loaded with vitamins C and K and glucosinolates.

“Cauliflower is one of my go-to vegetables. It’s a great vegetable that you can prepare and serve in different ways as your kids grow,” says Kathryn Maher, a culinary and public health dietitian in Indiana. “Pureed cauliflower can be a great beginner food. Cooked, whole florets are easy to grab and munch on when your little one is ready.”

For older kids, cauliflower is fantastic when cut into flowerets; tossed with a little fresh chopped rosemary, olive oil, salt and pepper; and roasted in the oven.

Celery root

Rich in both iron and vitamin K, this root vegetable is a good source of dietary fiber, which is lacking in many kids’ diets. Traditionally mashed, it can also be eaten raw with a dip.

Jicama

“If you haven’t tried jicama yet, I challenge you to pick one up on your next trip to the grocery store. You will not be disappointed. Jicama has a similar texture to apples, but a milder flavor,” Maher says. “You can bake it, eat it raw or make it sweet or savory. Let your



kids help experiment with adding flavor.”

Onion

Pungent and sharp when it’s raw, onion becomes sweet and delicious when cooked until it’s soft and translucent. Like the drummer in a band, always in the background yet missed when it’s absent, onion adds depth of flavor to nearly every savory dish there is. Onions contain the antioxidant quercetin.

Try this the next time you grill hamburgers: Slice a few onions thinly, put into a covered frying pan with a little oil and cook slowly over low heat. After about a half hour, the onions will have caramelized. You can top not only your burgers, but you can add them to sandwiches and salads as well.

Potatoes

These sturdy, budget-friendly tubers tend to be a kids’ fave when ordered as a “fry” at a quick-service restaurant.

When cooked up at home in the form of oven fries, baked, sliced into wedges, and roasted, or even mashed with a little milk and butter, potatoes are a good source of vitamin

C and fiber. Surprisingly, they’re a better source of potassium than a banana.

Parsnips

Most kids won’t eat cooked parsnips, but they will eat them if they’re sneaked into stew or soup or included into a medley of oven-roasted root vegetables. A cup of parsnips takes care of almost a third of your vitamin C needs, and is an excellent source of the mineral manganese and dietary fiber.

During this month of snow, incorporate one or more “winter white” foods for good taste and good health.



Christine Palumbo is a registered dietitian nutritionist and Fellow of the American Academy of Nutrition and Dietetics. She is a 2018 recipient of the Medallion Award from the Academy of Nutrition and

Dietetics. Follow her on Twitter @PalumboRD, Facebook at Christine Palumbo Nutrition, or Chris@ChristinePalumbo.com.

AUTISM SERVICES

Your insurance pays, we provide.

DIRECT BEHAVIORAL SERVICES

provides customized ABA services and social groups (funded by your health insurance) to children and adults with autism in Manhattan, NYC areas & NJ. No waiting list.

We work on social skills, language, play skills, self-help skills and academic skills at home, school and community. Supervised by a Board Certified Behavior Analyst (BCBA).

Call **347.559.6131** or email directbehavioralservices@gmail.com
www.directbehavioralservices.com

Private pay also accepted.

CONFETTI

party place

Clowns • Characters
Face Painting • Balloon Art • Magic
Games • Cotton Candy • Popcorn
Paint Nites for Adults & Kids too!

Party Room available for Birthday & Baby Shower Celebrations!

Call (917) 579-0867 to book your party today!

[/ConfettiPartyPlace](#) [/ConfettiPartyPlace](#)
3190 Westchester Avenue, Bronx, New York 10461

Sign Up Today!

Girls & Boys Gymnastics
Classes Available

7 days a week! Ages 2yrs – 14yrs

Ask About our Mommy & Me Gymboree
Classes on Saturdays and Sundays @ 10am!

www.uscgymnasticsandbaseball.com

Sign up online and enter promo code: holiday
& receive \$50 off!

\$50 OFF
All Winter Session
Classes



636 S. Broadway
Yonkers, NY 10705
(corner of 263rd St. & Bdwy)
Tel# 914.965.2619

PS 567 Linden Tree

Magnet School for
Global Leaders of Innovation and Discovery



Come visit us on our Magnet Mondays!

Call the school and arrange a tour.

Ask about our amazing STEM
partnerships and project-based
learning!

For more information, give us a call
at **718.239.7401**

Address:

1560 Purdy Street
Bronx, New York 10462

www.LindenTree567.com

BLENDED Blessings

Mashonda Tiffrere's *Blend* (complete with a forward by Alicia Keys) is a modern guide to happy co-parenting

By Mia Weber

When Mashonda Tiffrere's book *Blend* dropped this past fall, she celebrated in style—think: Champagne, music-industry A-listers, and a towering custom cake set against the splendor of Donna Karan's Urban Zen event space in lower Manhattan. There were impromptu bursts of song (from Tiffrere herself, along with her friend and son's step-mother Alicia Keys); there were plenty of festive cocktails and lavish snacks and desserts. But revelry and glamour aside, the heart and soul of the party was the message of Tiffrere's tome devoted to peaceful co-parenting, and inspired by her own experience with divorce from her son's father (the musician Swizz Beatz, who penned a chapter on fatherhood) and establishing a positive relationship with his new wife, Keys (who actually wrote a foreword to the book).

"The book started out as a series of journals. I started to journal everything from the moment I had my son and I journaled about being a mother. Then, when my marriage started to dissolve, I started to journal about what it felt like to go through that separation and then it went into divorce," Tiffrere—who has a longtime background in the music industry as an accomplished singer and songwriter—says of *Blend*'s origins, which stemmed from her own divorce with Swizz Beatz. After feeling hurt and confused as she navigated the separation, she also knew she had to find a way to co-parent with her son's father and his new partner, Keys.

"I literally had an epiphany one day: 'This needs to be a book!' Because I was looking for books to help me get through what I was feeling and I couldn't find anything, specifically



Mashonda Tiffrere with Swizz Beatz, Alicia Keys, and their children.

about healing and getting through it, but also about trying to figure out a way to work with the new woman involved," Tiffrere says. "I got to a point where I really wanted to understand my relationship with Alicia."

That desire for understanding and common ground, for the sake of healing and for the best interests of the children involved, is at the core of *Blend*. Over nearly eight years, Tiffrere worked on perfecting her message, sharing her journey, and thinking about what separated parents and new co-parents really needed. The end result is a book that's true to her original mission of helping parents going through a divorce or separation to be open to healing so they can blend their family in a balanced way with any new adults in the equation.

"The primary mission [of *Blend*] is opening people up to the fact that, if they just allow themselves to feel and let go of the hurt and the pain that they struggle with after a divorce or a separation, they can move forward and heal, and provide an emotionally and mentally healthy future for their children," she explains. "[Having a blended family] means peace of mind; it means a level of open communication that would not be possible if we did not trust each other, and didn't feel the need to protect our family and give our children what we consider a true chance at living a healthy life."

If any proof is needed that Tiffrere, Swizz Beatz, and Keys have developed a loving and balanced co-parenting partnership, it was right there in the room on the night of the *Blend* book launch. The family was all smiles as they posed for photos—there were hugs, laughs, and

happy tears. Most notably, Tiffrere and Swizz Beatz's son Kasseem was on hand to celebrate his mom, and it was obvious how proud he was.

"He was there—he watched me go through everything and he witnessed the writing part and he'd go to sleep and be like: 'Okay, are you going to go write now, mom?' He knew what I was doing for a really long time," Tiffrere says. "So for him to see [the book] manifest, his mind was blown, especially when he saw it at Barnes & Noble, because that's our favorite store. When he walked in there and saw my poster up and books all over the place and my picture—he just couldn't believe it. And he wrote a letter in the book to himself, so he's in Barnes & Noble too, and he's pretty excited about that."

At the end of the day, Tiffrere hopes readers will turn to her book as a tool to set themselves and their kids up for peace of mind and a road to happiness.

