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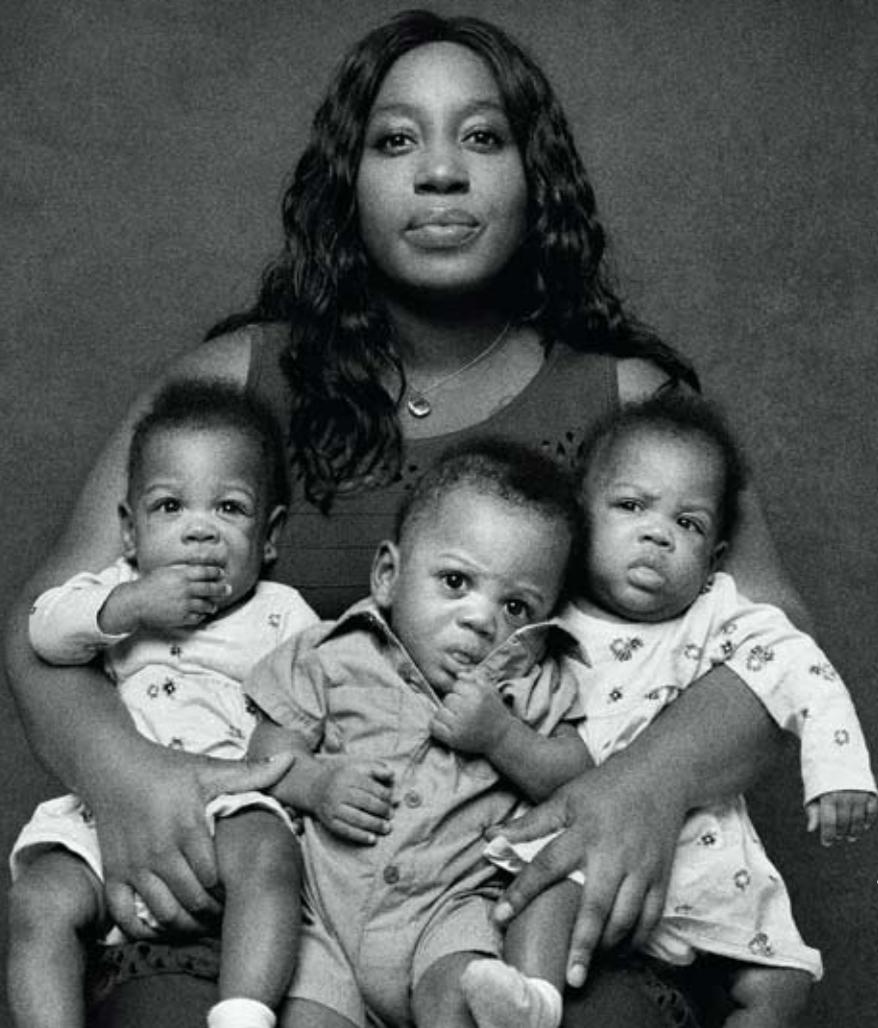
Hilaria Baldwin

on marriage to Alec,
their four kids,
and parenting
authentically

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letter from the publisher

Mother's love

What a wonderful spring is blooming all over the city! I have spotted more tulips than I have seen in years. People are taking a lot of pride in their communities and things are looking gorgeous. The month of May is typically glorious with all the parks looking fresh, the playgrounds cleaned up after winter's chill and great events for families all over town.

Be sure to check our calendar to see what's of interest in your area and for even more information, go on to our website at NewYorkFamily.com and sign up for our newsletters which give even more good ideas for family fun.



To many of us the month of May also means the celebration of Mother's Day and this issue includes a tender essay by Sarah Lyons called "How motherhood made me truly appreciate my mom". I know how she feels because more and more I look back at my own Mom and think to myself what an amazing person she was.

She worked full time, kept a spotless and attractive home, was a marvelous cook and baker, and also an engaged parent.

Being a Mom was just about the best thing that ever happened to me personally and I have mentioned it many times here in this column over the years, and this year is

no exception.

So whether you'll be spending the special day wishing your own Mom a happy day or being served breakfast in bed, given flowers or taken out for a nice meal, have a happy day and enjoy being loved and appreciated.

Happy Mother's Day.
Thanks for reading.

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The Juggle is Real for Hilaria Baldwin

Hilaria Baldwin gets real with us about being a mom to four under five and her passion for healthy living

By Katarina Avendaño

Hilaria Baldwin is a busy mom. How can you not be in New York City? She is married to actor Alec Baldwin, mother to four kids under five years old, and a hustling entrepreneur with multiple businesses and passion projects.

