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pg. 28



pg. 16



pg. 40



pg. 39



pg. 20

FEATURES

**20 | The Right Match**

Finding a summer camp the kids will love — and you'll approve

**28 | Super-Duper Birthday Bash**

10 quick planning tips

**32 | Primary Sources**

Mill Basin's youngest journalists ready to write all about it

FAMILY FUN

**40 | Calendar**

The best family-friendly events in NYC for March 2019

ADVERTISING

**14 | Charter Schools**

**22 | Summer Camps**

**30 | Birthday Parties**

COLUMNS

**6 | Bits & Pieces**

Winter weather tips for pet owners, a fun new way to wash hands, and more

**8 | Events & Offers**

All the scoop on our upcoming Camp Fairs, Blackboard Awards for Teachers, and more

**10 | Wellness**

The importance of vaccinating children

**12 | Education**

Why consider charter schools?

**16 | Good Sense Eating**

Cooking confidence: The missing ingredient in healthy eating?

**18 | Just Write Mom**

Reflecting on my experience with three natural childbirths

**26 | Healthy Living**

Benefits of pediatric physical therapy

**34 | Starting Out**

In her latest book, Dr. Tanya Altmann's latest book speaks to 150 of new parents' top concerns

**36 | Parent in Profile**

Noted NYC chef & foodie Eden Grinshpan dishes on motherhood, her downtown restaurant DEZ, and her passion for travel

**38 | Treats**

Ten great gift spring picks for #FitMamas

**39 | Family Health**

The risks of choking for toddlers

**46 | Finances**

A card to give kids the "Greenlight" to spend their money — wisely

# letter from the publisher

## Vaccines matter

The controversy over vaccinations has created pockets of measles virus outbreaks in many parts of the country, including the New York area, and although the entire medical community will tell parents that immunization is key to public health, there are still pockets of parents who resist recommendations. Our health writer Jamie Lober has written a well-researched piece on this important topic and I urge every parent to read it and absorb the importance of the content.

We are so lucky to have these vaccines and I can tell you first-hand that my childhood was not so fortunate. There were outbreaks of all these viruses and I for one had all of them,



and some of them more than once. It wasn't fun, and I missed a lot of school, and being a kid home sick for a week or two means someone has to be there to take care of you, so it causes all kinds of disruptions in both health and practical family planning.

When it came time for our pediatrician to vaccinate our daughter, there was no question but that modern science offered great options and we were on board. She wasn't always thrilled about it, but they worked and she is a super healthy person. I myself have had some recent vaccines and I'm grateful for their availability.

Summer camps are well represented in

this issue, and thinking ahead to the medical forms one fills out when sending a child to camp, I actually don't think there is a camp that will accept a child who is not fully vaccinated. And by the way, please check out the camp options this month, next month, and the months ahead leading into summer, and sign up on our website to be a subscriber to our newsletters.

Have a great month. Thanks for reading!

Susan Weiss-Voskidis,  
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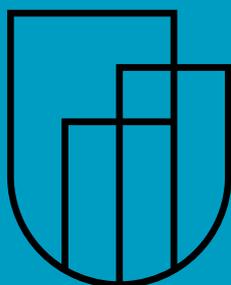




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Camp Director: Matt Crane  
[mcrane@willnorth.org](mailto:mcrane@willnorth.org)

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**Wed, March 6, 8:30-9:30am**



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For every three pens sold in the US, SoaPen donates one to a school in a low income community.

SoaPen creators Amanat Anand and Shubham Issar met while studying Industrial Design at Parsons School of Design. After graduating, they won the UNICEF Wearables for Good Challenge for the concept of SoaPen and started to take SoaPen from a concept to prototype. Along the way, they were list makers on Forbes 30U30 2017, and conducted a successful Kickstarter, which led to launching SoaPen on Amazon in October 2018.

[soapen.com](http://soapen.com)



## 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)

## WINTER WEATHER TIPS FOR PET OWNERS

The temperature has dipped and snow is on the forecast. To keep your four-legged family member safe, consider these winter weather tips:

**Offer a warm place for your pet to rest inside.** A pet bed works perfectly, just make sure it stays clean and dry.

**Don't cut your dog's fur in the wintertime.** Your pet's winter coat is a natural barrier from the harsh, cold elements.

**Consider a canine coat.** Dogs with lots of fur probably don't need an extra layer to go on walks in the winter. But smaller dogs and those with shorter coats may be more comfortable in a dog sweater or jacket.

**Check for frostbite.** After bathroom breaks and walks, check your pet's ears, paws, and tail for any sign of frostbite or ice and snow build up in the paw pads.

**Wipe down after walks.** Keep a dry, clean towel handy to wipe down your pet's legs, belly, and paws after each outdoor excursion. Ice-melt chemicals can irritate their skin and cause serious illness if ingested.

**Be careful with chemicals.** Antifreeze smells and tastes sweet to pets, but it's toxic to them. Consider using a brand made from non-toxic propylene glycol instead.

**Clear a path.** Use a snowthrower to



make quick work of snow removal and create a path to your pet's bathroom area. Always keep kids and pets away from the equipment.

**Don't leave your pet in a cold car.** It's just as dangerous to leave a pet in a cold car during winter months as it is to leave them in a hot car in the summertime.

To learn more about the benefits of "outsider life" for pets and people during all seasons, go to [SaveLivingLandscapes.com](http://SaveLivingLandscapes.com) and [TurfMutt.com](http://TurfMutt.com).

## LANSINOH WASHABLE NURSING PADS

As wonderful as breastfeeding is, it definitely comes with its fair share of messiness. Luckily, breast pads were invented as a convenient accessory for nursing moms, because they keep the mess to a minimum by soaking up any inevitable leaks.

Enter Lansinoh, a global leader in the breastfeeding market and the no. 1 brand in disposable nursing pads, which just launched Washable Nursing Pads. These reusable pads are super absorbent, ultra-soft, and provide leak-proof protection, wash after



wash. Whether you're a mom trying to breast-feed on a budget, or give back to the planet, Lansinoh has you covered (both literally and figuratively!).

Key features of this great new product for breast-feeding moms include a waterproof

outer layer for comfort and discretion, and a specialized core made with plant fibers for super-fast absorption and drying. Plus, did we mention that the pads are also machine-washable?

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# New York family

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Camp leaves lasting impressions, creates unforgettable memories, and helps define our youth. Make sure to visit our free and family-friendly Camp Fairs and speak directly with camp directors to find the best camp for your child (be it day camp or sleepaway camp). Brought to you by New York Family and the American Camp Association, New York and New Jersey, these Camp Fairs allow you to have your questions answered and receive early registration discounts.

**Saturday, March 2, 2019** 12-3pm,  
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**Saturday, March 9, 2019** 12-3pm,  
Gramercy Park

**Sunday, March 10, 2019** 12-3pm,  
Upper West Side

**Saturday, April 6, 2019** 12-3pm,  
Upper East Side

**Sunday, April 7, 2019** 12-3pm,  
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The prestigious Blackboard Awards honor local schools, principals, and teachers of excellence from nursery through high school and from every educational sector: Public, private, charter, and parochial. We're currently accepting nominations for the 2019 Blackboard Awards for teachers. It's your chance to honor some of our city's most important unsung heroes.

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If you love your child's teacher, please submit a nomination at [blackboardawards.com!](http://blackboardawards.com!) The deadline for nominations is Friday, April 5, 2019.



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# The Importance of Vaccinating Children

By Jamie Lober

The topic of vaccines has sparked a lot of conversations recently due to the measles outbreaks that are being seen across the country.

“Immunizations are key to public health and prevention of various diseases, so it is important that parents have the information they need to protect their families,” says Sarah Ravenhall, executive director at the New York State Association of County Health Officials.

“The most powerful contributor to the fight against vaccine-preventable disease is science, so that is really important,” says Dr. Patricia Schnabel Ruppert, commission of health for Rockland County.

In the beginning of October, some people traveled from Rockland to Israel, and when they returned, were diagnosed with the measles virus because they had not been vaccinated. As a result of the initial seven cases, there grew to be 124 cases. More than 14,000 doses of vaccines have been administered, with the hopes of preventing more.

“With communicable diseases it is easy to get the infection to another person who is not immune if someone exposes them by the air from sneezing or coughing or touching a surface, and that can occur two hours after the person leaves the room,” Ruppert says.

It has been a team effort to try to treat people who have been exposed as quickly as possible.

“The most important thing, is that you can prevent it very well with the MMR vaccine, which is normally given between 12-15 months of age, and a second time before the person goes to Kindergarten at 4 to 6 years of age,” Ruppert says.

But the recommendations are changing in response to the recent events.

“We are strongly recommending that it is given to babies as young as 6 months of age up to 11 months of age, and when they become a year old, that is the official first dose,” Ruppert says.



The measles in particular is a highly infectious disease, and making the decision to vaccinate your child is even helping others.

“One child with measles spreads it to an average of 18 other people because it is that contagious,” Ruppert says. “There is herd immunity, which means that many people who have resistance to the disease—like babies, pregnant women who are not immune, people who are on chemotherapy or other immune suppressants, and people who have another live virus are protected if there are enough people in the community who are immune to the disease.”

So getting your child vaccinated is about more than just his health.

“Something you probably do not think about when you vaccinate your child is that you are protecting other children in the schools, and your entire family, so you are protecting everyone you love,” Ravenhall says.

It is also a dangerous disease, with severe complications such as ear infections, hearing loss, inflammation of the brain, and seizures.

“There are reasons we do not want people to get terrible diseases like measles, because it is not like a rash and fever and you get better in a week,” Ruppert says.

There are always going to be some people who do not want to accept the facts.

“I argue that vaccinations are not

warranted if you believe in natural hygiene, and I have cured cancer and shingles without the drug approach,” says Gary Krasner, director of the Coalition for Informed Choice in Holliswood.

But the reality is that vaccines are the safest and best thing you can do for your child’s wellbeing.

“Vaccines are tested before they are approved and given to families,” Ravenhall says.

And research supports their benefits.

“The measles vaccine is not the cause of autism or any other problem, and actually, autism is diagnosed more often in children that did not have the MMR vaccine,” Ruppert says.

Let your child know why vaccines matter.

“There are so many diseases that can be prevented like mumps, polio, whooping cough, hepatitis, the flu, meningitis, and measles, so the message you should be telling your child is that you do not want him to be sick,” Ravenhall says.

When you are educated and on the same page, it may become easier to stay current with vaccines and be healthy.

“Your pediatrician is someone you can rely on to give you information about what vaccines your child is eligible for which are important to get but it is also important to be an advocate for yourself and approach that conversation with your provider,” Ravenhall says.

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(\*Shows subject to change and availability.)