"The first thing would be to tell [readers] would be to open their heart and try to put all the pain aside for a moment and think of your child and the future of your child—and also think of yourself, and of your healing and your peace," she says. "I'd tell them to get in tune with their ego, and really learn how to check it, and to understand the difference between operating from that place of ego and operating from a place of love. That means to allow yourself to be more vulnerable and those are the first ingredients to truly being able to co-parent and blend and create a new, healthy relationship with your ex."

To learn more about Mashonda Tiffrere, visit theblendedfamilybook.com!

Mid-Year Elementary School Blues

How to keep kids motivated the entire school year

By Sarah Lyons

Packing lunches, doing nightly homework, studying for spelling tests, and scrambling about during the morning rush; the thrill of a new school year has worn off and kids start to drag their feet a little more on school mornings as they return for the start of the second semester. How do you keep kids motivated to finish out the last months of the school year strong?

Set goals

It's important to let your child know you have high expectations for them throughout the year, not just the first semester. Work with your child to set goals for success and reward her for meeting the goals. Some kids may need an academic goal, while others need goals such as no tardies for the quarter or turning all assignments in on time. Communicate with your child's teacher to come up with some beneficial goals for your child. Rewards could include a special outing as a family, going out for ice cream, picking out a special toy, or extra screen time.

Stay positive

As parents who are tired of packing lunches and reminding children to put their shoes on for the fifth time in one morning, it can be hard to stay positive. However, a positive attitude can go a long way for both parents and kids. Focus on the excitement of learning, seeing friends, and upcoming events to encourage your child that school is still as fun as it was back in August. Your positive attitude will become contagious and your child will also start to get excited about school again.

Show an interest

One thing that can have a huge impact on your child's excitement about school is his parents' interest. When your child returns home from school, ask him about his day, his friends, and the highs and lows of the day. Listen attentively and ask questions. When it is homework time, be available to help and answer questions. When parents are excited and interested in the goings on at school, kids will be, too.

Get involved

Kids who are involved in school activities tend to be more excited about school. Encourage your child to join clubs and after-school



activities where she will be around school friends. Parents can also get involved at the school to break up the mid-year blues. When kids see their parents working at the school, it shows them that you value their time there. Check with your school to see what volunteer opportunities are available.

Continue healthy habits

Encourage your child to get a good night's rest, eat a healthy breakfast, and focus on good study habits. An after-school routine to complete homework and chores will help your child fall back into the school schedule after winter break. Set aside time for free time as well. Host a play date, have a movie night, go to the park if weather allows, and schedule time for fun and relaxation so kids don't get too bored with their routine.

If the mid-year blues are still getting to your child, don't hesitate to contact your child's teacher to discuss a plan to get your child back on track. Soon enough the days will begin to get longer, the temperatures warmer, and school will be out for summer once again.

Talking to Your Kids About

Death

How to broach the subject with young children and teens

By Tammy Scileppi

While going about our daily lives, we tend to forget that death is really a part of life.

But is there an afterlife? Many religious traditions claim there is an afterlife of some type; that death is not the end, but rather, a transition. Obviously, nobody knows for sure, but there are cultures that believe in several afterlife possibilities.

Numerous accounts of near-death experiences describe an amazing beyond, filled with endless love, forgiveness and compassion, as well as knowledge far beyond what we as mortals can grasp or comprehend.

Yet, we fear death mostly because it is the great unknown.

So, how do we explain this mysterious, scary, complex concept to our curious children?

Parents have been asking that profound question for generations. But these days, it's more important than ever to talk with your kids and teens about the meaning of death because they're witnessing and hearing about so much violence in the media.

With more school shootings and other horrific incidents happening everywhere in recent years and just in recent weeks, it's getting harder and harder to shelter them from a dangerous and scary world. That's why parents need guidance in understanding how to broach these sensitive topics to help children deal with loss and death, whether it's in their family or in their city.

Broaching these subjects isn't easy, but discussing them with youngsters should make them feel comforted, especially if they're trying to cope with sadness, fear, and confusion.

Dr. Anne Klaeyen, a parent and Brooklyn resident, has decades of experience in counseling as a Humanist Life Advisor at Columbia University. She's also a leader of the New York Society for Ethical Culture in Manhattan, where she helps oversee the organization's unique Ethics for Children class, which focuses on development of the moral reasoning process. Through stories, discussions, service projects, field trips, and art activities, classes encourage the exploration of ideas and issues in a safe, inclusive environment.

At a recent class, she invited parent and author J.R. Becker to introduce his inspiring, life-affirming new book, *What Happens When We Die?*. Through fun verses and whimsical illustrations, "the book helps youngsters cope with and understand death," Becker says, "namely, by allowing room for curiosity about an afterlife, sadness about loss, but then finally, celebrating the things we actually know: How our atoms rejoin the universe, which remains forever changed by our lives. How our energy lasts forever, along with the stories of our loved ones we keep alive by honoring their memories. And most of all, how mortality can inspire us to appreciate the incredible opportunity we've been given: to live the best, most meaningful lives we can, surrounded by the people we love."

Dr. Klaeyen offers valuable suggestions for parents and caretakers, to make sure they're talking about death, loss—and violence—with nuance and care.

Tammy Scileppi: What should parents know when broaching the delicate topic of death with their kids?

Dr. Anne Klaeyen: Parents should always listen, empathize, and know when to stop, so as not to overwhelm their child.

In my experience, honesty and empathy are essential. And they should always be prepared to talk about death but not force a discussion if their children aren't interested. It can come up naturally when telling family stories. For example, a child may remind us of an ancestor who has died. When I was a child, my father would sometimes pull out the projector and pull up the screen to view slides and we would fondly remember relatives who had died.

I think fear and anxiety about death come from not talking about it and treating it as a taboo subject. Death should always be presented as a natural part of life.

TS: Kids and teens deal with death in different ways. How can parents ease their worries?

AK: Again, it is most important to listen to your children's thoughts and concerns and to be aware of what is age-appropriate.

Young children turn to their parents for comfort, explanation, and behavior modeling. When my uncle and godfather died, my son Andrew (now 34) was 3. He observed me crying during the funeral and



and convinced the administration to host an assembly program.

This was an occasion when I held her when she cried, listened to her criticism, and empowered her to take action. Such are the phases of grief.

TS: Escalating gun violence and mass shootings are causing fear and panic across the nation. What was it like when your kids were growing up?

AK: I was surprised to learn how many school shootings there have been in this country since 1840. Of course, most of them resulted in only one or two deaths and as many injuries. It was on April 20, 1999, two days after my daughter's 13th birthday, that we learned the horror of a mass school shooting: 15 dead and 21 injured at a high school in Columbine, CO. We discussed this at great length around the dinner table. What were the shooters' motivations? Where did they get the weapons? Did anyone suspect what they were planning? What responsibility did their parents have? How do you even begin to fathom the shock and grief? Lots of questions, few answers.

Talking about scary stuff really helps, especially during these highly stressful, violent times. But while you're doing that, remember to hold your children real close and hug them every chance you get.

By the way, regarding the possibility of an afterlife, Dr. Klaeyesen says she is not a believer: "It simply makes no sense to me, and I have no need to pretend that it exists. To paraphrase American Transcendentalist Ralph Waldo Emerson, 'we are such stuff as stars are made of, and science bears that out.' As a Humanist, I accept that I am part of nature: my body will return to its earthly elements and my consciousness will cease to exist. Such finality makes life all the more worth living, in my opinion."

Ethics for Children class at New York Society for Ethical Culture (2 W. 64th St. between Broadway and Central Park West, ethical.nyc/youth) every Sunday from 11am to 12:30pm (unless otherwise noted on website). Classes are free to families who are members of the Society, or donation-based entry from non-members. Parents may stay with their kids.

Tammy Scileppi is a Queens-based freelance writer and journalist, parent, and regular contributor to New York Parenting. Interviewing hundreds of New York City's movers and shakers has been an amazing adventure for her. Scileppi's work has appeared in a variety of media outlets. She has also written book cover copy for Simon and Schuster.

stroked my back and said: "I'll sing to you, so you'll feel better, Mommy," then launched into "Row, row, row your boat." Again, empathy.