There is a reason why Hilaria has more than half a million followers on Instagram: despite her glamorous lifestyle, mothers everywhere can relate to her. She isn't afraid to be honest and raw about the joys and challenges of parenting, documenting the less glamorous side of motherhood on social media. By peeling away the layers of glamour, we see a mother who is willing to be transparent. She helps parents feel that they are not alone when their kids start screaming in public or refuse to eat their vegetables at dinner.

Hilaria has recently extended her authentic, transparent approach to more painful subjects. On April 9th 2019, Hilaria shared that she had experienced a miscarriage, thanking her social media followers for their support by saying, "Thank you all for listening, for your support, and for sharing your own personal stories. We are stronger together...I hope this conversation continues to grow and that we stick together through both the beautiful and challenging moments in life". For her followers who have experienced this heartbreak, many thanked her for her bravery.

According to a recent Op-ed she penned for *Glamour*, Hilaria felt it was important

to share her experience to destigmatize the experience of miscarriage. Despite the fact that miscarriages are common (10-25% of pregnancies are estimated to end in miscarriage), discussing them remains taboo.

As her career goes stratospheric, Hilaria ensures she makes her health a priority. With her background as a dancer, she has always been active, and after discovering the benefits of yoga, she trained as a yoga teacher, and then co-founded the New York chain of yoga studios, Yoga Vida.

We caught up with Hilaria to chat about her daily routines, how she manages her brood of kids while keeping her marriage to Alec strong, as well as her popular podcast with Daphne Oz, *Mom Brain*, by Gallery Media Group.

You are a busy woman—neither you nor your husband have the typical 9-to-5 job—how do you juggle this along with having four children?

I will have days where I work really hard, but then I have days that I can stay home with [the kids]. It is a very luxurious way to work as a mother because it allows you to be really present with your kids, and I realize that it's quite special that I get to have that. In some ways there is a different balance in that we don't always have the predictability where you know what we are going to be doing in a month which is kind of nice. If you have a typical 9-to-5 job, you know what May is going to look like. [For our schedule] it keeps it exciting, different, and allows us to be with our kids.

As an advocate for healthy living, are you teaching your children great habits from an early age? Any advice for those of us with picky eaters?

It can be very stressful and challenging, but I think the most important thing is to start with the perspective that they eventually start eating more things. You can't underestimate the power of talking to your kids. When my daughter was 2 years old she just was so talkative. I was asking for different parenting tips and tricks and it was suggested that I just talk to her. I felt so silly in that moment, and I was mind blown because I just needed to talk to my child. Whether it is something at school or picky eating, it's best to just talk with them and keep it consistent.

We had the pediatric nutritionist, Jill Castle, recently on our podcast. She said that it takes almost 50 instances of presenting food to a child to get them to want to try it. She said to make it fun. She gave the example with broccoli that one day you could roast it, and the next day steam it, the next day make broccoli soup. I also put the food in the middle of the table, and the kids get to put it on their plates because one of the things with picky eaters is that it's a question of control. Especially as someone who has recovered from an eating disorder myself, I don't want to just tell them, "hey you have to eat this." If we go to a birthday party and they had cake, we talk about how they feel after. If they say, 'my tummy kind of hurts,' it is probably because we ate these things that we don't typically eat.



James Farrell

Tell us more about why you decided to launch a podcast with your friend Daphne Oz?

Daphne Oz, my friend and co-host, is about to have her fourth child, and I have four children. We had a lot of children in a short period, and it was new for us that all of a sudden we couldn't sleep in on the weekend, we couldn't just walk out of the house, we had to have child care. So we would just sit and chat for hours and hours.

We were saying for a long time, wouldn't it be fun for our mommy group to be bigger. As we discuss topics on our podcast, you see in the comments that listeners are developing relationships between themselves, giving people support when times are hard, or exciting — it really becomes this nice community. Also, one of the things that makes it very special is that we don't do a lot of preparation. Both Daphne and I have experience in television where there is a lot of prep. There are questions that you are supposed to ask, lines you are supposed to read, and podcasting isn't about any of that. If we were in my home and we were sitting on the couch, what would we be chatting about? I think that is one of the reasons that it has become so popular because it is really authentic.

How does yoga help you navigate your everyday life as a mom?

Everybody should do a little bit of yoga every single day. Stretching and focusing on your breath helps with stress, overall health, and circulation. Doing yoga as a mom helps me take a moment before I lose my cool if my kids are driving me crazy. If you are aware of your body, you notice when your shoulders start to scrunch up. If I soften my shoulders, I am less likely to lose my temper.

Yoga is about practice, it is not about perfection. I always tell my students that it is like learning to touch type. Little by little you start to learn with muscle memory where the letters are. Then you can make words, sentences, and then your thoughts just flow through your fingers.