# Why Consider Charter Schools?

By Shnieka L. Johnson

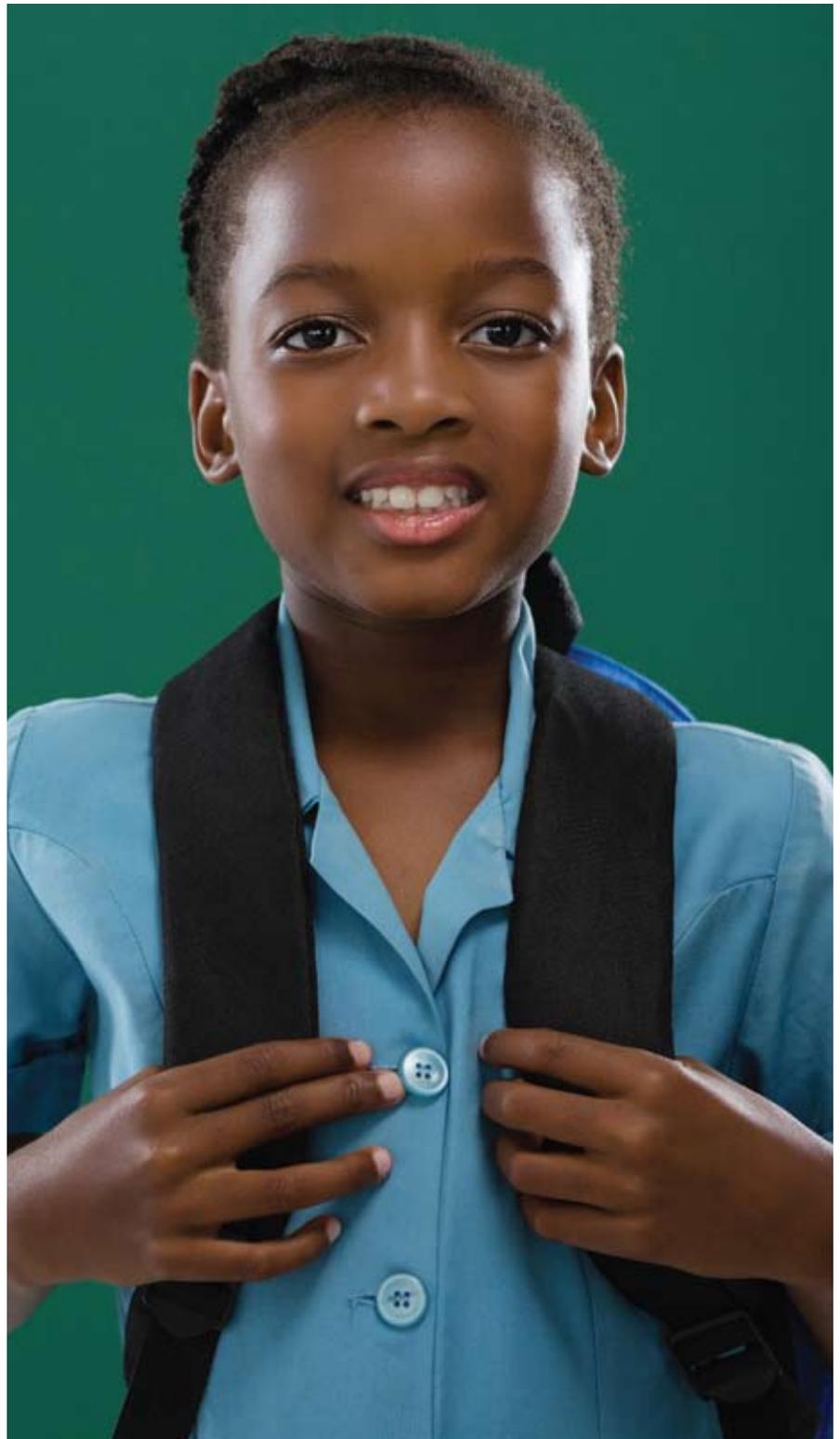
It is prime school-search season in New York City. If you are one of thousands of families weighing their child's educational options for pre-Kindergarten, elementary, middle, and high school, you are in the thick of applications, essays, and assessments or testing. Aside from your normal work and daily activities during this time, you now must add researching schools, contacting administrators, and touring neighborhood options to your busy to-do list. This is true whether you are considering public or private schools.

So, how does one choose the best option? Begin with the big decision—public or private. Then, take a look at the options within your preferred category.

For those utilizing the City's public school options, you have many options in your district, with priority at your zoned school, and you will also have access to a host of charter schools.

Charter schools (founded by not-for-profit Boards of Trustees) receive government funding, but unlike public schools, they operate independently under a contract (or "charter")—an example of what has been labeled by some as "public asset privatization" or contracting out. Many of the city's charter schools utilize public school space. Since the passing of the New York Charter Schools Act of 1998, there has been debate from government officials and families alike on whether these schools should be considered public. According to the United States Department of Education, given that charter schools are open to all students and do not charge tuition, they are categorized right alongside your area public schools.

"We serve the communities in which we are located, and in 2019–2020, we will offer kindergarten through second grade," says Emily Kim, the Chief Executive Officer of



Zeta Charter Schools, which has sites in the South Bronx and the Inwood/Washington Heights areas. Zeta opened its doors in the fall of 2018.

Charter schools may not have all the regulations of a districted school, but they are accountable for academic results and upholding promises that the charter school stemmed from. With well over 200

charter schools in the city, there are tens of thousands of New York City families that are served by these institutions, and these schools have thousands more on their waitlists.

So, why are so many families choosing charter schools? Charter schools have more flexibility in their offerings, a longer school year, extended daily hours, and additional

programming.

“Much of my experience is in charter education, and I love how charters are free to innovate and raise the excellence bar for children,” Kim says.

Although every charter is different (the model, goals and policies may vary) — overall, they are outperforming their neighborhood counterparts on state tests (English language arts and math).

“Parents deserve to have a high-quality school option, as well as a choice as to where they send their children to school. Charters provide parents with much-needed educational options for their children, which raises the bar for public education generally,” Kim says. “We serve families, and want them to be close partners with us in their children’s education. Through this partnership, we ensure children meet their highest and best potential.”

Many families are drawn by the opportunity to send their children to high-performing charter schools. Most operate through a lottery placement system due to the demand.

“Charters provide parents with much-needed educational options for their children, which raises the bar for public education generally.”

“We were zoned for a failing public school (math and reading scores were in the single-digit percentile) and private school is too costly,” says Tiffany G., who is a parent at Harlem Hebrew Language Academy Charter School. Her daughter, now in fourth grade, started at the school in kindergarten.

“Public schools in New York are wonderful, if you are wealthy and thereby able to afford an affluent neighborhood where high-quality public schools can be found. For many who are not wealthy or able to afford expensive neighborhoods, public schools are poor performing, sometimes perilous places. The current public school system exacerbates our city’s economic system of have and have-nots, while many charter schools offer a high-quality of education accessible to all New Yorkers regardless of income,” she says. Adding: “There is a tremendous amount of variety

among charter schools, as they are not bound by all the same regulations as public schools. Shop around to find the school that is the best fit for your child’s learning needs.”

For families in the midst of the school search, an online common application (available via [nyccharterschools.org](http://nyccharterschools.org)) represents approximately 75 percent of New York City’s charter schools adding ease to the process of applying. The online form, due by April 1, makes searching school options and information on each accessible. New York families interested in applying to charter schools should check individual school websites for listings of tours, open houses, and application instructions.

*Shnieka L. 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 at [shniekajohnson.com](http://shniekajohnson.com).*

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**To apply online:**  
[www.paveschools.org](http://www.paveschools.org)

**To apply in person visit us at:**  
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 732 Henry Street, Brooklyn, NY 11231  
 718-858-7813



MISSION: PAVE Schools prepares Kindergarten to 8th grade students to thrive in competitive high schools and four-year colleges. PAVE provides its students with a rigorous academic program and a community built on the school's core values of PERSISTENCE, ACHIEVEMENT, VIBRANCE and EXCELLENT CHARACTER.

## Brooklyn Rise Charter School

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 347-470-9833  
[www.brooklynrise.org](http://www.brooklynrise.org)

A tuition-free public charter school opening in Sunset Park this August 2019. We are currently accepting applications for Kindergarten and 1st Grade. Visit our website to apply.

## Explore Schools

Various Locations  
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[explorenetwork.org](http://explorenetwork.org)  
[information@explorenetwork.org](mailto:information@explorenetwork.org)

A network of elementary and middle schools located in Central Brooklyn. Our mission is to prepare students with the academic skills and critical-thinking abilities they need to succeed in a college-preparatory high school. We foster a love of learning in our students in a joyful and safe environment. Our approach includes small group instruction, an extended school day, a Common-Core aligned curriculum, and enrichment classes in every grade. We offer parent involvement and volunteering opportunities. We welcome English Language Learners and students with special needs, and offer special education, counseling and support services. Lottery applications for Kindergarten.

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## Private & Independent School Guide for NYC

[www.nyparenting.com/private-independent-school-guide](http://www.nyparenting.com/private-independent-school-guide)

# Brooklyn family

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## Cooking Confidence

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What's your excuse for not cooking family meals? Do you lack the time and energy? Are the kids fussy eaters?

Or do you lack confidence in your kitchen skills?

If so, you're far from alone. From newlyweds who take new pots out of the boxes with no idea how to use them—to parents of school-age children—many people have no clue how to prepare a healthy family meal. They can use a microwave, but don't know how to make a scrambled egg or roast a chicken.

Home-cooked meals have been on a downward trend for decades. No country in the developed world cooks less than the United States.

An entire generation grew up with few cooking skills transferred from the previous one. Sadly, there was no passage of "kitchen wisdom" from one generation to the next.

Many parents and guardians are intimidated by cooking dinner at home.

It's not just the cooking; it's meal planning, shopping, cleaning up afterwards—and then what to do with the leftovers.

March is National Nutrition Month—a time to focus on healthier eating—and what better way to eat better than to cook a meal yourself?

It's much easier to produce meals with more healthful ingredients and cooking techniques when you do the cooking yourself.

### Three benefits of home cooking

- Generally consume fewer calories
- Avoid unhealthy additives
- Control the ingredients that go into your family's meals

### Steps to help improve your culinary skills

**Get help.** Today it's easy. Turn to illustrated cookbooks and cooking videos on YouTube, social media, or television.

**Keep it simple.** You don't learn to cook

by starting with a complex, time-consuming dish. Begin by learning a few basics: a roast chicken, an omelet, or lentil soup. Prepare them several times until you're satisfied with the result. Then move on to another dish.

**Shop conscientiously.** Good cooks take their time selecting their ingredients. Choose the crispest greens, the freshest vegetables, and top-quality protein sources. Even the simplest dishes will sing when you shop wisely.

**Have the right tools on hand.** A sharpened chef's knife, paring knife, sauté pan, sauce pan, soup pot, and roasting pan with a rack are the basics with which you can prepare most dishes.

**Have everything ready.** *Mise en place* is a French culinary phrase which means "putting in place" or "everything in its place." Before starting the actual cooking, pull your ingredients out and get them prepped. For example, if you need ½ cup chopped onion for the recipe, chop the onion, place it in a bowl, then repeat for all the ingredients. The actual "cooking" will go more smoothly and quickly.

**Taste early and taste often.** Flavor is built up in layers. For example, notice how the flavor of a tomato sauce deepens as it cooks. And experiment with herbs and spices. A fresh squeeze of lemon juice or splash of vinegar can help brighten a dish.

**Clean as you go.** I learned this valuable tip while earning my Girl Scout cooking badge and I've followed it ever since. This makes the eventual cleanup less daunting.