Teens process a lot of their experiences with their peers. After 9/11, my children grew weary of all the well-meaning adults offering counseling and just wanted to be left alone to deal with it themselves. That is not to suggest that we adults and parents should abandon them. Rather, we should listen deeply to what they really need and be available: present but silent. Talking at them is a waste of breath and risks losing their trust.

School counseling centers should offer peer counseling training to students. It doesn't replace, but effectively supplements, professional counseling.

When my daughter, Emily (now 32), was at MS 51, a classmate was killed because she stepped between her parents during a domestic dispute. Her father stabbed her instead of her mother. Not only did Emily talk to me about this tragedy, she also let me know that she didn't think her school was handling it well and asked me for advice. Together we found a community group that offered school programs on domestic violence

Have Faith

Religious schools make the case for infusing faith into learning

By Mia Weber

For many families, a religious school makes a great education option, whether or not faith is a major part of their home life. In fact, a Catholic or Jewish education can be a fantastic way to expose your child to different ways of thinking about the world and interacting with their community.

Values lead

“First and foremost, agnostic families should know that their children will be welcomed on an equal footing with every other child. Our fundamental belief, rooted in thousands of years of tradition, is that each of us is loved equally by God. As a result, our school culture is one that is welcoming to all,” says Hope Mueller Lippens, principal of St. Ann, The Personal School in east Harlem. “Families should know that we look for ways to incorporate character education at developmentally appropriate stages. For example, we know that fostering empathy is an important gateway to social intelligence growth for kindergartners. Accordingly, we focus on the Catholic value of ‘service’ at this stage, to help children move out of their natural egocentrism to one that recognizes their responsibility to the larger community.”

In a similar vein, choosing a religious school can mean opening up your child to a values’ system that can inform all aspects of their education. The key takeaway is that it’s about shared human values, not just about one specific faith.

“Judaism is not just about God and prayer. Judaism offers us a history, a community, and a set of values and ethics to guide our lives. Even if your family chooses not to celebrate holidays or follow ritual practices, you can still be guided by Jewish values and ethics,” explains Rabbi Rena

Rifkin, the director of the Religious School at Stephen Wise Free Synagogue, a Reform congregation on the Upper West Side of New York City. “Things like: Standing up for those less fortunate or powerful in our society (tzedakah); caring for our planet and all of the creatures on it (bal tashchit); or even working to make ourselves better people by learning from our mistakes (teshuvah). And Jewish history is a rich story that can help families feel connected to a larger community and peoplehood.”

What to keep in mind

For parents considering a religious school, there are some important factors to keep in mind throughout the decision-making process. Parents should consider their own feelings about faith in their family – is it something that’s very important in daily life, or that they’d like to make more prominent in their child’s upbringing? They should also consider the educational goals they have for their kids, the curriculum elements that resonate with them, and whether other aspects of an independent education (for example: uniforms, tuition costs, etc.) are right for them.

“Like any private school, parents should consider the tuition requirements and investigate whether there would be financial aid or scholarship opportunities. Parents should also be comfortable with any uniform or dress codes that would be required,” Mueller Lippens says. “More specific to a religious school, I would recommend that parents choose one whose values align with their own family’s beliefs. Parents should also make sure they are comfortable with any religious classes or services that would be included in the curriculum.”

In order to get a clear view of the scope of religion in a school’s mission and day-to-day classroom experience, parents should plan to meet with school officials at any religious

schools that are of interest to them. Like with any step in the school admissions process, they should do their research and come to meetings armed with thoughtful questions.

“Parents should feel comfortable with the philosophy of the community and the religious school, and be on board with the expectations. You should meet with the staff of the school and feel comfortable talking to them about your child,” Rifkin says. “It’s important that you feel like your child will connect with the place and the people-and that you will, too!”

Finally, the primary guiding principle parents should keep in mind when considering a religious school is whether they feel at home in the school community—the element of faith is likely to play a big part here, as both the Catholic and Jewish education traditions emphasize community and connectedness heavily.

“Our Catholic faith is used as a foundation for imparting virtues which are essential not only to academic achievement, but more importantly to leading a meaningful life beyond high school and college. Emphasis on individual virtues-like self-discipline, courage, and perseverance—is joined with communal values such as service, generosity, and compassion to help our students live their best life long after they graduate from our school,” Mueller Lippens notes, adding: “Encouraging these communal values has the added benefit of creating a warm and welcoming school culture. Virtues such as friendship, responsibility, and honesty become the focus of not just an individual lesson but of every interaction. These values are a unifying force that create common connections and make us all feel safer to take risks and try our best.”

Mia Weber is the Executive Editor of New York Family magazine.





FaithFILLED

TRANSFORMATIVE

SERVICE ORIENTED *DIVERSE*

TRADITION

Creative



TIMELESS

ATHLETICS

CONNECTED

BROTHERHOOD

Academic Excellence

Innovative

OPEN HOUSE

Time: 10am-1pm

Date: February 2nd

Place: Cardinal Hayes High School
650 Grand Concourse
Bronx, NY 10451

For more info contact Craig Joseph at 718-292-6100 x 187 or visit www.cardinalhayes.org

Aquinas High School

Belmont
718-367-2113
www.aquinashs.org

Our high school is committed to educating and inspiring young women for a lifetime of faith, learning and compassionate action for a more just world. We are a community of faith and learning rooted in the Catholic tradition and committed to excellence in the education of young women – mind and heart, body and spirit. Since its founding in 1923, our school has welcomed each new wave of NYC’s population with a challenging curriculum, a broad spectrum of co-curricular activities and passionate community service in a diverse and nurturing environment. Today 100% of our students achieve Regents endorsed diplomas and go on to attend college or university of their choice.

Cardinal Hayes High School

Grand Concourse
718-292-6100 Ext 187
www.cardinalhayes.org

Inspiring culturally diverse young men of the NYC Metro Area through spiritual growth and the rigorous collegiate preparatory program of academics. Extra-curricular activities and personal discipline. As a Christian community comprised of parents, students, faculty, alumni and benefactors, the goal of personal excellence and responsible citizenship is accomplished by embracing traditional Roman Catholic values, thus developing the whole person spiritually, intellectually, emotionally, socially and physically. Every student has unique talents that should be developed to their fullest potential. Every student can become a life-long learner, and must contribute to the common good of society. Every student has the right to safety, love and a challenging and stimulating learning environment.

Cardinal Spellman High School

Williamsbridge
One Cardinal Place
(Needham Ave & Baychester Ave.)
718-881-8000
www.cardinalspellman.org

You can have it all – SMALL school friendliness and BIG school opportunities! This High School offers a program of studies and activities to prepare each student for personal success in college and in life. Many of the graduates are awarded college scholarships. In addition to providing a strong academic foundation for college life. Being a large co-ed school, students are offered a step forward toward a more college-like environment, giving them the opportunity to continue to develop their social skills beyond the small school setting they are leaving behind, while still receiving the support of a nurturing atmosphere. If you are in eighth grade, why not call for an appointment to Spend A Day?

Mount Saint Michael Academy

Wakefield
718-515-6400
www.mtstmichael.org

Respect, integrity, perseverance, professional behavior and accountability are the five core values that guide

St. Helena Elementary School

A Total School Program

OPEN HOUSE
Saturday, January 26, 2019
11:00 – 1:00

- Full Day Early Childhood Program for 3 Year Olds
- Full Day UPK
- Schedule: 8:00 am to 2:35 pm
- Breakfast Program Available (beginning at 7:00 am)
- After School Programs to 6:00 pm (FREE for grades 6, 7 & 8)
- Academics - According to New York State Board of Regents Requirements
- Accredited by AdvancEd
- 2 to 1 ratio of laptops to students
- CYO Sports, National Junior Honor Society
- Last year our 8th Graders earned \$440,000 in H.S. Scholarships

A Safe Passage Through Childhood/A Solid Religious Foundation

As seen in the Daily News on December 19, 2006 - Catholic school keeps faiths "All God's children" welcome "There is a wonderful family atmosphere here. In the Parkchester area, you have all these faiths. It doesn't matter if your neighbor is Muslim or Catholic. They're still your neighbor." — Richard Meller,



2050 Benedict Ave.

*School entrance on Benedict Avenue
between Pugsley Ave. & Olmstead Ave.*

Bronx, NY 10462

718-892-3234

www.sthelenaschoolbronxny.org

MOUNT ST. MICHAEL ACADEMY
 ALL BOYS ~ GRADES 6-12



OPEN HOUSE

WED. JANUARY 9, 2019
6-7:30PM

www.mtstmichael.org

WHY MOUNT SAINT MICHAEL?