Hilaria believes that when parenting, you have to do what works for you. She lives by being present for her children and partner, pursuing her personal endeavours, and including yoga and deep breathing into her everyday routine to take on life's inevitable obstacles. Hilaria told us that yoga is a practice, there is no perfection. The same thing is true for motherhood. There is always something new to learn and it's not going to be perfect. Stay open and honest, but trick your kids into eating vegetables!

A Recipe of Love

Making my mother's potato salad brings back memories

I sit in my damp kitchen and smear mustard on two pieces of wheat bread. My daughters are out with their boyfriends and my son is strumming his guitar upstairs. I hear the vibrations of "Debaser" by the Pixies reverberating throughout the house. The rain pelts the sliding doors as I wait for my father to visit. My mother can't make it. She just doesn't feel up to it, hasn't been feeling well lately, and, or, eating well in many months. I carefully cook and package up her favorite foods to send a decent lunch back with my dad. Homemade potato salad, cheese and pickle sandwiches, and a can of mixed nuts.

My mom taught me how to make potato salad when I was about 8 years old. Waiting for the Idaho potatoes to simmer, not cooking them too long that they exploded, but long enough so that a fork could easily slide through them. It would be a skill I'd use time and time again with my own family. Cutting the onions was always a challenge, as my eyes instantly teared up at the first slice, so my mom would happily take over that task. While waiting for the potatoes to cook, we would go out in the yard with Schatzie, our Rottweiler mix, or take a box of crayons and color, or watch "All in the Family" on the black-and-white TV on our kitchen table. These would become the quiet memories that I now treasure as I slide the knife back and forth against the doughy Arnold slices.

My mother always said that food made by someone who loves you just tastes better, and it's something I haven't always remembered during my busy mornings of trying to get kids to school, myself to work, and our dog outside on time. When I look back on my early parenting years, I wonder what few select memories my kids will remember from their childhood. They have all asked me to make them food that they can fully make themselves, saying it tastes better when I make it. When I'm in a rush or just tired, I hem and haw and reluctantly make the sandwich or the salad. When I remember how



quickly the years go and how I will soon be wishing they were home to cook for, I put my all into preparing that meal or snack.

But today, I take my time into preparing a lunch for my mother, the same exact way she did all those years ago when I was a kid. Back then, we were allowed to come home from school for lunch, but she worked as a nurse in Manhattan, so wasn't there most days. With my house key hanging around my neck on the chain that my mom placed it on so it wouldn't get lost, I'd let myself in each day, make a quick cheese sandwich, and then head back to school. On special days (few and far between), she had off and would make me hot dogs or a grilled cheese when I came home for lunch, so happy to be able to make me something I would enjoy, so thrilled to be able to take care of me in the small (yet big) way that nourishing someone you love brings.

I'm more than happy to return the favor to her all these years later.

My dad comes over and we have a lovely visit, discuss our plans for growing tomatoes this year. He has transitioned in how he uses his gifts of healing hands from being a hardworking surgeon to becoming a diligent farmer the past couple of years, and his harvesting skills are stellar. After a couple of hours, he leaves and brings home the food to my mom.

Later that day, my mom calls and tells me

that the sandwich was absolutely delicious, could not have been better, and where, oh, where did I get those pickles?! And the potato salad, well, "that is the best thing I've ever tasted," she says.

Then she ends the phone call as she always does, "I love you. Have a good night, kiss the kids for me, you are a great daughter and a great mom."

"Well, I learned it all from you," I say.

"Oh stop," says my mother, too modest to take credit for anything.

She doesn't see what I see in her. Everything good that I learned about being a mom, I learned from her. From the ways she took care of me as a little girl and the encouragement I received from her as a young adult, to the early days of my first daughter's infancy and the pride she has for my kids today, I tried my best with my own kids to replicate her kindness, affection, and love. I come nowhere close on many days, yet keep on striving.

But that potato salad, well, I can sure duplicate that recipe to perfection. Just ask my mother.



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

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Help Feed Kids in Need

Donate to this City Harvest fund-raiser to make sure that New York children eat

City Harvest, New York City's largest food rescue organization, is challenging New Yorkers to raise \$1.1 million to help feed New York City's children and their families through its annual fund-raising campaign, Skip Lunch Fight Hunger. The campaign runs from May 13 to 17, 2019.

Almost half of all households in New York City don't earn enough to afford basic needs, despite the majority having at least one member who works full time. Unlike fixed expenses, such as rent and transportation, a grocery budget is flexible — it can be cut back on when families need to stretch their dollar.

The consequence of not having flexibility with other expenses is that families confronted with high costs in other areas, such as housing, end up food insecure.

One in five children across the five boroughs don't always know where their next meal is coming from, and many rely on free school breakfasts and lunches as the only healthy meals they will get during the day.