**Bring in the kids as you learn.** By introducing them to basic techniques at a young age, it's not about making them ready to go on *Iron Chef*. It's about piquing their interest, starting a conversation, and getting them into the kitchen. And yes, kids are generally more likely to try a food if they've invested the time and effort into making it.

A final thought: Are you willing to put in a little extra time now to prevent paying extra money in healthcare costs down the road?



Christine Palumbo is a registered dietitian nutritionist and Fellow of the 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.



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## It's Only Natural

Reflecting on my experience with three natural childbirths

By Danielle Sullivan

When I gave birth to my children, I chose natural childbirth all three times. With my first child, I had no idea how painful it would be. I remember it being so bad at one point that I thought the birth had to be imminent after 12 hours of labor—only to find out I was just three centimeters dilated!

Whenever I hear other moms who had natural childbirth discuss their experience, it often echoes my thoughts way back in my first labor experience: I might not make it through because the pain became so heightened.

Many describe the delivery as excruciating, and some even go as far as to say that they didn't know how they would handle it once it got intense, and thought, "how do women do this?" Ironically, many of us get a second wind and think, well, if other women have done it for thousands of years, then we can too (whether we have to is entirely another question).

I have to admit, I felt the same way. I have never been a wimp in the pain department and I thought that if others did it, I could do it too. I wanted to be fully present without having to feel drowsy or delusional from medication. But when the pain kicked in with no sight of even being remotely ready to push, I considered an epidural and spoke to the anesthesiologist.

It turned out to be basically out of the question because I am so prone to headaches. The anesthesiologist questioned me on my headache history and informed me that an epidural could bring on more headaches or a very long headache after the birth. The last thing I wanted to do was have more or worse migraines, so I decided against it.

Eventually, my daughter was born at the 18-hour mark without pain medication. By the second and third pregnancies, I knew I wanted to experience natural childbirth again because, despite the pain, it was a beautiful experience that I will never forget. I felt amazing right after giving birth, could walk, was not drowsy, and had no need for any pain medication the entire time.

But I also remember going to the hospital the second and third time in labor and



knowing exactly what I was in for that day. It was better in the sense that I knew exactly what to expect, but it was also much worse simply because I did know exactly what to expect. Luckily, each subsequent pregnancy ended in a shorter labor. My second daughter was born after just five hours and my son was born in a little more than three hours of active labor.

I am finished having children, but sometimes I wonder if I were to have another child, would I choose natural childbirth again? I have heard so many fabulous accounts of labor with an epidural. I watch "A Baby Story" on television and I see the mothers talking and joking while in active labor—even when pushing the babies out—and I am truly amazed. By the time I reached the transition phase, I was completely unable

to speak. I was grunting and screaming on and off, and squeezing the life out of my husband's hand. I've also heard from other moms who said that although they were prone to headaches, the epidural didn't worsen them, so I likely could have had one.

Like many things in pregnancy and even more in parenting, there is rarely a right or wrong answer for every individual. You do your homework, rely on your doctor or midwife, and do the best you can. Make

a plan, but feel free to change your mind in the moment, too.

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



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# THE RIGHT MATCH

Finding a summer camp the kids will love — and you'll approve

By Kimberly Blaker

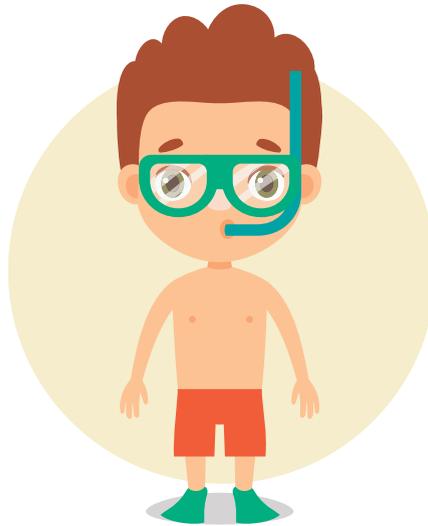
Whether you're looking for enrichment for your child, a way to keep your child occupied and supervised while you work, or a short reprieve from parenting, there's a summer camp out there that's just right for every family. Here are some things to consider in finding the perfect camp.

## The benefits of summer camp

Summer camp offers plenty of benefits, and many kids thrill at the idea of going away. But for some kids — particularly those who are shy, introverted, or homebodies — the thought of going away for a night, let alone a week or more, can be cause for considerable anxiety. For kids who are adamantly opposed, forcing summer camp on them may not be in their best interest.

But for kids who are more than eager — or at the very least willing to give it a shot without too much fuss — summer camp offers lots of opportunities they aren't likely to experience at home or anywhere else. If you're not familiar with the benefits, summer camp:

- Fosters independence
- Is a place to develop new and lasting friendships
- Helps kids develop new skills
- Leads kids to discover new interests and



hobbies

- Provides the opportunity for creative expression
- Gives kids a break from being plugged-in
- Offers daily exercise
- Improves their self-esteem
- Teaches kids to work with others
- Makes kids feel part of a community
- Prevents or reduces summer learning loss

## Getting started in your search

Before you begin looking into summer camps, first create a list of the criteria you're looking for. Here are some initial things to consider:

- What is your budget?
- What is the purpose of sending your child to camp?
  - Do you want a resident (overnight) or a day camp?
  - Are you looking for a short-term (week or two) or summer-long program?
  - Do you want a camp that's very structured or one that provides your child lots of freedom and choices?
- What are your child's interests, such as a particular sport, hobby, or other interest?

Once you've narrowed down some of the criteria, you can begin your search. An excellent place to start is your local parenting magazine. Many summer camps advertise in regional parenting publications. You can also



visit [www.summertime.com](http://www.summertime.com), where you can search by zip code or category.

The American Camp Association accredits summer camps. So this is another excellent place to look for a camp. The Association educates camp owners and directors in health and safety for staff and campers as well as program quality. It then





accredits camps that meet the organization's standards.

### Next steps in camp search

Once you've selected a few summer camps that meet your primary criteria and that fit your child's interests, share the choices to see what excites your child. Let your child know up front that you still need to thoroughly investigate the camp(s) before making a final decision. But do keep your child's choices in mind to ensure he or she gets the most out of camp.

Once you and your child have narrowed the list to a manageable selection, you'll want to investigate the camps further. There are several things you'll want to consider:

**What are the staff's qualifications?** Many summer camps use teens as staff. They make excellent mentors and can bring liveliness to the programs. However, the programs themselves should be developed by professionals and have professional oversight to ensure kids are getting the most from the camp programs.

**How does the camp ensure your child's safety?** Find out what kind of safety training the camp provides its staffers. Also, is there staff on hand at all times that knows CPR? What are the procedures in the event your child becomes ill, has an accident, or there's an emergency?

**What is the daily schedule for campers?** Ask for a daily itinerary, so you know your child will be getting everything you and your child anticipate from the program.

**What are the rules?** Each camp has its own set of rules. So, find out whether your child is allowed to call you. If it's a summer-long residential camp, can parents come and

visit? Can your child bring along a cellphone or electronics? Also, how much money should your child bring, and how is your child's money managed?

*Kimberly Blaker is a freelance writer and the author of a kid's STEM book, "Horoscopes: Reality or Trickery?"*





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Our summer programs take the best of the school year experience and make the light shine even brighter! Every day offers new opportunities for children to grow, to learn, and to develop their talents and interests. Summer Camp for 3 to 8 year olds and Summer Arts for 8 to 12 year olds are distinguished by their outstanding faculty and favorable teacher-student ratio.

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718-768-3814  
cbebk.org/camp

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845-354-2727**

Deermountaindaycamp.com  
At Deer Mountain, your child will become an unforgettable part of our story. Since the Katz family founded the camp in 1956, we have all been committed to the same goal: to help every camper enhance their positive qualities and embrace who they are, as each becomes a unique and essential part of our community. Roberta & Carol Katz, our deeply involved camp directors, personally get to know campers and families from the outset. We offer campers ages 3-15 a sleep away camp's range of activities, facilities, and staff in a day camp setting. Activities include: Swim-Instructional and Recreational, Sports, Fine & Performing Arts, Outdoor Adventure, Nature, STEM, Lake, and Special Events.

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midwoodmontessori.com  
info@midwoodmontessori.com

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our caring and experienced year-round staff. Transportation is available. Our hours are 9am-3pm (8am drop-off available)

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Mill Basin  
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millbasindaycamp.com

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**New Country Day Camp**

Henry Kaufmann Campgrounds  
Staten Island NY  
646-395-4357  
newcountrydaycamp.org  
newcountry@14streety.org

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Preschool 2's & 3's Campus:  
718-599-7300  
PK- Grade 8 Campus:  
718-599-9600  
www.willnorth.org/camp

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Sheepshead Bay  
718-375-7973 or 4277  
www.windmont.org  
admissions@windmontsch.org

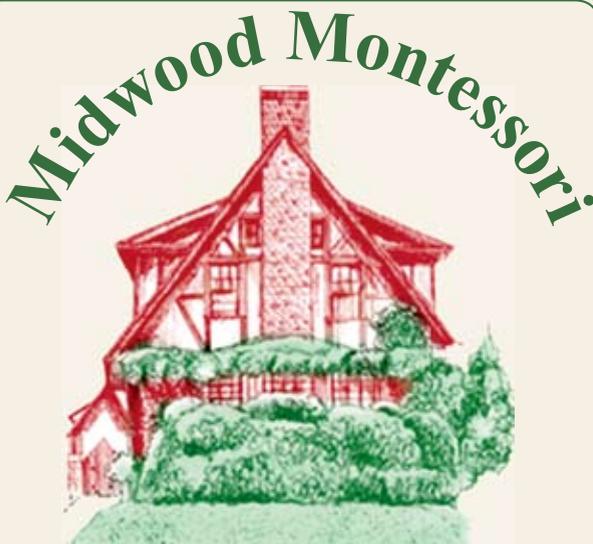
Registration is beginning now for our Academic Montessori/Creative Writing Summer Day Camp for 3-12 year olds. Windmill offers a nurturing place where the children make friends and learn through the Montessori Method, while having lots of fun. Spacious enclosed yard with playground and pool lets campers safely participate in outdoor activities, all with highly qualified and caring staff's guidance. Local trips, weekly themes, arts & crafts, computers, singing, group games, and pool activities are enjoyed. Four to six week programs are offered, as are sibling discounts. Door-to-door bus service is available. Call for individualized appointments.

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www.ymcanyc.org/programs/camp/find-camp

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Windmill is non-sectarian. Licensed by The New York City Department of Health  
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# Benefits of Pediatric Physical Therapy

When most people think of children needing physical therapy, they think of a child using it to heal from a broken arm or leg, or another injury. Yet physical therapy is a highly effective, non-invasive means of helping heal and support a myriad of medical and even developmental issues. The American Physical Therapy Association lists the following as circumstances in which physical therapy can be beneficial:

- Developmental activities
- Movement and mobility
- Strengthening
- Motor learning
- Balance and coordination
- Recreation, play, and leisure
- Adaptation of daily care activities and routines
- Equipment design, fabrication, and fitting
- Tone management
- Use of assistive technology
- Posture, positioning, and lifting
- Orthotics and prosthetics
- Burn and wound care
- Cardiopulmonary endurance
- Safety, health promotion, and prevention programs

One of the caveats of having your child go to physical therapy, however, is that you have to attend often multiple times a week — which can be challenging to fit into an often already-packed schedule for parents and children. When you have other siblings thrown into the mix, it can become quite a feat to take your child to appointments three times a week. Yet, there are physical therapists who make home visits, and not only say that the physical therapy exercises are only part of the treatment, but that the family also plays a large part of recovery and treatment.