- ✓ Students can get on the path to an excellent education early through our Junior High School Program (Grades 6-8).
- ✓ The Mount has newly renovated library/media center, cafeteria and classrooms.
- ✓ Chromebooks are provided by the school to ALL Mount students.
- ✓ The Mount has over 30 athletic teams at Junior High, Freshman, Junior Varsity and Varsity levels.
- ✓ The Mount is one of three schools in the New York metro area that educates students in the tradition of excellence, characteristic of the Marist Brothers.
- ✓ All classrooms are equipped with multimedia SmartBoard technology.
- ✓ The Mount offers more than 30 extracurricular clubs and activities after school.
- ✓ A secure, 22-acre campus with outdoor practice and playing fields.
- ✓ The Mount offers private shuttle bus service throughout Manhattan, The Bronx and Westchester.



MOUNT SAINT MICHAEL ACADEMY
 4300 Murdock Avenue, Bronx, NY 10466
 (718) 515-6400 | www.mtstmichael.org

the Mount Saint Michael Academy community, a Catholic, college preparatory school for young men, founded in 1926. Today The Mount has over 800 students of diverse backgrounds. We are the only grades 6 through 12 all-boys school in NYC. We offer an excellent education, recognized by the U.S. Department of Education as a National Blue Ribbon School of Excellence, at a fraction of the cost of other private schools. Our beautiful 22-acre campus on the border of Westchester County offers over a dozen sports opportunities and includes batting cages baseball, football and soccer fields, and the largest gymnasium in NYC.

St. Anselm School
 South East - Bronx
 718-993-9464
www.stanselmbx.org
 Principal - Teresa M. Lopes

The school' staff, faculty and administration aspire to create a safe and nurturing learning environment where students: * Achieve academic success * Learn integrity and values in the Catholic tradition * and *Belong to a community that fosters self-confidence and school spirit. The school provides a rigorous educational program designed to prepare students to succeed and compete in the 21st century. Students are taught to not only develop a mastery of academic skills, but also enthusiastic skills, but also enthusiastic and wholesome attitudes towards learning. Incorporating several enrichment programs and after school electives to complement its academic curriculum, we welcome applications for admission to grades K through 8, as well as, FREE state funded Prekindergarten For All Program (UPK).

Saint Barnabas High School
 Woodlawn
 718-325-0364

An independent, college preparatory school for young women. For nearly a century, we have fostered a respectful, inclusive environment, with a challenging curriculum and enriching extracurricular activities that help our diverse student population develop the knowledge, critical thinking skills, and confidence essential to succeed. Through this holistic, affordable, values-oriented educational experience, we graduate young women prepared for successful futures. Saint Barnabas is among the Catholic high schools in the Archdiocese of New York that outperforms all national and state averages for college enrollment, retention and graduation. Take a closer look at Saint Barnabas during Catholic Schools Week.

St. Brendan School
 Norwood
 718-653-2292
www.stbrendanschoolbronx.org

For more than 100 years, our school has been providing a quality Catholic education to its students in grades Pre-K through 8th. Our school strives to educate the spirit and develop the intellect in an environment that emphasizes Christian values and creates an atmosphere fostering responsibility and courtesy. At our school, your child will receive a strong academic education



St. Thomas Aquinas Elementary School

1909 Daly Avenue, Bronx, NY 10460
718-893-7600

"Founded in Faith, Growing with Confidence"

St. Thomas Aquinas School is proud to announce the addition of FREE Full Day Universal Pre-Kindergarten for the 2018-2019 school year! Our school is also a proud participant in the new Blended Learning Initiative bringing advanced technology and instructional innovation into the classroom resulting in higher test scores and increased subject comprehension.



All St. Thomas Aquinas students enjoy the benefits of:

- Early Drop off 7:15 am
- Guidance Counselor
- After School Program until 6:00pm
- State of the Art Wireless Access
- Computer Lab and Smartboard Technology
- Title I Services: Reading, Math & ESL Resource Room/SETSS (for eligible students with IESP)
- FREE Breakfast & Hot Lunch Programs
- Phys Ed, Art & Music Programs
- After School Piano Lessons
- Daily Prayer and Weekly Masses

Apply today to become part of an expanding St. Thomas Aquinas School community. Registration is open and our admissions are limited! Contact the school directly at **718-893-7600** to arrange a tour.

"Celebrating over 100 years of Academic Excellence in the West Farms-South Bronx Community"



St. Francis of Assisi School



Apply Today!

New Student Enrollment for PreK3 & K-8 is Now Open!

sfabx.com

FREE UPK Enrollment Available

Please Enter Either Site Code:

CORRY ACADEMY (St. Francis @ Corry Academy 4321 Barnes Ave.): **11XAQL**
ST. FRANCIS OF ASSISI SCHOOL (4300 Baychester Ave.): **11XADN**

St. Francis of Assisi School Offers:

- FREE Breakfast Program
- Afterschool Enrichment Program
- Sports Program
- French Language Program
- Art Program
- Musical Theatre Program
- Yearbook
- Integrated Technology w/ Google Classroom
- STEM Lab
- 1:1 Chrome Books
- Monthly School Mass

Call and schedule a tour today and experience firsthand, *"Where Integrity and Academic Excellence Meet!"*

4300 Baychester Ave, Bronx, NY 10466
718-994-4650 • sfabx.com

CARDINAL

SPELLMAN HIGH SCHOOL



Where Boys and Girls with Dreams Become Men and Women of Vision

CARDINAL SPELLMAN HIGH SCHOOL

One Cardinal Spellman Place, Bronx, NY 10466
(718) 881-8000 x 206 | Fax (718) 515-6615 | www.cardinalspellman.org

TACHS CODE 303



in structured surroundings. Self-discipline, responsibility and self-motivation are among the benefits of our school's program. Teaching the whole child is a priority and we offer an exemplary academic curriculum supplemented with visual arts instruction, weekly music lessons, physical education and technology classes. We provide an early drop-off breakfast program and after care services until 6:00. Scholarships are available.

St. Francis of Assisi School

Wakefield
718-994-4650
www.sfabx.com
Mr. Marc Silva, Principal

An Advanced Accredited School serving Grades Pre-K-3 to 8 offering FREE Pre-K For All (UPK) at two convenient neighborhood locations. We have a newly renovated STEM lab and enrichment programs include: French, Art, Music, Gym, and Technology and Remedial Afterschool Programs. We also offer extracurricular activities including Basketball, Volleyball, Drama Club, Book Club, Yearbook and Graphic Design. St. Francis of Assisi @ Corry Academy is an annex to St. Francis of Assisi School which opened its doors in October 2012 offering a premier early childhood program in a newly renovated building. At the Corry Academy, we celebrate the individuality of the early learner and offer an enriching and nurturing environment grounded in the philosophy that young children learn through play. Our thematic-based instruction is aligned with the New York State Pre-Kindergarten Foundations for the Common Core.

St. Helena School

Parkchester
718-892-3234
www.sthelenaschoolbronxny.org
Principal – Rich Meller

A culturally diverse Middle School Accredited Catholic school that educates children from full day Pre-K – 3 years to 8th grade in the Park Chester/Castle Hill section of the Bronx. The school motto is “it’s Fun to be Good!” Students in grades 1-8 have a schedule from 8:00 to 2:35 daily. Students enjoy 2 periods of gym, computers and library each week in state-of-the-art facilities. Extracurricular activities include boys as well as girls’ basketball, track, bowling, volleyball, cub scouts and summer camp. The graduates have earned over \$200,000 in high school scholarships.