As a result, families that are already struggling to make ends meet face the additional hurdle of having to provide these meals for their children when school is out for the summer.

Skip Lunch Fight Hunger was created in 2002 by Dana Cowin, City Harvest Board and Food Council member and former editor-in-chief of Food & Wine magazine. To date, the campaign has raised more than \$9 million.

"I founded

Skip Lunch Fight Hunger on the principle that even a small donation can make a big difference," said Cowin. "As a New Yorker, and a mom, I felt compelled to take action and address the fact that so many children in our city don't know where their next meal is coming from. By donating what you would normally spend on lunch, you're helping City Harvest ensure that children and their families across New York City have the nutritious food they need to thrive. Just \$15 helps feed more than 60 kids for a day."

Real help for New Yorkers

The program has helped New Yorkers who struggle with expenses everyday.

"I've been living in the Bronx with my husband and daughter for about eight years now, and everything is getting more expensive," said Emily, a Bronx mother who works full-time as a clerk in a tax office in Manhattan. "They just raised my rent double. I live paycheck to paycheck. I

don't get food stamps, I'm not on welfare. I just work. City Harvest is a big help and important for my daughter because she loves fruit and is always eating vegetables."

Thousands of New Yorkers participate in Skip Lunch Fight Hunger each year. Companies including Citi and Blackstone compete against each other to raise the most money, and teams devise creative ways to fund-raise, including organizing bake sales in their offices, encouraging employees to donate at the cafeteria cash register, and hosting luncheons in their workplaces to raise awareness.

Those who give \$45 or more online before May 31 will receive a special thank you voucher from Pret A Manger in June.

Visit www.cityharvest.org/skiplunch to join or lead a team, and to make donations online.

Funds raised from the campaign will directly support City Harvest's efforts to rescue 61 million pounds of nutritious food that would otherwise go to waste, and deliver it to hundreds of soup kitchens and food pantries across the five boroughs that serve families in need year round.

Skip Lunch Fight Hunger is generously sponsored by BlackRock, Blackstone, Citi, CME Group, KPMG, Krasdale Foods with CTown and Bravo supermarkets, London Stock Exchange Group Foundation, and Pret A Manger.





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EVENING THE PLAYING FIELD

The Hack laptop teaches girls coding to lessen STEM gender gap

By Tammy Scileppi

What if smart, young “HACKers” ruled the world?

Cultivating powerful, new-age digital literacy — by teaching all kids innovation-sparking hacking and coding skills — has the potential to inspire amazing change.

According to STEMconnector.org, “With technology fueling innovation and opportunity beyond our imaginations, the U.S. is on the cusp of a revolution in work, and estimates suggest that 65 percent of children entering elementary school today will ultimately end up working in completely new job types that are not on our radar yet.”

More than ever before, the goal of K-12 science, technology, engineering, and mathematics education is to get ALL students from the middle of the pack to the tippy top in an increasingly competitive global arena.

But reaching female students has been a challenge. Girls are still less likely to pursue a college major or career in Stem fields than boys, who are more likely to land engineering and technology jobs. (Ethnically, Asian students as well as American Indian students, have historically shown higher Stem interest, overall).

Enter a new family laptop with superpowers!

Hack (powered by Endless Operating System) teaches creative problem-solving skills that can be universally applied. It is the only laptop that encourages kids ages 8 and up to code by inviting them to hack everything on the computer.

Hack CEO Roberta Antunes wishes to inspire girls to pursue careers in Stem. She’s also a parent who believes in a solid Stem education for everyone, especially since these careers have doubled, with new jobs and exciting new fields being created daily.

“Hack is a full system that encourages

children to look behind games, apps and programs and allows them to understand how they work, and also enables them to build their own games and projects. This is accomplished through a fun and playful narrative that is guided by interesting and historical characters that encourage them to challenge status quo and look behind their screens,” Antunes explained.

As kids progress through Hack, they get curious about how the world works.

“We created Hack because we believe kids should be empowered by the technology they are working with, instead of being shaped by it.”

The next generation is going to be much more familiar with coding and will be able to implement it in any areas that they are interested in.

“Coding encourages kids to solve problems with both logic and creativity. With Hack, we have created an experience in which they learn how to code by playing games until they can build their own. It is an engaging platform in which they learn an important aptitude, but also build relevant skills for anything they want to do in life,” Antunes said. “Coding proficiency will empower the new generation to be able to change their relationship with technology and shape it, rather than simply consume it,” she added.

While Antunes lives in San Francisco, she says New York is her favorite stop both to and from her homeland of Brazil.

She spoke with New York Parenting about the importance of learning new-age computer skills for a rapidly changing world.

Tammy Scileppi: So, why did you create a hackable laptop?