Physical therapists Sonia Miller and Ainelou David from the Visiting Nurse Service of New York say that when you ask most parents what comes to mind when they think about pediatric physical therapy, “you’re likely to hear about softball, horse



riding, or bicycle injuries that send children to the ER or physical therapy outpatient programs for several carpool-disrupting weeks.” Yet, pediatric physical therapy—especially the kind offered in the home—is much more than that, and here’s why:

Pediatric physical therapy is not just for sports injuries. When a doctor prescribes physical therapy for a child, the diagnosis can be multifaceted and complex. In addition to common sports or playground injuries, pediatric physical therapists provide rehabilitation for children born with muscle or skeletal conditions, respiratory illness, blindness, cancer, and other health challenges.

Exercises are tailored specifically for children. To keep a child engaged throughout the rehabilitation process, pediatric physical therapists often use games or age-appropriate props to make the therapeutic process fun and encourage adherence to a prescribed therapeutic care plan.

Parents should be involved in the treatment sessions. It’s vital that a parent is involved in the treatment process for a

variety of reasons. Not only does parental participation help to ensure that prescribed exercises actually get done, it can also help reassure a child who frets at frequent trips to the doctor’s office. The idea of pediatric rehab can make some parents uncomfortable at first, but it’s often worth the effort.

Therapy provides comfort for both the patient and the parent. Sometimes physical therapy is used to help strengthen the spirit as much as the body.

Home is where the heart is. David has a particularly personal connection to her role as a pediatric physical therapist working in homecare. “As a mother, I appreciate getting that extra special touch of care at home—if my child were sick, that’s where I would be all the time, keeping her comfortable and confident, until she can safely step back into her daily routine without me.”



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

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# Super-Duper Birthday Bash

## 10 quick planning tips

By Denise Yearian

**B**irthdays are milestones that mark another year of growing, another year of change. But for many parents, these milestones are more like millstones when faced with the daunting task of putting together their child's birthday party. Here are 10 tips to help.

- 1. Get your child's input.** Several weeks before your child's birthday, ask him how he would like to celebrate. Give him parameters based on your time, budget, and preferences. Discuss his interests and determine if the party can be centered on one of these.
- 2. Consider the options.** One way to host a party with your child's interest is to have the event at home. Should you decide to choose this route, you'll have two options: do it yourself or hire outside help. If you have the time and desire to give the party yourself, the possibilities are unlimited.
- 3. Make a manageable guest list.** The recommended number of children will depend upon whether the party will be held inside or outdoors. If the weather is nice and you'd like to have it outside, you can easily invite 15 guests. However, if the party is indoors, limit it to no more than 10 children. Some experts suggest using a formula of 1 to 1-1/2 children per your child's age. For example, if your child is 4 years old, invite 4 to 6 friends; if 8 years old, have 8 to 12 guests. The key is to keep it manageable.
- 4. Time it right.** Unless the party is a sleepover, keep it to two or three hours (1 and a 1/2 hours for children ages 4 and younger). Make a list of activities you are planning and the approximate length of time each one will take. Remember that a well-planned party allows for both quiet and active play. Guests should be given time to warm up to the setting, release energy during the party, and calm down before heading home. Since the children will be arriving at slightly different times, plan a simple but flexible activity to keep them busy and free you to welcome other arriving guests.
- 5. Decide on activities.** When selecting games, consider the number of children, their ages, and whether the games will be held inside or outdoors. Choose ones that are easy to explain, fun to play, and will involve all the children. Cooperative games are best because they take the spotlight off any one child and focus on the team as a whole. What's most important is to be flexible. If the children aren't enjoying themselves, stop, and move on to something else. And always plan more activities than you need.
- 6. Go for kid-fun grub.** When serving food, stick with kid-friendly basics – sandwiches, pizza, veggie strips, and pretzels. If you want to make it festive, cut the sandwiches into interesting shapes, or turn the pizza into a clown face with pepperoni eyes, a cherry tomato nose and a strip of green pepper for the mouth. The cake can be special, too, by allowing the children to decorate their own cupcake.
- 7. Ease up on decorations.** Simple decorations can go a long way. A few helium balloons and crepe paper can make any room look festive. Choose party favors that are fun, but inexpensive such as a toy related to the party theme or a bag filled with a blend of fun-to-eat but healthy treats. For those wishing to spend a bit more, an activity, such as painting T-shirts or planting flowers in pots, is fun. Most important, be flexible, creative, and stay within your budget.
- 8. Ask for helping hands.** If you are giving the party by yourself, get help on the big day. An extra pair of hands (or two or three!) is essential no matter what age the children are. As you prepare a guest list, ask a few close friends or relatives to come and help. If there are no willing volunteers, hire a teen. Chances are she needs the money and would enjoy the event.
- 9. Pick a party entertainer.** If you want to hire a party entertainer, get references from family, friends, and this magazine. Once you have a few names, call the entertainer and ask the following:
  - What services do you offer?
  - What ages do you typically cater to?
  - Can the party be tailored to a particular theme?
  - What exactly do you take care of (games, activities, refreshments, cake, invitations, decorations, party favors)?
  - How long do the parties run?
  - How much do you charge?
  - What am I expected to do?
  - Can I get references?
  - Do you have an upcoming public event? (Note, since entertainers are often called upon for special library, festival, and fundraising events, this would be a good



opportunity for you and your child to go watch them in action.)

**10. Find a facility.** If you would prefer to have the party at a local business, call to see if they offer packaged events based on your child's interest. Because every establishment's offering is a bit different, get specifics:

- How long do parties run?
- What activities are included?
- Do you provide food and refreshments?
- Do you offer free refills on drinks?
- Is a cake provided?
- What is the minimum/maximum number

of children?

- Does a staff member host the party (or do you)?
- What is the cost?
- Is a deposit required?

Before making the final decision, stop by the facility and watch a party underway. How smoothly is it run? Is the facility safe? Is it clean? Are the bathrooms easily accessible? Are the guests enjoying themselves? Is the host or hostess friendly and good with kids? Do the guests have plenty of time to enjoy the activities, or are they rushed from one event to another? Does the food look appealing? By

taking the time to stop by, you'll learn a lot more about the place than if you just make a phone call.

Above all, remember that because your child's birthday comes only once a year, it deserves recognition. Whatever you choose be sure to make it special. You are, after all, celebrating a milestone - another year of growth, another year of change.

*Denise Yearian is the former editor of two parenting magazines, the mother of three children, and grandparent to four grandchildren.*



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# Primary Sources

## Mill Basin's youngest journalists ready to write all about it

By Kevin Duggan

These kids are making news! Pint-sized pupils at a Mill Basin public school turn their library into a bustling newsroom each week when they convene for regular meetings of their Newspaper Club.

Rookie reporters in the PS 236 club, founded three years ago by the school's enrichment teacher, produce some 15-25 newsletters per school year, with each edition dedicated to a single story. The kids in grades three through five love hitting the hallways for half an hour each week to get the latest scoops from the Avenue U school, and working together to perfect their writing skills, the educator says.

"They feel so important, and some of them are gaining confidence in their writing," says their teacher Suzy Ojalvo.

This reporter sat in on a Jan. 30 meeting of the newspaper club, watching as two cub reporters wrote up in-depth coverage of the third-grade history presentations, for which kids dressed up as prominent figures such as Eleanor Roosevelt, Walt Disney, and Marie Curie, according to one of the little newshounds.

"It's when the third graders dressed up as historical figures and made gigantic posters about them and told me about them—I have three entire pages full of quotes," 4th-grader Eli says.

Her partner-in-print, 8-year-old Jacob, says he got his start in the publishing business at age 5 by writing short autobiographical newspapers, which he would then deliver to his loyal readers on regular weekly deadline.

"I'd tell my friends about a new newspaper I'm writing, then they'd wait and I'd hand them a newspaper on Fridays about my life and they really like it," the 3rd-grader says.

Two other youngsters spent the session putting together an article on the school's



(Top) Third-graders Rhys (left) and Matthew type up their story. (Center) Teacher Suzy Ojalvo, back center, and assistant teacher Susan Young, back left, held the weekly meeting of the Newspaper Club at Mill Basin's Public School 236 on Jan 30. (Bottom) Fourth-grader Frida types up her story about the school's spelling bee last November, while her team mate Sagie double-checks his notes.

spelling bee last November. One of the reporters went through the piece checking for the five “Ws”—the keys to any good news story, he says.

“We’re looking at the who, what, where, when, and why of the story,” says club-member Sagie. The 4th-grader flipped through his notes while his teammate Frida typed up the piece. Frida cited her love of putting stories together and newsrooms’ fast paces as two reasons why she hopes to become a fully-fledged journalist in the future.

“I hope to become something of a writer in the future, maybe work for a newspaper,” Frida says. “I like writing because in writing I can take my emotions on it and do whatever I want with it. I also like the action.”

Ojalvo starts the club each year by giving the students a choice of stories to cover at its inaugural meeting, but the kids are also free to pitch ideas, she said. For example, one fifth-grader pitched his own story on the school’s new Spanish Club.

“When we first started I asked Ms. Ojalvo if I could do an article on the Spanish Club,



Photos by Kevin Duggan

Muhammad, left, and Michael interview assistant teacher Sherry Baron about the Spanish class’s recent field trip.

which started this year, because I wanted everybody to know that we have a new club in the school,” says Michael, a one-year veteran of the Newspaper Club.

Chronicling the life and times of their fellow students gives the kids something to

look forward to each week, according to the teacher, who said their excitement motivates her to keep the club going.

“I love seeing how excited they feel about being in it. To us it seems like a small thing, but to them it’s such a big deal,” she said.

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## Back to Basics

Dr. Tanya Altmann's latest book speaks to 150 of new parents' top concerns

By Kelly Guidry

Being a parent isn't an easy job. Whether it's your first time or you have multiple children, each experience feels new and raises a brand new set of questions. Ever wondered what to do if your child is allergic to regular milk, or when to start looking for child care, if you choose to do so? Dr. Tanya Altmann has all of the answers.

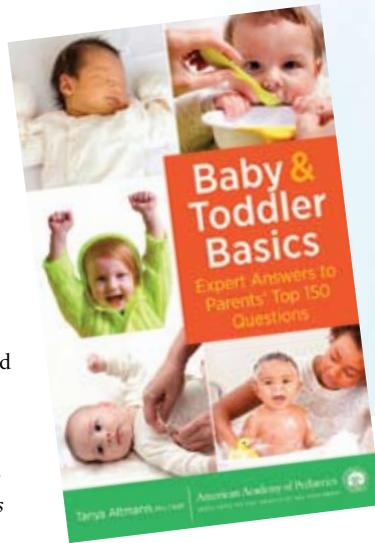
In her latest book, *Baby & Toddler Basics: Expert Answers to Parents' Top 150 Questions*, Altmann—alongside the American Academy of Pediatrics—narrowed down a list of the top 150 questions they have been asked multiple times by parents and patients, which she says was no easy feat.