St. John’s School

Kingsbridge
718-548-0255
www.stjohnschoolbronx.org

A co-educational elementary school that provides exceptional academic and religious instruction to students and their families from UPK through 8th grade. We have enjoyed a rich history as an educational and community presence in the Kingsbridge neighborhood of the Bronx for over 110 years. Today, St. John’s School is experiencing revitalization. With the development of new extracurricular options, a school-wide anti-bullying campaign, a new Tech and Science Labs, St. John’s is inspiring its students and the



St. John School offers Christian values in a safe, caring, supportive and enthusiastic learning environment. The classroom structure is designed to encourage your child to develop at his/her own pace.

Our Aim is to FOCUS on the Development of the Whole Child

by bridging together aspects of Leadership that are essential in today’s society, that build upon partnerships both academically and spiritually between Students, Families, and the Community as a Whole.

- Before and After school care
- Breakfast and Lunch programs
- Art, Music, and newly installed STEM Lab
- Community Service projects
- MAC Computer Lab and Chromebook Technology for individualized instruction



- Choir, Band, Athletics
- Religious Ed for 4 yr olds, and Arts & Craft Special Aftercare Programming
- Sacramental Preparation
- Physical Education

St. John’s School

Principal: Mrs. Melissa M. Moore

3143 Kingsbridge Avenue, Bronx, NY 10463 • 718-548-0255

www.stjohnschoolbronx.org

Conveniently located 2 blocks away from the BX1, 7, 9, 10 & 20 trains and close to the 1 Train at the 231st St. Station!

Building the Bridge In Academic Excellence and Spiritual Development at St. John's of Kingsbridge! Contact US for a Tour Today! Se Habla Espanol

ST. THERESA SCHOOL

Gives Your Child A Step Ahead
With A Solid Academic Foundation, Catholic Values and
A Warm, Caring Learning Environment



OPEN HOUSE SUNDAY, JANUARY 27TH 12-2PM

*Experience the facilities and learn about the activities
enjoyed by all our children.*

Offering PreK-3 & PKA 4 programs | Kindergarten - 8th Grade for Girls & Boys

- Before and After-School Programs
- Breakfast Program
- Lunch Program
- Children's Choir
- Accelerated Mathematics Program
- Basketball and Cheerleading
- Active & Devoted Home/School Association
- Italian language studies
- Boy and Girl Scout troops
- Mobil Computer Lab
- Smartboards in every classroom
- Physical Education — huge gym
- On-staff School Nurse
- Middle School Robotics Team

CONTACT US FOR MORE INFORMATION

ST. THERESA ELEMENTARY SCHOOL

2872 St. Theresa Ave., Bronx, New York 10461
Telephone **718-792-3688**

Visit our website at sttheresaschoolbronx.org

Father Thomas Derivan, **PASTOR** | Mrs. Josephine Fanelli, **PRINCIPAL**



Saint Raymond Academy for Girls OPEN HOUSE

Wednesday, January 30, 2019 from 3pm to 6pm



TACHS code: 220

**All Accepted
Students
And Their Parents
Are Welcome!**

**A Community of
Commitment, Faith,
Respect & Learning**

For more information contact

**718-824-4220
ext. 1052** or

lschaller@straymondacademy.org

**1725 Castle Hill Avenue
Bronx, NY 10462**

www.straymondacademy.org

WHAT MAKES AQUINAS HIGH SCHOOL UNIQUE?



Success Begins Here!

ACADEMICS: Aquinas offers an exemplary college preparatory curriculum with a wide range of Advanced Placement and Honors courses.

TECHNOLOGY: Aquinas provides state-of-the-art technology including iMac computers, Chromebooks, Smartboards and campus Wi-Fi.

PARTNERS: Aquinas offers an internship

at the Bronx County Courthouse, a Financial Literacy Program, Bridge-Up Program, PricewaterhouseCoopers Financial Program, among many others.

AFTER-SCHOOL: Aquinas offers a wide variety of activities, clubs and sports.

TRANSPORTATION: Aquinas is easily accessible by bus and train with private MTA dismissal buses.



685 East 182nd Street, Bronx, NY 10457

718-367-2113, ext. 137

For more information, visit us at

www.aquinashs.org

evolving Kingsbridge neighborhood. The addition of a new school mascot, the St. John's eagle, perfectly encompasses the desire of students and faculty to soar to new heights of Gospel living, educational excellence, and personal responsibility.

St. Raymond Academy for Girls

Castle Hill
718-824-4220
www.saintraymondacademy.org

Our school is a small Catholic high school for young women in an urban setting. We inspire our students to reach their God-Given potential in a safe, supportive, and diverse environment. Through a wide state-wide curriculum and extra-curricular activities, we encourage our students to seek and value truth. By empowering them with an education that promotes a commitment to excellence, self discipline and strong Christian values, we challenge our students to become successful and accountable in a dynamic society.

St. Theresa School

Pelham Bay
718-792-3688
www.sttheresaschoolbronx.org

Children who pass through our doors are eager to learn and are challenged by a stimulating academic, social and athletic curriculum infused with Catholic values. The program reflects an integrated learning experience for

Pre-K for 3-year-olds, Universal Pre-K for 4-year olds, Kindergarteners and students in grades 1-8. Teachers, administrators, aids and other professional impart their knowledge and extensive experience with enthusiasm and a truly caring respect for the children in their charge. Providing before and after school programs, breakfast and lunch, a children's choir, art, music, Italian language studies, computer classes, physical education and an accelerated mathematics program. We also offer a wide variety of after school activities. Our school offers children a place to grow and blossom with discipline and guidance.

St. Thomas Aquinas School

East Tremont
718-893-7600
www.staschoolbx.org

Our school was founded by Mother Butler and the Religious of the Sacred Heart of Mary in 1907. Over these years the school has been a mainstay in the neighborhood. It continues to provide a Roman Catholic curriculum and a quality education addressing the changing needs of the student population. Catholic values are infused in every aspect of their students' educational experience. The faculty and staff are dedicated to providing a safe and nurturing environment for all. St. Thomas Aquinas school is committed to the mission of Catholic education. Registration is ongoing. Inquire about scholarships. The school has full day Pre-K4 and Kindergarten, grades 1 to 8. Early drop-off and after-school are also available.

ST. BRENDAN'S SCHOOL

APPLYCATHOLICSCHOOLSNY.ORG

FOSTERING SPIRITUAL, CULTURAL, AND PHYSICAL GROWTH

UPK4 to 8th Grade After-School
 - Music, Art, and Computer Enrichment - Basketball, Drama Club, Chess, Choir, Robotics

The philosophy of St. Brendan's School is to provide a quality Catholic education so that each child can develop his/her full human potential. We place the teachings of the Catholic faith at the core of the curriculum so that religious values permeate all subject areas.
 We continue to welcome all who seek and appreciate a value-centered, quality education.

268 East 207th Street, Bronx, NY 10467
 718-653-2292
 stbrendanschoolbronx@gmail.com
 StBrendanSchoolBronx.org





Saint Barnabas High School is an independent, college preparatory school for young women. For nearly a century, we have fostered a respectful, inclusive environment, with a challenging curriculum and enriching extra-curricular activities that help our diverse student population develop the knowledge, critical thinking skills, and confidence essential to succeed. Through this holistic, affordable, values-oriented educational experience, we graduate young women prepared for successful futures.

Saint Barnabas is among the Catholic high schools in the Archdiocese of New York that



outperforms all national and state averages for college enrollment, retention and graduation. Take a closer look at Saint Barnabas during Catholic Schools Week.

Saint Barnabas High School – Where Your Future Begins!

425 East 240 Street, Bronx, NY
718-325-0364
www.stbarnabashigh.com



Online

ACTIVITY GUIDE

at

nyparenting.com/activity-guide

**Gazillion
Bubble
Show**

"INGENIOUS
BUBBLE WIZARDRY."
-THE NEW YORKER

Telecharge.com or 212.239.6200
For groups or birthdays call 866.642.9849
New World Stages 340 W. 50th St.
GazillionBubbleShow.com

Advertise with us!