Roberta Antunes: As a mom of a 10 year old, I have always been concerned about the way children are consuming technology

today. They sit in front of a tablet or a phone for hours just consuming the information someone targets to them, without understanding why.

At the same time, I understand that if children want to be successful in the world today, they need to master technology. Software is winning the world! It is transforming every industry you can think of and has the potential to affect our kids’ lives profoundly.

TS: Why should kids learn how to code while developing valuable hacking skills?

RA: Software is everywhere! I am hard pressed to think about any industry today that hasn’t been affected by coding: medical, food, transportation, computer science, etc.

Current research states the following:

- Seventy-five percent of all the new jobs opened by 2022 are going to require some coding knowledge

- Jobs that require coding pay around \$58,000 more per year than average

- Demand for Computer Science classes have doubled in the US, while faculty has grown only 17 percent

It doesn’t matter what field your child is going to pursue in the future, having some knowledge about coding is going to help them succeed. For me, more important than the technical skills, are the soft skills that coding helps to develop, like:

Problem solving skills: Kids learn to appreciate how things work; how to decompose the problems to tackle them in smaller and simpler ways.

Builds resilience: In coding, failing is not a bad thing! Kids learn a “try, test and do it again” mindset. Everything has more than one solution!

Increases Creativity: Coding stimulates experimentation. Trying different solutions to solve problems increases both confidence



(Clockwise from left) Hack is the only laptop that encourages kids ages 8 and up to code by inviting them to hack. Roberta Antunes, CEO of Hack. Hack hosted TechBridge Girls event at its office in San Francisco.



perceived more and more as a language. The evolution of technological literacy will be similar to the evolution of the written language in our lifetime. In the earlier times, the power of reading and writing was restricted to very few individuals, and that gave them enormous power. Reading and writing were skills of the elite. With time, literacy skills became more available and the power of communication was more evenly distributed and increased the importance of the profession of teaching these skills.

Looking forward

Antunes strongly believes that Stem technology and knowing how to code will be crucial for everyone in the next five years.

“To be successful in the near future, every industry will require some level of knowledge of these principles,” she said. “Mastering coding as a part of their Stem curriculum, children build the confidence that they will need for the rest of their lives. Making Stem education readily available to all will also help to reduce the gender gap in technology.

“At Hack, our goal is not to build engineers. It is to build kids that are better prepared for the world.”

Learn more at hack-computer.com.

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.

and creative problem solving.

TS: Equalizing access and encouraging girls to get involved in STEM fields is so important — so what's that gender gap about?

RA: As Reshma Saujane states in her book “Brave not Perfect,” girls are raised to be perfect, and not brave. They are less encouraged through their education and society to embrace things that they do not feel comfortable with or that they believe they will fail attempting. This is because of the societal pressure they experience to be perfect. Boys, on the other hand, are raised to be courageous but NOT perfect. They are encouraged to face the unknown, to push boundaries, and be brave. Because of this, they usually excel more in areas in which there is a lot of unknown.

Technology and science exist, in part, in the unknown. They are both a process of discovery with no clear answers. Based upon these unfortunate societal influences, there is a

predisposition for boys to be more successful. We are hoping through the work we are doing, that we can positively impact this inequality.

TS: How does Hack evolve along with the child?

RA: Every month, a new episode is released. Children are encouraged to go beyond their comfort zone and play with the code “behind the scenes.” Characters guide them through a narrative and children quickly learn that the easiest and more entertaining way to win the games is interacting with the real code. With time, they end up building their own games and are encouraged to explore the deepest and most complex parts of the computer's operating system and interact with the tools that real developers use to build code.

TS: What does the future look like?

RA: I believe that coding is going to be



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The advertisement features a vibrant, colorful background with a blue and purple gradient, stars, and confetti. At the top, three colored circles contain the words 'Game Design' (green), 'The Learnatory' (red), and 'Robotics' (yellow). Below these, a red circle contains the word 'Science'. The main title 'STEAM SUMMER CAMP' is written in large, bold, multi-colored letters. Below the title, it says 'St. Joseph College!' in blue. At the bottom, it lists 'Brooklyn, New York', the website 'www.TheLearnatory.org', and the phone number '347-787-0435'. There are also illustrations of a microscope on the left and a robot on the right.

When Anxiety Takes Over

Understanding panic attacks — and what to do about them

Gloria Rodriguez, mom of two, thought she was dying when she suddenly started shaking, felt intensely cold, and felt dizzy. Ten-year-old Lindsay started throwing up before school and then began to feel like she “wasn’t there” and would tune out everyone around her. And Robert felt his heartbeat accelerate while on the subway each morning, began sweating, and was convinced he was dying. Yet, each of these people were perfectly healthy, physically.