"I've been seeing patients and talking to parents for about 20 years and there are hundreds if not thousands of questions that parents ask, but over and over again, the same questions seem to keep popping up. As a pediatrician... you end up repeating yourself a lot throughout the day," Altmann says. "I surveyed pediatricians and parents [and] I also talked to all of the pediatricians at UCLA, and came up with a list that we all agreed were the top 150 questions that parents ask their pediatrician."

Narrowing down the questions into specific categories, such as skin, vaccines, formula feeding, and more, Altmann made it easier than ever for parents to get their concerns answered since a lot of the time, the types of questions parents ask typically fall under a general category—whether they know it or not.

"I find that questions do come in groups," Altmann says. "I teach residents at UCLA and one day, we'll talk about fevers in kids or illnesses and the next day, it'll be about constipation or poop, and then it'll be about feeding."

Rather than having to read chapters on specific topics, Altmann's question and answer format allows parents to quickly find what



they are looking for so they don't have to read five or more pages to get their answer.

"I always love the Q&A format because you can look in the index, look at the chapter, find your question, and read the answer," Altmann says. "That's what pediatricians do all day long: Answer questions, field phone calls, and nowadays, there [are] emails as well, so the Q&A format is always a nice setting to read no matter what the topic is."

Altmann believes that what sets her book apart from all the other baby books out there is that the answers given are backed by science with the additional help of her own personal experience as a mother to her three boys: Avrick, 12, Collen, 10, and Maxton, 3.

"When I look back at books I've written and news segments I've done before I had kids, I think 'What was I talking about?' because although I knew the medicine, I didn't really know the practicality of it," Altmann says. "For instance, I used to say 'If your child slips and falls and gets a goose egg on their head, put ice on it.' But now, as a parent, I know that child is not going to let you put ice on their head, so I have to say 'If they'll let you.'"

As a pediatrician and mother herself, Altmann knows that when a problem arises with a child, it can be stressful, but if she could give one piece of advice, it would be to "trust your instincts."

"People have been having babies forever, before the internet, before swaddle blankets

and bouncy chairs that calm your baby and rock them to sleep," Altmann says. "If you feel that something isn't right or you're concerned, then definitely call your pediatrician [because] that's what we're here for. If you're concerned, don't wait because there are serious things that do come up and I'd rather have someone wake me up and me tell them 'You know, it's actually okay, we can follow it up in the morning' then have them not call me and something more serious happen."

At the end of the day, Altmann hopes that the advice she provides helps parents determine whether they need to go to their pediatrician or if they can solve the issue on their own, as long as they steer clear of "Dr. Google."

"I hope that parents enjoy it as an easy and accurate source to look up questions that they have so they don't turn to Dr. Google," Altmann says. "While it's amazing that there's so much information at your fingertips, there's also a lot of fake news out there. You want to make sure that people have an accurate source, but also know when to call their pediatrician. I hope by breaking it down to the simple categories, they can realize that if the answer isn't there, then they can gather information to get what they need or find out these are one of the times where 'I do need to take my baby in to be seen or call my pediatrician.'"

For more information on Dr. Tanya Altmann and her book, *Baby & Toddler Basics: Expert Answers to Parents' Top 150 Questions*, visit [drtanya.com](http://drtanya.com)!

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## Chef in the City

Noted NYC chef & foodie Eden Grinshpan dishes on motherhood, her downtown restaurant DEZ, and her passion for travel

By Radhamely DeLeon

Whether she's going viral for doing the robot while strapped to a breast pump or sharing photos of her and her almost-2-year-old daughter Ayy, chef, food blogger, and TV personality (you can catch her North of the border on "Top Chef Canada") Eden Grinshpan is definitely not one to keep up glossy appearances of motherhood. It's clear from her unabashedly silly posts that she has found a happy medium between herself as a person and as a mom.

Food is understandably a very big factor in their household. As a certified fabulous foodie herself, Grinshpan, a Brooklyn mama, was excited to start introducing solid foods to her daughter's diet so they could bond over bites. Though she tries to widen Ayy's palette as much as she can, it's not always easy. "The older she gets, the more she knows, the pickier she gets," Grinshpan says. "It's been a little bit of a battle."

With all of the healthy food options available to families now, like Grinshpan's recently opened restaurant DEZ (where she is the co-owner and executive chef) it's especially easy to get hung up on strict vegetable-based diets. So, how does one balance her little one's meals? Moderation is key.

"[My daughter] likes sugar, she likes sweet things. She gets a lot of fruit, she loves fruit... But, you know, she gets a little junk," Grinshpan says. "I had to let go a little bit because I was a little controlling over everything being healthy, but I'm very much a believer of trying to keep it 75-80 percent healthy, and the rest you can kind of be easy."

Grinshpan's love for cooking first began when she started watching the Food Network as a sophomore in high school. She recalls being "obsessed" with Food Network stars Ina Garten, Nigella Watson, and Jamie Oliver. When it came time to decide where she should go to college, culinary school was



“the only thing that really made sense.” Thus began the start of her culinary career, or what she likes to call her “love affair with food and cooking.”

She enrolled in Le Cordon Bleu in London where she graduated with a *grande diplom*e in pastry and cuisine. Rather than looking for work, Grinshpan, whose heritage is Canadian and Israeli, sought to see the world.

“A lot of people are afraid of being uncomfortable or not close to what they know, but honestly I’ve never grown more than when I was away. I really, truly believe my time abroad was my education,” she says. Grinshpan then went on to backpack through India and Southeast Asia, and lived in London for two years.

Even at the time of our interview, they had just returned from a family trip to Israel. How have their travels changed now that Ayy’s joined the family? Parents are often afraid of taking long flights with their children, but Grinshpan feels the benefits outweigh the cons.

“For me, it’s kind of like ripping off a

“A lot of people are afraid of being uncomfortable or not close to what they know, but honestly I’ve never grown more than when I was away. I really, truly believe my time abroad was my education.”

Band-Aid. You do it, you get it over with, and you get to have an experience,” she explains. “To be able to take Ayy to Israel and to eat the food that I grew up eating, and to see the places, that mean so much to me.”

These travels, as well as Grinshpan’s own Israeli roots, are what inspired her the vibe for her restaurant, DEZ (short for “desert”), a fast-casual Middle Eastern eatery located

in the heart of Nolita. Co-founded with Samantha Wasser, (who is known in the food world for the NYC vegan restaurant by CHLOE) DEZ’s fresh and tasty meals are ideal for everyday dining with a twist.

As we caught up over the phone, there was a small cry in the background. Grinshpan laughs. “She’s here,” she says, referencing her young daughter. “She was supposed to go down an hour ago, but guess what? She’s watching ‘Peppa Pig!’”

Whether she’s sharing candid photos of her breastfeeding in the back of a car (#NormalizeBreastFeeding), or her hilarious take on the traditional maternity shoot (a tower of gourmet doughnuts were involved), Grinshpan is definitely honest about the realities of being a parent.

“Yeah, [my husband and I] get flustered sometimes, but in the end, we just laugh about it because it’s just so ridiculous,” she says. “The things we get flustered about in the grand scheme of things, they’re nothing.”

To learn more about Eden Grinshpan, visit [edeneats.com](http://edeneats.com)!

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By Mia Weber



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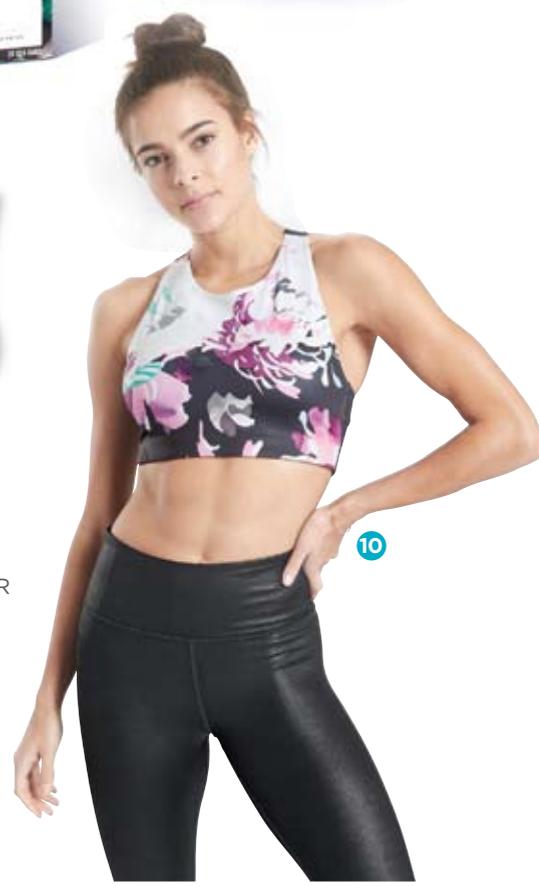
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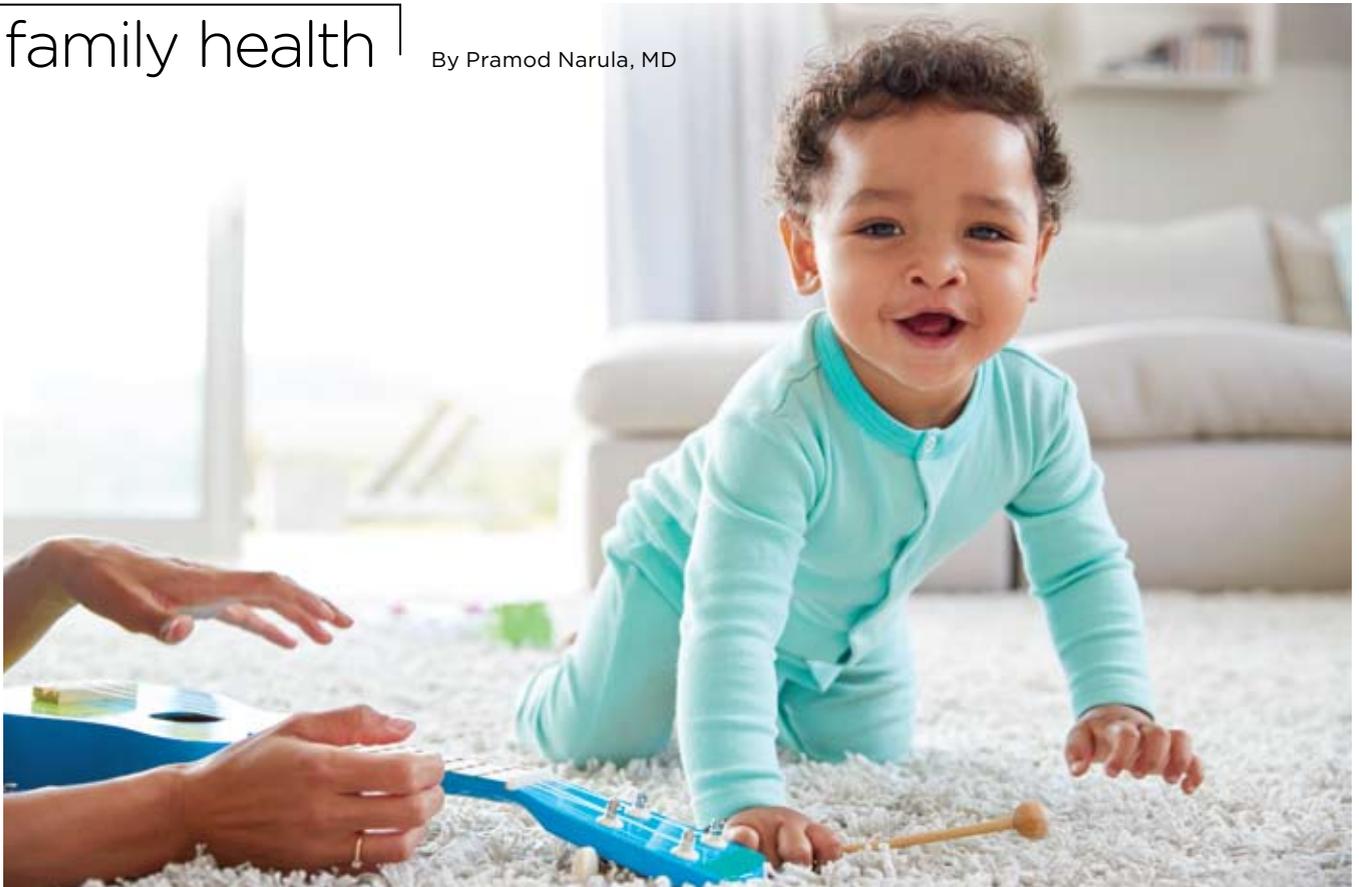
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## The Risks of Choking for Toddlers