New York
family

Brooklyn
family

Westchester
family

Queens
family

Bronx|Riverdale
family



To place an ad in any of
our monthly titles, please call
718.260.4554

calendar



JANUARY

A DREAM-WORTHY PERFORMANCE

In “Emily Brown and the Thing,” at the New Victory Theater this month, a young girl goes on a dreamy quest with a “thing” just trying to find his bestie. The Thing is being so loud that Emily can’t sleep, but all he wants is to find his Cuddly. She sets out to help him be reunited with his friend so they can all get some much needed. Perfect for ages 4-7, this sweet show is a great way to kick off the New Year with your young theater-lovers.

Catch “Emily Brown and the Thing” on January 26-27, as well as on February 2-3. January 27, February 2, and February 3 offer performance at 11am, and a special talk-back performance on February 2 at 3pm is also showing. Tickets start at \$25.

The New Victory Theater [209 West 42nd Street. (646) 223-3010. newvictory.org]

5 SATURDAY

Family Art Project: Create Your Year – Hello 2019!

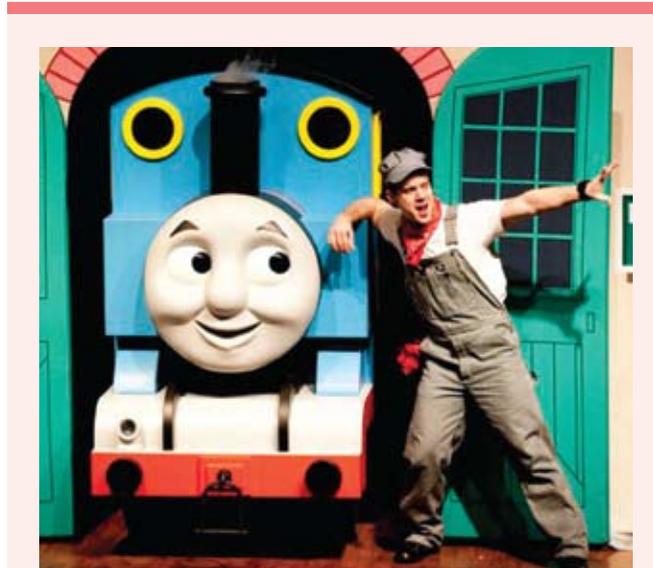
Introduce your family to the power of visualization! Reflecting on who you want to be in 2019, what adventures you want to go on, and whose lives you want to touch, families can create their vision for 2019, and take home a hanging calendar. Dream big! All materials will be provided. Daily, through Jan. 6, 10 am – 1 pm. Free with garden admission. *Wave Hill House, W. 249th St., Bronx. wavehill.org/events/family-art-project-create-your-yearhello-2019.*

“All Aboard With Thomas & Friends.”

Journey to the New York Botanical Garden to see Thomas the Tank Engine! Driver Sam will lead this show that is part sing-along and part mini-performance. Kids can get their picture taken with the famous engine. Seating will take place on a first-come, first-served basis 30 minutes prior to show time. Tickets include entry to the Holiday Train Show. Check the Garden’s website for show times. 11 am. Free with an All-Garden Pass. *New York Botanical Garden, 2900 Southern Blvd., Bronx. nybg.org/event/holiday-train-show/holiday-train-show-programs/aboard-thomas-friends.*

Saturday Afternoon Movie:

“Into The Woods.” Be sure not to miss this screening of the hit movie musical “Into the Woods” at the Morrisania Library in the Bronx. A modern take on several of the beloved Brothers Grimm fairy tales, “Into the Woods” combines the stories of Cinderella, Little Red Riding Hood, Jack and the Beanstalk, and Rapunzel,



All Aboard!

Calling all train-loving kiddos! Journey to the New York Botanical Garden to see Thomas the Tank Engine from January 5-28, 2019. What a fun way to kick off the New Year. At “All Aboard With Thomas & Friends,” Driver Sam will lead this show that is part sing-along and part mini-performance. Kids will learn how to create a thriving, and get their picture taken with the famous engine. Seating will take place on a first-come, first-served basis 30 minutes prior to show time. Tickets include entry to the Holiday Train Show. Check the NYBG’s website for a full list of show times. *New York Botanical Garden (2900 Southern Blvd, nybg.org).*

and ties them all together with an original story about a baker and his wife and their wish for a family. Starring Meryl Streep, James Corden, Emily Blunt, Anna Kendrick, and Chris Pine. Rated PG. nypl.org. 2 pm. Free. *Morrisania Library, 610 E 169th St., Bronx. nypl.org/events/programs/2018/01/05/saturday-afternoon-movie-woods.*

FURTHER AFIELD

Camels and Kings: A Gift Giving Workshop. Kids and

their parents can craft gift boxes, costumes, and crowns by hand after they learn the journey of the three wise men. 10 am. For ages 4–8. \$10 per child. *The Cathedral of Saint John the Divine, Cathedral Church of Saint John: The Great Divine in the City and Diocese of New York, 1047 Amsterdam Ave., Manhattan. (212) 316-7540. stjohndivine.org/visit/calendar/events/families-youth/27126/camels-and-kings-a-gift-giving-workshop-6.*

Moving Image Studio. Moving Image Studio is the Museum’s drop-in space where visitors of all ages can create media and other projects. Families are welcome to stop by and experiment with puppet making and animation inspired by The Jim Henson Exhibition and the core exhibition

Behind the Screen. Ages 4 and up. Free with museum admission. 11 am – 4 pm. *Museum of the Moving Image, 36-1 35th Ave, Queens. movingimage.us/visit/calendar/2019/01/05/detail/moving-image-studio.*

6 SUNDAY

Family Art Project: Create Your Year – Hello 2019! See Jan. 5

FURTHER AFIELD

Fort Tryon Kids Art: Birdfeeder Workshop. Kids can learn how to identify the birds native to Fort Tryon Park and all about the plants that sustain them. Afterwards, they’ll craft bird feeders to take home. For ages 5-12. Pre-registration is required. Payson Center in Inwood Hill Park, Payson Avenue and Dyckman Street. nycgovparks.org. 11 – 11:30 am. Free. *Fort Tryon Park, Fort Tryon Park, Riverside Dr To Broadway, Manhattan. (212) 795-1388. nycgovparks.org/events/2019/01/06/fort-tryon-kids-art-birdfeeder-workshop.*

8 TUESDAY

Arcade Basketball. Shoot hoops at Melrose Library! B-ball stars can practice their shots in the Library’s community room. Players can then compete against friends and the librarians in the elimination round. nypl.org. 3 pm. Free. *Melrose Library, 910 Morris Ave., Bronx. nypl.org/events/programs/2019/01/08/arcade-basketball.*

11 FRIDAY

FURTHER AFIELD

BroadwayCon. Any Broadway-bound or musical-loving kid will find plenty to do at this three-day convention. Events include live performances, singalongs, and workshops alongside panels that preview upcoming shows and hold discussions between Broadway stars and creatives. There’s a look at lots of behind-the-scenes work too! Tickets start

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 bronxriverdalecalendar@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!

at \$80. 10 am. *New York Hilton Midtown, 1335 Avenue of the Americas, Manhattan.* [facebook.com/events/1801106539951678](https://www.facebook.com/events/1801106539951678).

12 SATURDAY

MulchFest 2019. Dispose of your Christmas tree the eco-friendly way during the Parks Department's MulchFest 2019. You can drop off your tree to have it chipped into mulch for city parks and gardens at select locations throughout the five boroughs. Families can also take home their mulch for their backyards or street trees. Daily, through Jan. 13, 10 am – 2 pm. Free. *Various NYC parks, Central Park, Manhattan.* [nycgovparks.org/highlights/festivals/mulchfest](https://www.nycgovparks.org/highlights/festivals/mulchfest).

Family Art Project: Sunrise, Sunset. This weekend, create dawn or dusk landscape pictures at Wave Hill! Families with children of all ages can choose between the silhouette of a forest, bridge, or city skyline as the backdrop for their twilight artwork. All materials, including paint and colored tissue paper, will be provided. Daily, through Jan. 13, 10 am – 1 pm. Free with garden admission. *Wave Hill House, W. 249th St., Bronx.* [wavehill.org/events/family-art-project-create-your-yearhello-2021](https://www.wavehill.org/events/family-art-project-create-your-yearhello-2021).