They were all having panic attacks.

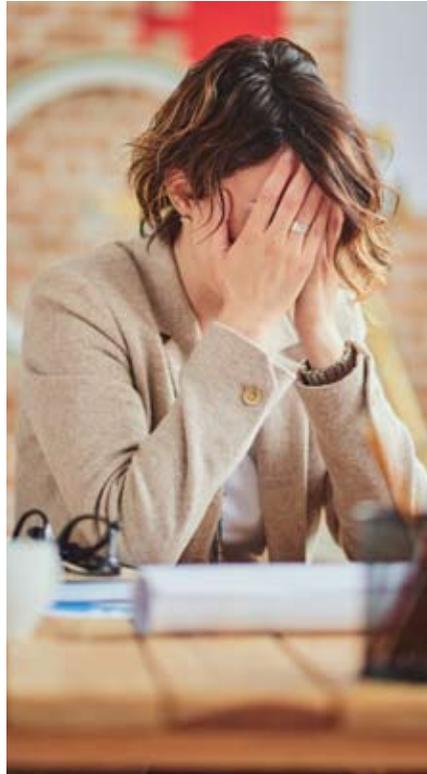
Panic attacks are more common than many think. They can occur out of the blue and are so overwhelming and frightening that the fear of having another one often keeps people from going about their daily activities, causes them to miss work and school, see multiple doctors, and avoid places where they first experienced the panic attacks. Symptoms include fast heart rate and palpitations, trembling, depersonalization, chest pain, chills, sweating, fear of dying or losing control, nausea, dizziness, shortness of breath, and digestive issues. Some people develop panic disorder, which is a relentless and frightening disorder that can seem impossible to fix, but there is help.

Dr. Lata K. McGinn, clinical psychologist and director of the University-based Cognitive Behavior Therapy Training Program for Anxiety and Depressive Disorders at the Ferkauf Graduate School of Psychology, Yeshiva University/Albert Einstein College of Medicine, offers her tips for overcoming panic attacks. The very first step is educating yourself about them:

Attacks are the body’s natural response

The first thing to remember is that a panic attack is an emotional alarm that is meant to protect us, not harm us. Panic attacks, although unpleasant to experience, are not dangerous. Biologically, a panic attack is the fight-or-flight response, or your body’s mechanism designed to protect you from danger.

It is called the fight-or-flight response because it helps you fight or flee the danger to protect yourself. If you are in danger, this response would create fear, release adrenalin, and create an automatic response to take



immediate action (attack or run). In panic attacks, the fight-or-flight response kicks in even though you are not in any danger.

They are caused by stress

They usually begin right after a stressful life event, so focus on dealing with the stress you are under rather than trying to stop the panic attack.

Fear can cause more attacks

Fearing that panic will harm you ironically only makes you have more panic attacks — your brain thinks you are in danger when you become afraid of panic attacks, so the only thing it knows to do to protect you is to give you more panic attacks. Tell yourself you are not in danger and that it is just a harmless panic attack and that it will go away on its own without you doing anything to stop it.

Ride it out

Trying to stop a panic attack in the middle of an episode is not helpful because you are

inadvertently telling your brain that you are in danger even though you are not. Letting the panic attack ride over you until it washes away, and not changing your behavior to avoid it or escape it, is the best thing you can do. Over time, your brain will learn that you are not in danger and the panic attacks will reduce over time.

Do breathing exercises

5. Deep, slow breathing exercises (slow, diaphragmatic breathing) that helps regulate oxygen and carbon dioxide can be calming and may be helpful to do regularly as a way of calming your over-anxious state in general. However, it is wise not to use it to stop a panic that you are afraid to have in the moment, as it likely won’t work anyway and will also inadvertently convince your brain that you are in danger.

Treat the first attack

See a medical doctor when you have your first attack to make sure it isn’t a thyroid condition or other physical issue. Once the doctor rules out any physical basis for panic attacks, it is best to not keep going back and taking unnecessary medical tests over and over again.

Cognitive-behavioral therapy has been shown to be effective in treating panic disorder and agoraphobia. It consists of education about panic attacks and the physical symptoms of anxiety and fear, followed by learning how to examine and change unhelpful thoughts and beliefs that lead to attacks in real time. Patients are also trained to reduce physical tension, and are then exposed to physical sensations of panic and to feared and avoided situations and sensations until they realize they are not dangerous. Repeated exposure helps to reduce the fear induced by these situations and teaches the patient that the sensations experienced are not dangerous. When the fear

of the physical sensations is reduced, future panic attacks are reduced.