*My son is 3 years old, and he is a little rambunctious. He runs around, touches everything, and, more often than not, everything winds up in his mouth. I am constantly worried about the potential choking dangers but I don't want to be too over protective. What can I do to make sure my son stays safe while becoming more mobile and playful?*

You are right to want to be careful, as children under the age of 5 are at the highest risk for choking on small objects. Your son's trachea (the "windpipe" that connects the throat to the lungs) is much smaller than that of an adult or older child, with a diameter approximately the same size as that of a drinking straw. However, by knowing the risks and the precautions you can take, you and your son can be happy and carefree.

Toys are an integral part of children's play. However, they can pose a significant risk of choking, especially for children ages 3 and under. It is best to avoid toys that have loose parts that are smaller than one and quarter inch in diameter and shorter than two and a quarter inches long. Legos, dolls, or figurines with small attachments that break off; marbles; pen and marker caps; crayons;

erasers; and toy cars with wheels that come off can all pose a risk of choking. Broken latex balloons and the beads often used as filler in stuffed animals can also lead to suffocation if inhaled. Pay attention to toy labeling, especially the suitable age range. If a toy is meant for an older child, it can wait for a few years. Even when your son plays with toys appropriate for his age, it is important to keep an eye on him.

During parties and celebrations, be mindful of the kind of food being served to your child, as well as of treats that may be left out in the open and within his reach. Many foods that are safe and even healthy for adults and older children can be serious choking hazards for children under 5. Whole grapes, raw vegetables, raw peas, fruit with skin, seeds, carrots, celery, and cherries can all pose a risk. Your son can still eat these foods as long as he is supervised and they are mashed, cooked, or otherwise softened. Dried fruits, sunflower seeds, nuts, peanuts, and spoonfuls of peanut butter or peanut butter on soft bread, popcorn, and bony fish can also easily block the airway. Candy—always tempting to children—can be particularly hazardous, especially small, hard candies.

Even when these objects are kept out of

reach, it is still important to supervise your son. Little things that you may not even notice or be aware of—coins in the couch cushions or dropped trinkets—can also pose a danger to young children. Make sure to keep floors and surfaces within your son's reach free and clear of any small objects. If you bring your son to a relative or friend's house that is not child-proofed, request ahead of time that they be mindful of small objects and be extra watchful while you are there. You can also teach your son safe habits—chewing slowly, not talking while eating, and not putting foreign objects (including toys) in his mouth—which can reduce the risk of choking.

If, despite all precautions, the worst happens, be prepared with knowledge of how to perform the Heimlich maneuver and CPR. In a choking situation, as with any medical emergency, call 9-1-1 immediately.



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

# calendar



## MARCH

### UGLY DUCKLING, PRETTY LIGHTS

Prepare to be dazzled by awesome light features at the upcoming “The Ugly Duckling” show by Lightwire Theater at Tribeca PAC on March 16. Lightwire Theater brings a classic tale to the modern stage in an unforgettable theatrical experience. Lined with electroluminescent wire, the beloved story of “The Ugly Duckling” plays out on stage through a cutting-edge

blend of puppetry, technology and dance. With super-cool visuals, poignant choreography and the creative use of music ranging from classical to pop, this production brings this story into a new and brilliant light. This show is great for ages 5-10. 11am. *Tribeca PAC [Borough Of Manhattan Community College, 199 Chambers Street. [tribecapac.org](http://tribecapac.org)]*

## 1 FRIDAY

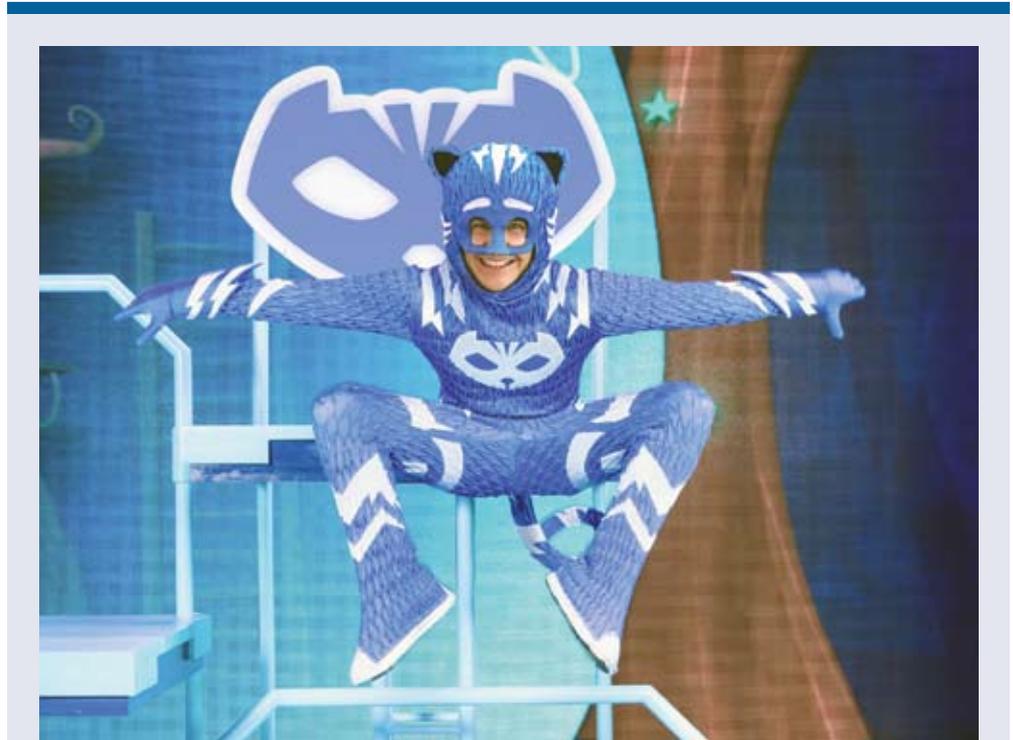
**Teknopolis 2019.** Technology will take over the Brooklyn Academy of Music during the third Teknopolis exhibition! Ages 6 and up can explore floors of interactive exhibits that will bridge the arts and digital media. This year the exhibit will offer two different experiences, allowing visitors to pick and customize what they see. Visit [bam.org](http://bam.org) for ticket time slots and more info. 9:30am-9:30pm. Adults: \$21; children (ages 6-14): \$16. *BAM Fisher, 321 Ashland Place, bam.org.*

**Shabbat Across America At Bay Ridge Jewish Center.** Celebrate the joy of Shabbat by coming to the Bayridge Jewish Center for Serive, followed by a catered dinner. Individual members: \$20. Family members: \$35. Non-members: \$25/\$45). *Bay Ridge Jewish Center, 405 81st Street, brjc.org.*

## 2 SATURDAY

**TTeknopolis 2019.** See March 1

**She's On Point! A Celebration Of National Girls And Women In Sports.** Bring your kids out to Sunset Park for their celebration of female athletes, introductory sports clinics and demonstrations, and speeches from professional athletes! From traditional to not-so-traditional sports, both girls and boys will get the opportunity to hear from experienced professionals and how they pursued a career in sports. Grab a baseball cap, a jacket, and head out to Sunset Park for interactive activities and sports talk. Every Saturday in March; 11am-1pm; free. *Sunset*



## Mask-querade

Your kids will love this screen-to-stage adventure show. “PJ Masks Live” is returning to the big stage (the Kings Theater in Brooklyn, to be exact) with an all new, live musical show called “PJ Masks Live! Save the Day,” starring the heroic trio, Catboy, Owlette, and Gekko along with their new friend PJ Robot, as they try to save the day from the Baddies—Romeo, Night Ninja and Luna Girl! “Fluttering Feathers! Leaping

Lizards! What a CAT-tastrophe!” The show will delight fans of all ages with live performances featuring a world-class production, familiar and original music, acrobatics and immersive interactivity. It’s going to be super fun as Catboy, Owlette, Gekko go into the night to save the day. Show times are at 1pm and 2:30pm. *Kings Theater [1027 Flatbush Avenue, Brooklyn. pjmaskslive.com.]*

*Park Recreation Center, 5116 5th Avenue, nycgovparks.org.*

**Blue York at the Zoo.** Water is everywhere, especially in Brooklyn. Water surrounds Brooklyn and we are so close to it, but we are not the only ones close—animals are as well! Learn about the species that inhabit the

waterways near us and how to protect their environment. Also, you will get a chance to engage in some pretty cool science experiments while you learn about these amazing species. 10am-4:30pm; free. *Prospect Park Zoo, 450 Flatbush Avenue, prospectpark.org.*

**Sing, Sway & Schmooze On Shabbat At Bay Ridge Jewish Center.** This is a perfect outing for families with young children. Enjoy a day of joyful music and an opportunity to celebrate your heritage. 4-5 pm. Free. *Bay Ridge Jewish Center, 405 81st Street, brjc.org.*

**Mark Morris Dance Group Family Fun Series: Irish Dance.** Take a step out of your comfort zone with the Mark Morris Dance Group and into an Irish dance reel! The entire family is invited to learn the basic of this high-energy traditional form of dance. To the unique sound of Irish tunes, families will learn both solo-step and group dances. No experience is necessary! Ticket prices vary. Tickets for Family of two—three: \$25. Tickets for Family of three to four: \$30. 4:30-5:30 pm. *Mark Morris Dance Center, 3 Lafayette Avenue. (718) 624-8400. markmorrisdancegroup.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 [calendar@newyorkfamily.com](mailto:calendar@newyorkfamily.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!