"All Aboard With Thomas & Friends." See Jan. 5

Nature Presentation: Keeping Wildlife Wild. Families with children ages 8 and up are invited to Wave Hill for a wildlife presentation! Wild-animal experts from the Hudson Highlands Nature Museum will explain why it's best to leave wild animals in their natural habitats. Please note: Live animals will be presented during this talk. 2 pm. Free with garden admission. *Wave Hill House, W. 249th St., Bronx.* [wavehill.org/events/nature-presentation-keeping-wildlife-wild](https://www.wavehill.org/events/nature-presentation-keeping-wildlife-wild).

Knitting For Beginners. Want to learn how to knit? All ages

Take a hike

Start your family's New Year by getting your hike on with the New York City Parks Department on January 13, 2019! Grab the family for a winter hike through beautiful Pelham Bay Park. The Pelham Bay Urban Park Rangers will lead hikers on a free walk through the Park to identify trees in winter, owls, and different types of tracks. Complimentary hot chocolate will be served following the hike. Please note: The walk will begin and end at Bartow-Pell Mansion Museum. Participants are encouraged to dress warmly in snow-ready walking shoes, and bring along water. Free, but pre-registration is required. All ages are welcome. *Bartow Pell Mansion (895 Shore Road, bartowpellmansionmuseum.org).*

are welcome to join Sedgwick Library's Knitting 101 workshop. Instructors will teach participants knitting basics. All materials will be provided, but individuals are welcome to bring their own needles and yarn. Please note: This is not a project-based class; no project will be completed during this workshop. 2 pm. Free. *Sedgwick Library, nypl.org/events/programs/2019/01/02/knitting-beginners.*

FURTHER AFIELD BroadwayCon. See Jan. 11

13 SUNDAY

MulchFest 2019. See Jan. 12

Family Art Project: Sunrise, Sunset. See Jan. 12

Get Your Hike On! Grab the family for a winter hike through Pelham Bay Park! The Pelham Bay Urban Park Rangers will lead hikers on a walk through the Park to identify trees in winter, owls, and different types of tracks. Complimentary hot chocolate will be served following the hike. Please note: The walk will begin and end at Bartow-Pell Mansion Museum. Participants are encouraged to dress warmly in snow-ready walking shoes, and bring along water. Pre-registration is required. 1 – 2 pm. Free. *Bartow-Pell Mansion Museum, 895 Shore Rd., Bronx. (718) 885-*

1461. bartowpellmansionmuseum.org/events/get-your-hike-on-2.

FURTHER AFIELD BroadwayCon. See Jan. 11

16 WEDNESDAY

Science Program: Make Your Own Rainbow. Learn how to make your own rainbow at the Bronx Library Center! Using household products, kids ages 5 through 12 will learn the science behind rainbows. Pre-registration is required. All materials will be provided. 4 pm. Free. *Bronx Library Center, 310 E. Kingsbridge Rd., Bronx.* [nypl.org/events/programs/2019/01/16/science-program-make-your-own-rainbow](https://www.nypl.org/events/programs/2019/01/16/science-program-make-your-own-rainbow).

17 THURSDAY

Kids' Choice: "Jeopardy" Trivia Game Show. This is "Jeopardy!" Melrose Library in the Bronx will host its own kids' edition of the iconic TV game show. All ages are invited to test their random trivia knowledge during this afternoon program. [nypl.org](https://www.nypl.org). 3 pm. Free. *Melrose Library, 910 Morris Ave., Bronx.* [nypl.org/events/programs/2018/01/17/kids-choice-jeopardy-trivia-game-show](https://www.nypl.org/events/programs/2018/01/17/kids-choice-jeopardy-trivia-game-show).

18 FRIDAY

Martin Luther King, Jr. Celebration. Celebrate the legacy of Dr. Martin Luther King, Jr. at the

Riverdale Library. Children will have the opportunity to read the "Let Freedom Ring" section of King's "I Have A Dream" speech, and learn about the doctor's life and work. Afterward, cupcakes will be served. 3 – 3:30 pm. Free. *Riverdale Library, 5540 Mosholu Ave., Bronx.* [nypl.org/events/programs/2019/01/18/martin-luther-king-jr-celebration](https://www.nypl.org/events/programs/2019/01/18/martin-luther-king-jr-celebration).

19 SATURDAY

Family Art Project: Freedom Quilting Bee. Join Wave Hill this weekend for its Freedom Quilting Bee! In honor of Dr. Martin Luther King, Jr., who established the first Freedom Quilting Bee in 1966 in rural Alabama, families can create their own quilts using squares of donated fabric. All materials will be provided. Daily, through Jan. 20, 10 am – 1 pm. Free with garden admission. *Wave Hill House, W. 249th St., Bronx.* [wavehill.org/events/family-art-project-create-your-yearhello-2023](https://www.wavehill.org/events/family-art-project-create-your-yearhello-2023).

"All Aboard With Thomas & Friends." See Jan. 5

Saturday Kids' Movie: "WALL-E." Enjoy a Saturday afternoon movie at Melrose Library! Families with children ages 3 and up can see a screening of Disney/Pixar's 2008 hit "WALL-E." Watch as the trash-collecting robot falls in love with EVE and saves mankind during this one-hour and 38-minute film. Noon. Free. *Melrose Library, 910 Morris Ave., Bronx.* [nypl.org/events/programs/2019/01/19/saturday-kids-movie-wall-e](https://www.nypl.org/events/programs/2019/01/19/saturday-kids-movie-wall-e).

Saturday Afternoon Movie: "Cinderella" (2015). All ages are invited to the Morrisania Library in the Bronx for a Saturday afternoon movie! The Library will screen the 2015 live-action adaptation of "Cinderella." Starring Lily James, Cate Blanchett, and Helena Bonham Carter, this Kenneth Branagh-directed Disney film will delight all audiences. Rated PG. 2 pm.

Free. *Morrisania Library, 610 E. 169th St., Bronx. nypl.org/events/programs/2019/01/19/saturday-afternoon-movie-cinderella.*

Ballet Hispanico. Explore Latin American dance and culture with the Latino dance organization Ballet Hispánico. Audience members will journey through Latino dance history which will feature the Cha Cha Cha and the Merengue. 8 pm. Tickets start at \$10. *Lehman Center for the Performing Arts, Gillet Hall, 250 Bedford Park Blvd. W., Bronx. (718) 960-8833. lehmancenter.org/ballet-hispanico.*

FURTHER AFIELD
Celebrating 50 Years of the Coretta Scott King Book Awards With Sharon Draper at New-York Historical Society. Celebrate with Sharon Draper as she receives the Coretta Scott King Book award. This award highlights authors and illustrators who demonstrate a deep appreciation for African American culture and values. At this event, Draper will talk about her career, lead a writing activity, answer questions, and sign books. 1 pm. Free with Museum Admission. *New York Historical Society, 170 Central Park West, Manhattan. (212) 873-3400. nyhistory.org.*

20 SUNDAY
Family Art Project: Freedom Quilting Bee. See Jan. 19

24 THURSDAY
Kids' Choice: Puppet Show. Put your puppetry skills to the test at the Melrose Library! Older kids will take turns putting on a puppet show for the younger set during this after-school afternoon program. Puppets will be provided. nypl.org. 3 pm. Free. *Melrose Library, 910 Morris Ave., Bronx. nypl.org/events/programs/2019/01/24/kids-choice-puppet-show.*

Stories and art

Head to Wave Hill on the weekend of January 26-27, 2019, to hear the stories of legendary children's author Eric Carle at the upcoming Family Art Project: Painted Papers And The Stories Of Eric Carle. Storyteller Rama Mandel will narrate several of the author's most celebrated works including *The Very Hungry Caterpillar*. Afterwards, kids can cut and layer hand-painted papers to create vibrant images. All materials will be provided. This is an all ages event, and is free with Garden admission. *Wave Hill (75 West 252nd Street wavehill.org).*