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

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How Motherhood Made Me Truly Appreciate My Mom

By Sarah Lyons

When I look back at each important moment in my life: the day I learned to drive, my graduation, my wedding, the birth of my first child, my mother is always standing in the background, smiling and cheering me on. More importantly, she was part of the other not-so-monumental moments in my life, like when I got stung by a bee, when the kids teased me, and when I cried my way through my first broken heart. My mom was always there to support me through all the moments, big and small.

Now that I have been a mom for a dozen years, I appreciate my mom so much more for the things she has always done with little or no recognition. I now realize the sacrifices she made and the monumental effort she put in. Here are just a few reasons why I appreciate my mom a whole lot more since becoming a mom myself:

For maintaining

The mother's work is never done, and it is a thankless job. Taking even one day off means more work for days to come. Moms pick up the same toys, wash the same dishes, and do the same laundry over and over again. Not only do moms maintain the housework, but they also hold a mental inventory of all items in the home.

Most moms can recall the location of the baby's favorite stuffed animal, the toddler's missing shoe, the library books, the stapler, and any other random item a family member may request at any given time.

I appreciate the example of steadfastness that my mom gave me for maintaining our home.

For managing

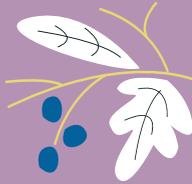
As moms, we often feel like we live in our

minivans. Moms don't just transport kids from one activity to the next.

They also maintain the family calendar, make appointments, and make sure everyone

is in the right place at the right time with the right gear (musical instrument, snacks, sports gear, sunscreen, backpack, and the list goes on).





I now realize the sacrifices my mom made and the monumental effort she put in.

Juggling school and activities in itself is a full-time job that my mom (and most moms) manage with ease.

I appreciate my mom for being the social planner, taxi driver, and personal assistant to our whole family as we grew up.

For enduring

The first time I dropped my son off at a babysitter's and watched him cry and reach for me in the window, my heart broke. As moms, we endure heartache often as we watch our children learn and grow, succeed and fail, and endure illnesses, hurt feelings, and disappointment.

Our heart soars when they meet their goals and sinks when things don't work out. Motherhood is a roller coaster of emotions that us moms withstand without complaint.

I appreciate my mom for her strong support of me even when she was hurting, too.

For the unseen

There are things moms do everyday that go unnoticed. Moms make sure the football

jersey is clean before the next game, check in on a sick kid during the night, drop off a forgotten lunchbox, put puzzle pieces back where they belong, replace toothbrushes, clean out the pantry, email teachers with concerns, volunteer, cook, shop, and so many little things that keep a family going every day. The little things that don't seem to matter, that most won't notice, that no one asks for, that moms do just because they want to show their love for their family.

I appreciate my mom for all the things she has done that I never thought to thank her for.

For loving me anyway

Moms love their kids through tantrums, potty training, back talk, and rebellion. There is no doubt that raising kids is trying on the patience, but moms have a way of letting us know that no matter what mistakes we make, they will be there to catch us when we fall.

I appreciate my mom for loving me even when I was unlovable.

For letting me go

When you become a mother, you are the center of your child's world. You feed them, change them, and comfort them. The more they grow, the more independent they become. While this is something to celebrate, it can be heart-wrenching to loosen the grip on a child and trust them to manage life and all of its challenges alone. It's scary and new and feels more like a loss of control than anything else, but as you watch your child take on life's challenges, it can be a great sense of pride as well.

I appreciate my mom for letting me go, grow, and experience life in my own way.

This Mother's Day, take notice of the hard work moms do every day. Acknowledge the little things they do, thank them for always being there, and hug them tight before you leave.

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The Montessori Mind

How this education approach promotes mindful learning

By Malia Jacobson

Young children aren't usually known for intense concentration. To the contrary, kids are expected to bounce from one activity to another with the attention span of a gnat. That's why parents are surprised by what they see when they tour Eton Montessori School in Bellevue, Wash.: Children as young as 3 happily engaged in independent, focused work for long stretches.

Parents are just as surprised by what they don't see — no lecturing teachers prodding reluctant kids to complete assigned work.

"Our children are self-motivated. Our teachers don't stand over them, telling them to be quiet and get back to work," says Feltn, who founded Eton School in 1978.

This ability to focus at a young age is a hallmark of Montessori education, but it's revolutionary to parents who haven't seen a Montessori classroom in action.

Montessori learning is hardly novel — Maria Montessori's first school opened its doors in 1907. But a trend toward mindfulness in education is sparking new interest in this century-old style of education, and new science is showing how this type of learning benefits today's young minds.

Mastering mindfulness

In the past decade, organizations like Mindfulness in Education Network, Association for Mindfulness in Education, and Mindful Schools have sprung up, training teachers, hosting conferences, and producing research aimed at helping children become more focused, motivated, and intentional in the classroom.