**Keeper for a Day.** If you have ever wanted to know what it is like to be an animal keeper, here is your chance. At the New York Aquarium, you will get a unique behind-the-scenes look and experience of what it truly is to be an animal keeper. 2-3:30pm; \$60 non-members/ \$50 members. *New York Aquarium, 602 Surf Avenue, nyaquarium.com.*

**3 SUNDAY**

**Teknopolis 2019.** See March 1

**Blue York at the Zoo.**

See March 2

**Purim Treasure Hunt.** King Achashveirosh has lost his signet ring and it is up to you to find it! At the Jewish Children's Museum, you will find clues around the exhibit that will steer you in the right direction to find his missing ring. Have fun by exploring the different exhibit floors as you go on this treasure hunt for the King. 12:30-1:30pm; Adult and Child \$13/ Senior (65+ with I.D.) \$10. *Jewish Children's Museum, 792 Eastern Parkway, jcm.museum.*

**7 THURSDAY**

**Teknopolis 2019.** See March 1

**8 FRIDAY**

**Teknopolis 2019.** See March 1

**9 SATURDAY**

**Teknopolis 2019.** See March 1

**Blue York at the Zoo.**

See March 2

**She's On Point! A Celebration Of National Girls And Women In Sports.** See March 2

**Picture This.** Designed to encourage artistic expression, Picture This is a collage activity where children of all ages are invited to create. Through art, children get to express



Rebecca Greenfield

Fun With Tech

Do your kids love MineCraft, robots, and anything VR? This is the tech-savvy event for you! Technology will take over the Brooklyn Academy of Music (BAM) during the third annual Teknopolis exhibition! Tech-obsessed kiddos ages 6 and up can explore floors of interactive exhibits that will bridge the arts and digital media. This

year, the exhibit runs through March 10 and offers two different experiences, allowing visitors to pick and customize what they see—proving that we truly are living in the future! Visit the BAM website for ticket time slots and more information. *Brooklyn Academy of Music [321 Ashland Place. bam.org.]*

themselves and build group interactions. Collage-ing scenes like the Dumbo waterfront, the Empire Stores, and other notable New York City landmarks, for the artists in your family the sky is the limit! 10:30am-1:30pm. Free. *Brooklyn Historical Society, 128 Pierrepont Street, eventbrite.com.*

**Roll-A-Rama Family Skate Extravaganza.** See March 2

**10 SUNDAY**

**Teknopolis 2019.** See March 1

**Blue York at the Zoo.**

See March 2

**Ukrainian Easter Egg Workshop.** Learn how to make your own Pysanka (Ukrainian Easter Egg) from traditional techniques that involve beeswax

and dye for decorating! This is a great family event to get crafty and to learn about Ukrainian traditions. For ages 6 and up. 10:30am-12:30pm. \$60 parent and child. \$20 additional participants. *Private Picassos' Art Studio, 237 5th Avenue, eventbrite.com.*

**Creativity Lab.** In this workshop the Brooklyn Museum allows children of all ages to explore their creative side and extract inspiration from the art that lines the museum's hall. The Creativity Lab provides materials and guidance for kids to get messy, experiment, and learn new artistic techniques. Unleash your inner artist at the Creativity Lab! 4-5:30 pm. Free with museum general admission. *Brooklyn Museum, 200 Eastern Parkway. brooklynmuseum.org..*

**12 TUESDAY FURTHER AFIELD**

**The 28th Annual Bunny Hop.**

The 28th Annual Bunny Hop will welcome children to a wonderland jam-packed with fun activities and entertainment for the entire family—all while raising critical funds for MSK's Department of Pediatrics. The VIP entry time for ticket package purchasers is 4:30pm. The long-running Bunny Hop, which heralds the arrival of spring, is a family event and is a wonderful evening for people of all ages, filled with magicians, costumed characters, special performances, delicious treats and much more! The event will be sponsored by Bonpoint, and the Chairs of this year's event are Lindsey Coleman, Carolina de Neufville, and Anna Burke Patterson, along with Honorary Chairs Savannah

Guthrie and Jenna Bush Hager.  
283 Park Avenue,  
[society.mskcc.org](http://society.mskcc.org).

**13 WEDNESDAY**

**Brooklyn Museum: Stroller Tour.** Cultivate the minds of your babies as well as your own at the Brooklyn Museum. Explore touchable objects, songs, art with your 1-week to 24-month-old child on this interactive stroller tour. Mix, mingle, and appreciate art with other caregivers and Brooklyn's youngest museum-goers. Single strollers only. 10-11am. \$25. *Brooklyn Museum, 200 Eastern Parkway. [brooklynmuseum.org](http://brooklynmuseum.org).*

**15 FRIDAY**

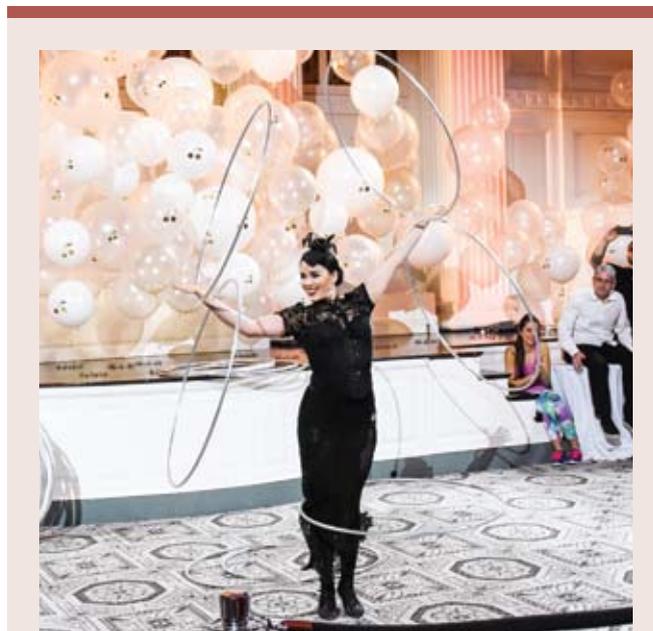
**Teen Night: Permissions of Truth.** Celebrate feminism and art this March! At the Brooklyn Museum's Teen Night, youths 14 and up can learn about today's feminist art as well as reference the lasting legacy of feminist artist Frida Kahlo. Teens will get the opportunity to experience art-making, community, music, performance, gallery activities, snacks, and great conversation! 5-7:30pm. Free. *Brooklyn Museum, 200 Eastern Parkway. [brooklynmuseum.org](http://brooklynmuseum.org).*

**16 SATURDAY**

**Blue York at the Zoo.**  
See March 2

**She's On Point! A Celebration Of National Girls And Women In Sports.** See March 2

**Farmhouse Family Day.** For Women's History Month the Wyckoff Farmhouse Museum is celebrating by teaching families to weave with textile artist Iviva Olenick! Weaving was an activity common to colonial women in New York and an essential skill valuable to many in that period. Along with teaching children and their parents how to design and prepare a loom, the Wyckoff Farmhouse Museum also



**Hop for a Cause!**

High society meets big fun for a great cause at the 28th Annual Bunny Hop, hosted by the Society for MSK's Associates Committee. Children are welcomed into a wonderland jam-packed with fun activities and entertainment for the entire family—all while raising critical funds for MSK's Department of Pediatrics. The long-running Bunny Hop, which heralds the arrival of spring, is a family event and is filled with magicians, costumed characters, special performances, delicious treats, and much more! The event will be sponsored by Bonpoint, and the Chairs of this year's event are Lindsey Coleman, Carolina de Neufville, and Anna Burke Patterson, along with Honorary Chairs Savannah Guthrie and Jenna Bush Hager. This year's Bunny Hop will take place on Tuesday, March 12, from 5-6:30pm at 583 Park Avenue. Tickets start at \$80 per child and \$200 per adult. *[583 Park Avenue, Manhattan. [society.mskcc.org](http://society.mskcc.org).]*

offers colonial games, toys, and scavenger hunts on the museum's gorgeous grounds! 11 am–3 pm. Free. *Wyckoff Farmhouse Museum, 5816 Clarendon Road. (718) 629-5400. [nycgovparks.org](http://nycgovparks.org).*

**Roll-A-Rama Family Skate Extravaganza.** See March 2

**Family Class with Mark Morris Dance Group.** Come out to the Mark Morris Dance Center to dance to live music with the whole family. The class is taught

by one Mark Morris Dance Group's own company member, Karlie Budge, and welcomes those of all ages and abilities to come out. Throw on some comfy clothes, dancing shoes, and spend an hour dancing with the family! 3–4 pm. Free. *Mark Morris Dance Center, 3 Lafayette Ave., Brooklyn. (718) 624-8400. [markmorrisdancegroup.org](http://markmorrisdancegroup.org).*

**FURTHER AFIELD St Paddy's Day Parade.** Don your snappiest green outfit and bring the whole family to join in

on the longtime Irish tradition of New York City's St. Patrick's Day Parade on Saturday, March 16, 2019. St. Patrick's Day commemorates the death of Saint Patrick, one of Ireland's most notable patron saints. The parade runs down 5th Avenue from 44th Street to 79th Street. The parade starts at 11am and ends around 5pm. Come be a part of one of New York City's oldest traditional celebrations and avoid getting pinched by wearing all the green in your closet! Free, 11am-5pm. *5th Avenue from 44th Street to 79th Street, Manhattan. [nycstpatricksparade.org](http://nycstpatricksparade.org).*

**17 SUNDAY**

**Blue York at the Zoo.**  
See March 2

**She's On Point! A Celebration Of National Girls And Women In Sports.** See March 2

**18 MONDAY**

**FURTHER AFIELD Spring Break Camp at the Guggenheim.** Are your kids creative? Do they like art? If so, perhaps the Guggenheim's Spring Break Camp is for you! Through gallery and studio exploration, campers will get to develop their own artistic style by learning new artistic techniques from teaching artists who will introduce them to new approaches to art and a variety of mediums. 9:30am-4pm. \$600/\$500 for members. *Guggenheim Museum, 1071 5th Avenue, Manhattan. [ny.guggenheim.org](http://ny.guggenheim.org).*

**19 TUESDAY**

**FURTHER AFIELD Spring Break Camp at the Guggenheim.** See March 18

**20 WEDNESDAY**

**FURTHER AFIELD Spring Break Camp at the Guggenheim.** See March 18

**21 THURSDAY**  
**FURTHER AFIELD**

**Spring Break Camp at the Guggenheim.** See March 18

**22 FRIDAY**  
**FURTHER AFIELD**

**Spring Break Camp at the Guggenheim.** See March 18

**23 SATURDAY**

**Roll-A-Rama Family Skate Extravaganza.** See March 2

**Blue York at the Zoo.**

See March 2

**30 SATURDAY**

**Blue York at the Zoo.**

See March 2

**“PJ Masks Live! Save the Day.”**

“PJ Masks Live” is returning to the big stage with an all new, live musical show, starring the heroic trio, Catboy, Owlette, and Gekko, along with their new friend PJ Robot, as they try to save the day from the Baddies — Romeo, Night Ninja, and Luna Girl! The show will delight fans of all ages with live performances featuring a world-class production, familiar and original music, acrobatics, and immersive interactivity. Show times are at 1 pm and 2:30 pm. Daily through March 31. Tickets start at \$39.50. *Kings Theatre, 1027 Flatbush Ave., Brooklyn. pjmaskslive.com.*