25 FRIDAY
Edgar Allan Poe Birthday Celebration. Join the Riverdale Library for an Edgar Allan Poe Birthday Celebration! Families with children of all ages can celebrate the Bronx resident's 210th birthday with a reading of "The Raven," a raven craft activity for kids, a trivia contest for adults, and cupcakes. 3 pm. Free. *Riverdale Library, 5540 Mosholu Ave., Bronx. nypl.org/events/programs/2019/01/25/edgar-allan-poe-birthday-celebration.*

26 SATURDAY
Family Art Project: Painted Papers and the Stories Of Eric Carle. Head to Wave Hill this weekend to hear the stories of legendary children's author Eric Carle! Storyteller Rama Mandel will narrate several of the author's most celebrated works including "The Very Hungry Caterpillar." Afterwards, kids can cut and layer hand-painted papers to create vibrant images. All materials will be provided. wavehill.org. Daily, through Jan. 27, 10 am – 1 pm. Free with garden admission. *Wave Hill House, W. 249th St., Bronx. wavehill.org/events/family-art-project-create-your-yearhello-2025.*

Saturday Kids' Movie: "The Peanuts Movie." Watch Charlie Brown, Snoopy, and the rest of the Peanuts gang in "The Peanuts Movie." The 2015 20th

Century Fox film follows Charles M. Schulz's characters as they take to the sky to track down Snoopy's archenemy The Red Baron. Rated G. nypl.org. Noon. Free. *Melrose Library, 910 Morris Ave., Bronx. nypl.org/events/programs/2019/01/26/saturday-kids-movie-peanuts-movie.*

FURTHER AFIELD
Winter Jam. Get your kids moving with this winter sports festival that will make a snow field by blowing snow all over the area. Kids can learn to ski, take turns sledding, and more. They're sure to have winter fun they'll never forget. For all ages. 11 am. Free. *Central Park, Sheep Meadow, 1802 65th Street Transverse, Manhattan. (212) 360-8213 nycgovparks.org/highlights/festivals/winter-jam.*

"Emily Brown and the Thing." The Thing is being so loud that Emily can't sleep, but all he wants is to find his Cuddly. She sets out to help him be reunited with his friend so they can all go to sleep. Repeats on Jan. 27, Feb. 2, and Feb. 3 at 11 am, with a talk-back performance on Feb. 2 at 3 pm. For ages 4-7. Tickets start at \$25. 11 am. *New Victory Theatre, 209 W. 42nd St., Manhattan. newvictory.org/Show-Detail?ProductionId=9289.*

27 SUNDAY
Family Art Project: Painted Papers and the Stories Of Eric Carle. See Jan. 26

FURTHER AFIELD
"Emily Brown and the Thing." See Jan. 26

30 WEDNESDAY
Library Card Sign Up Celebration. Sign up for a library card at Riverdale Library during its Library Card Sign Up Celebration! Those who already have a card are also welcome to join in the festivities. There will be stories, movement, and play for children, and book displays and talks for adults. Plus stick around for complimentary cupcakes! nypl.org. 4 pm. Free. *Riverdale Library, 5540 Mosholu Ave., Bronx. nypl.org/events/programs/2019/01/30/library-card-sign-celebration.*

31 THURSDAY
Kids' Choice: "Pete The Cat" Book Party. Join the Melrose Library for a "Pete the Cat" Book Party! The afternoon will feature games, arts and crafts, and, of course, a reading of "Pete the Cat: I Love My White Shoes" by Eric Litwin. nypl.org. 3 pm. Free. *Melrose Library, 910 Morris Ave., Bronx. nypl.org/events/programs/2019/01/31/kids-choice-pete-cat-book-party.*

LONG-RUNNING
Holiday Train Show. Celebrate the Holiday Train Show's 27th anniversary at the New York Botanical Garden. Enjoy the enchanting ambiance of the Enid A. Haupt Conservatory, and watch as model trains zoom through the naturally recreated landmarks of NYC (complete with real bark, leaves, and more). Among the famous sights included are the Brooklyn Bridge, Statue of Liberty, Rockefeller Center, and, most notably, the Empire State Building. Advance reservations are strongly recommended. nybg.org. Daily, through Jan. 21, 10 am – 6 pm. Free with an All-Garden Pass. *New York Botanical Garden, 2900 Southern Blvd, Bronx. nybg.org/event/chihuly.*

Overcoming People-Pleasing to Stand Up for My Kids

I have always avoided confrontation. In my younger years, the thought of speaking up and asking for what I wanted or even needed was a lost trait in my character.

When I was a very young child, I had no trouble speaking my mind, but somewhere around puberty, like so many other girls, I became a people-pleaser. And pleasing others often means denying yourself your true feelings, wants, and wishes because they are the very things that might offend.

There are a lot of us out there.

At work, as a manager, I quickly realized how many of our female employers would apologize, not speak up for themselves, and settle for less than wanted, whether it be workload or salary. In stark contrast, male employees, even those with little experience, would rally for themselves consistently.

So what made me, after so many years of being non-confrontational, finally learn how to stand up for myself? My kids.

When my oldest was just four months old, she acquired a horrendous, whooping sounding phlegmy cough, fever, diarrhea, runny nose — the works.

“Just give her nose drops,” the doctor told us, “there’s no infection.”

A few days passed and she only got worse. When I told the doctor this on our next visit, he condescendingly told me to not overthink things. Surely, she just needed some cough medicine, yet my little girl continued to choke and suck in air day and night.

Bleary-eyed and worried, I told the arrogant doctor he was wrong and left his office. I found another pediatrician, who saw her the same day. He said she had a very serious infection and gave us a combination of antibiotics, steroids, and fever reducers. When her cough was still scaring me two days later, he admitted her to the hospital, and saved her life.

That was an urgent situation, but many others, thankfully less serious, would follow. When a girl in my daughter’s class began stealing her snacks, I had to force myself to speak to her mother. I put a whole lot of unnecessary thought into the exact words I was going to say because back then, the thought of confronting someone was literally painful to me.



Then there was a teacher who marked a test wrong, the relative who insisted on my child kissing her hello, and a friend who smoked in front of our kids. Through taking baby steps in these minor situations, and calmly explaining why my daughter deserved credit for number 4, why she had the option to choose who she would kiss and hug, and why they could not smoke in front of my child, I slowly began to gain a voice.

It was a tiny whisper at first, but it grew each time I used it. While I would let so many things slide when it came to myself, once I had kids, I knew that I had to change that because they had no one to speak up for them. It had to be me.

Learning how to speak up didn’t happen fast or right at the beginning as my first child was born. Only through practice did I learn how to stick up for my kids and myself ...

and honestly, it continues to be a work in progress.

I still have those days when I let things slide that I shouldn’t. I still would much prefer to avoid conflict, but I choose to face it head-on, even when it makes me so uncomfortable I want to melt, because I want to show my kids that they need to learn to how to stand up for themselves and ask for what they want.

As moms, we have to be our child’s advocate, and if that makes other people uncomfortable, or gives them extra work, or simply makes them annoyed, so be it.



Danielle Sullivan is a writer living in New York City. Follow her on Instagram @Deewrite.



2019 WESTCHESTER FAMILY CAMP FAIR

YOU'RE INVITED



Meet the directors and representatives of some of the best day camps and sleep away camps all under one roof.

Sending your child to camp is a big decision — make sure you select the right camp! **Children are welcome to attend.**

JANUARY 12, 2019

Grand Prix New York

333 N. Bedford Road, Mt. Kisco
From Noon to 3 p.m.

JANUARY 13, 2019

Mamaroneck Beach & Yacht Club

555 S. Barry Ave., Mamaroneck
From Noon to 3 p.m.

For more information, visit
WestchesterFamily.com/CampFair



WHERE THERE'S A Y
THERE'S A WAY

SUMMER CAMP

★ 10% EARLY BIRD DISCOUNT*

 **DAY CAMP OPEN HOUSES: 10:00 AM – 3:00 PM**

January 26 | March 23 | April 27 | May 18

SLEEPAWAY CAMP OPEN HOUSES: 1:00 PM – 4:00 PM

January 27 | April 7 | May 5



YMCANYC.ORG/CAMP

*Pay in full by 4/27 for 10% Early Bird Discount | Financial Assistance Available