**Story Telling.** The Brooklyn Historical Society presents Story Telling! This is an event where kids of all ages have the opportunity to listen to a featured reading by an author, one of BHS’s educators, or a professional storyteller. Following the reading children get to design and make their own book as well as interact with the various activities at the Waterfront exhibit. 10:30 am–1:30 pm. Free. *Brooklyn Historical Society, 128 Pierrepont*



**Art Time**

Young artists are sure to delight at this cool event from the Uni Project (which creates learning environments in public space across New York City) at Chelsea Market this month! The DRAW program began a residency at Chelsea Market this winter, offering locals, visitors, and shoppers a place to sit and draw together in a fun and welcoming setting. Come find DRAW on Sunday March 3, and Sunday, March 10, from 11am–2pm, on the lower level of the market, called Chelsea Local. Kids and parents can feel free to draw whatever they want, or to follow prompts created by artists. There will be additional special activities every week. DRAW is free and for all ages. *Chelsea Market [75 9th Avenue. theuniproject.org.]*

*Street. (718) 222–4111. eventbrite.com.*

**Roll-A-Rama Family Skate Extravaganza.** See March 2

**31 SUNDAY**

**Blue York at the Zoo.**

See March 2

**“PJ Masks Live! Save the Day.”**

See March 30

**LONG-RUNNING**

**Roll-A-Rama Family Skate Extravaganza.** Every Saturday Industry City’s Dreamland Roller Rink invites families with children ages 7 and up for a Family Skate Extravaganza!

Skate to your favorite retro and contemporary tunes, take a photo on the red carpet, and more. Skate rentals are included in the price of admission. You are welcome to bring your own skates, roller blades, and protective gear. Protective gear will not be provided. Saturdays and Sundays, through April 13, 1 pm. Tickets start at \$15. *Industry City, 220 36th Street. (888) 898-1118. eventbrite.com.*

**FURTHER AFIELD**

**Macy’s Flower Show Presents Journey To Paradisios At Macy’s Herald Square.** It’s time for the Macy’s Floral Show! Be ready to be taken on a journey of space, adventure, and discovery through the beauty of flowers

and gardens that celebrate the cosmos. Don’t miss out on this floral sci-fi event for the family. Daily, March 25 through April 7. Free. *Macy’s, 151 West 34th Street, Manhattan, macys.com.*

**TILT Kids Festival.** The Cultural Services of the French Embassy and the French Institute Alliance Française (FIAF) are pleased to announce programming for the fourth annual TILT, a festival for kids, families, and adults showcasing lyrical and thought-provoking multidisciplinary international projects and new commissions from musicians, theater makers, visual artists, and philosophers will take place in New York from March 2-31. It will feature work by 2018 MacArthur Fellow Okwui Okpokwasili, Olivier Py, and Marc Boutavant, among others. Locations, prices, and times vary by individual event. Tickets start at \$15. *Multiple locations, Manhattan. frenchculture.org.*

**“The Trolls Experience”.**

Calling all “Trolls” fans who “just can’t stop the feeling!” Come dance, sing and hug at the all-new interactive DreamWorks Trolls The Experience is up and running in New York City; running now daily. \$25. *218 West 57th Street, Manhattan. trollstheexperience.com*

**T. Rex: The Ultimate Predator.**

This March, the American Museum of Natural History is bringing in a new exhibition that explores the tyrannosaur superfamily. Learn about the latest research by scientists, discoveries, fossils, and casts. Their engaging learning opportunities and virtual reality experience will surely not disappoint the kids. Open to the public March 10 (March 8 for members). Daily. Prices vary. *American Museum of Natural History, 79th Street Transverse and Central Park West, Manhattan, (212) 769-5100. amnh.org.*

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# A Card to Give Kids the “Greenlight” to Spend Their Money—Wisely

By Tammy Scileppi

In the old days, kids used piggy banks to save their allowance (some still do). But now, piggy has gone digital!

A revolutionary new tool teaches youngsters about money and helps parents raise financially smart children. It's called Greenlight—and it's a debit card for kids that parents manage through an app on their phones.

Now you can give your kids the “green light” to spend money—wisely—when they need it. It's perfect for tweens, teens, and college students.

It took an uber-creative, tech-savvy team of parents to come up with a truly innovative digital concept that would benefit youngsters and parents alike and jumpstart smart, lifelong financial habits.

Tim Sheehan, dad, chief-executive officer, and co-founder of Greenlight, says it enables parents to choose the exact stores where their children can spend to make smarter buying decisions, and notes that since launching in 2017, Greenlight has helped families nationwide save more than \$2 million.

“Greenlight is safe, smart, and flexible, which is why we think it's been such a huge success,” he explains.

Whereas cash can be spent anywhere, Greenlight's unique, patent-pending store-level controls give parents the option to choose the stores and exact amount where their kids can spend. You can set a specific amount that your child can spend at a store, or choose an amount that they can spend anywhere.

Sheehan says there were many times when one of his kids needed money, but he and his wife weren't always carrying cash because they made their purchases with debit and credit cards.

“I thought, there has to be a better way than rushing out to an ATM at the last minute. Not to mention, cash can be lost, and we didn't have any insight into where it



was being spent,” he recalls. “My co-founders and I surveyed 2,000 parents nationwide and learned that most of them were facing the same problem. So, we created Greenlight to solve that problem in the market. Listening to our customers led to our mission: to help parents raise financially smart kids.”

And Sheehan says his family uses the card regularly.

“We use it to make the kids more independent after school. We give them \$10 each week to buy their own snacks and budget lunch money, or to save, if that is what they choose. Now, they make choices and consider the prices of what they are buying before they buy,” he says.

Here's what parents and kids can do using Greenlight:

**Make it visual!** With Greenlight, you can create savings goals that provide a visual progress bar for your child to track how he's doing when saving for a specific item. This encourages him in the simplest way — if you want the bar to keep moving, keep saving!

**Encourage saving!** Create a way for your

child to save and make it appealing for him to do so. Greenlight's Educational Savings Account includes a parent-paid interest rate, which can be used to incent kids to save and to help them learn about compounding interest.

**Set a budget!** Teaching your kids early how to create a budget is extremely helpful later in life. They can use Greenlight to create spending categories (“greenlights”) that reflect the budget they have created with you.

Provide real-world experience! Challenge your kids in various real-life scenarios. For example, let your child determine if he or she has enough money to buy something when they need to add the price plus sales tax, or how much a meal at a restaurant is going to cost when you have to add up the items ordered, sales tax, and tip.

“Personal financial management is usually not taught in schools, but kids need to learn these skills if they are going to successfully manage their money later as adults,” Sheehan says. “That's where Greenlight comes in. We believe that the earlier you begin to teach and prepare your kids, the more time they have to learn, ask questions, and make mistakes in a safe and supervised way.”

Register for a Greenlight account by visiting [www.greenlightcard.com](http://www.greenlightcard.com), or by searching for Greenlight in the Google Play or Apple App Store. Your first 30 days are free. After your free trial period, it's just \$4.99 per month for the entire family, including cards for up to five kids. There are no other fees unless your kids lose their card multiple times (they offer one free replacement card).

*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.*



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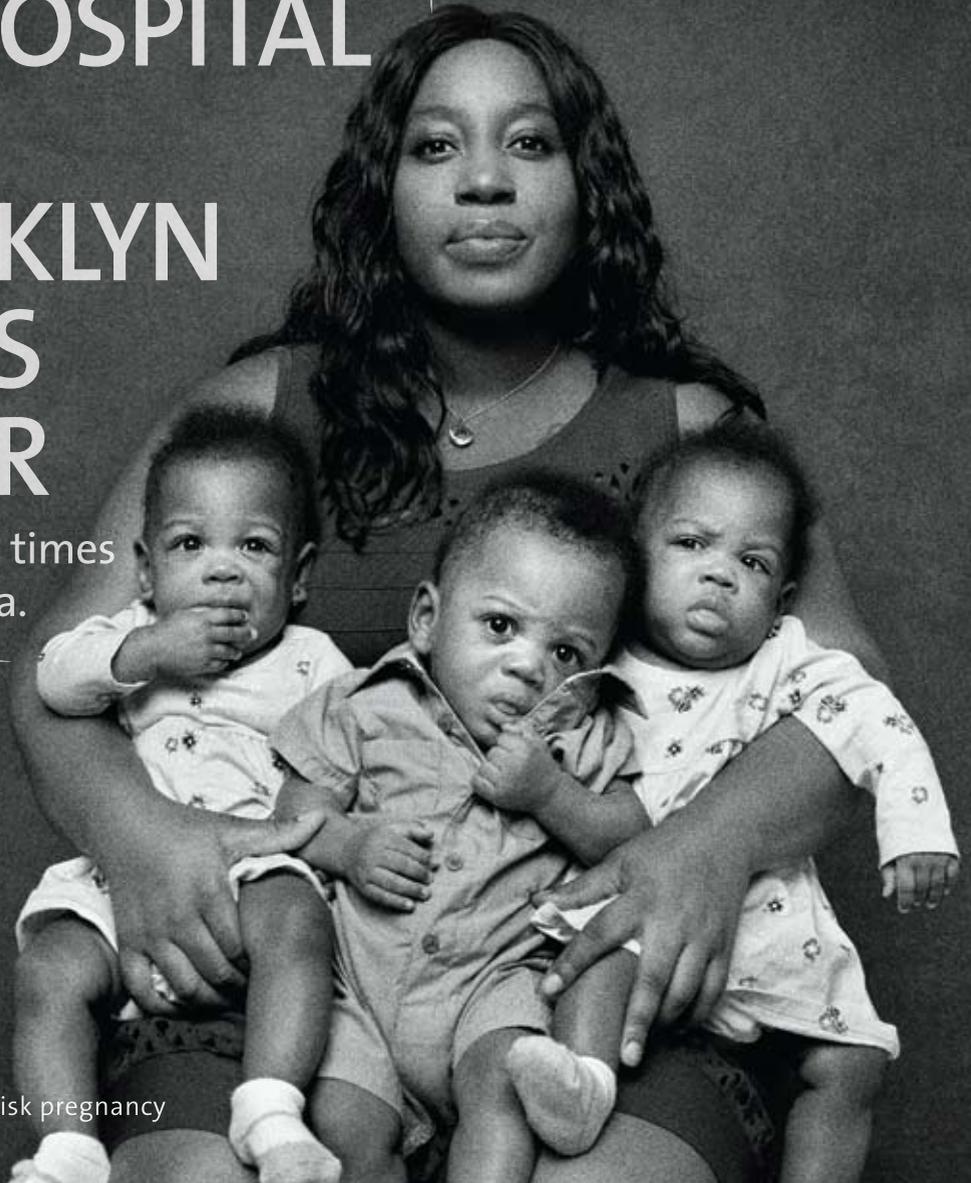
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