Just what is mindfulness, exactly, and why does it matter? MindfulSchools.org paints mindfulness as a deep, in-the-moment focus, characterized by self-awareness and internal motivation. In a world filled with chaotic distraction, advocates of mindfulness say it can be a salve for the conflict, impulsiveness, and stress plaguing modern students and schools.

Dr. Steven J. Hughes, a pediatric neuropsychologist specializing in attention,

"Dr. Montessori wrote about the close relationship between cognitive development and motor development in 1949. Fifty years later, scientists made the same connection."

concentration, planning, and organizing — a set of traits known as executive functions — defines mindfulness as "sustained positive engagement." Other scientists refer to a "flow" state of prolonged, energized work that produces both calm satisfaction and profound joy in learning.

Whole body, whole mind

Maria Montessori didn't coin the term "mindfulness," but she was an early advocate for sustained focus and internal motivation. Her methods deliberately encourage intense concentration as the best context for early learning.

Montessori's approach to motor development actually stimulates cognitive development and deep concentration, says Hughes. When children begin Montessori education at age 3 or 4, they work on motor-skills activities like sweeping, polishing silverware, and pouring. These aptly-named "practical life" activities prepare kids for greater independence and self-reliance in daily tasks, but there's something bigger going on — the development of higher cognitive functions essential to concentration and attention.

Montessori tasks like wiping a table or washing dishes develop fine-motor control,

but they also activate areas of the pre-frontal cortex essential to executive function, which paves the way for greater concentration and focus, he says.

"Dr. Montessori wrote about the close relationship between cognitive development and motor development in 1949. Fifty years later, scientists made the same connection."

This whole-body approach is part of the reason numerous studies show that Montessori-educated children have an academic edge over children educated in traditional classrooms, he says.

Happy work: Environment, schedule, and shared focus

One way Montessori promotes focus is through a carefully-prepared environment, a key component of Montessori learning. In Montessori classrooms, specially-designed materials — from child-size brooms to lacing cards to counting beads — are prepared to be aesthetically appealing and accessible for young children; simplicity, beauty, and order are paramount.

"Montessori environments are designed to be attractive and appealing, and to allow children to make a choice. Children get to look around and choose what they want to do," says Feltn.

This important act of choosing one's own activity promotes sustained engagement, says Dee Hirsch, president of the Pacific Northwest Montessori Association and director of Discovery Montessori School in Seattle. Montessori-taught children choose their own work from a palette of developmentally appropriate options that grow progressively more complex and challenging.

Montessori schools incorporate concrete learning goals into a child's educational plan, but children are free to choose when and how to complete their work within a specified time frame.

"That act of choosing is what allows a child to make a wholehearted commitment to their work. It's what makes Montessori education child-centered," says Hirsch.

When children are motivated by their



own interests, deep concentration is a natural result, she says: “Kids are choosing what they want to focus on.”

During a 90-minute work period, children can take their work through its beginning, middle, and end. Working through this natural sequence promotes competence and mastery; children can repeat the activity as many times as they want, without being told to hurry up and move on to something else.

Though the terms focus and concentration conjure up images of a child working alone, mindfulness is not always a solo pursuit. Montessori-style learning helps

kids learn the fine art of shared concentration by encouraging them to engage in tasks with a classmate or two — a critical skill in the age of teamwork.

Mindful together

How does this Montessori-style mindfulness benefit children? Greater confidence, longer attention spans, and natural self-motivation are a few of the rich rewards, according to Feltin.

“What’s so wonderful is the confidence they gain. Their attention spans have been lengthened. They’re going to meet their academic goals, but they’ll do it more

naturally because their motivation comes from within.”

But mindfulness isn’t something teachers can achieve for students — like every other outcome in Montessori learning, students have to work toward it themselves.

“They’re not going to reach that state of mindfulness unless they get there themselves,” says Hirsch. “We can’t take them there, but we can go there with them.”

Malia Jacobson is a nationally published freelance writer specializing in parenting. She’s working on adopting Montessori-inspired principles of mindfulness at home.



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 elementalartsmontessori.com

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Emmanuel Montessori of Clinton Hill
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 718-622-1107 (Request Preschool)
 emmanuelmontessori-preschool.com

Serving children from 2- 5 years old, they are committed to maintaining leadership in early childhood education. The mission as educators is to foster independent, confident, academically prepared, and socially responsible citizens, who will be lifelong learners and problem solvers. The school will grow and evolve to meet the needs of the children, parents, and community. Guided by the educational principles of Dr. Maria Montessori, the school inspires the development of the individual child in a safe, supportive environment that gives the freedom to explore.

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South Midwood
718-253-3242
midwoodmontessori.com

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full time art and music teachers, three outdoor play areas, an indoor gym, manipulatives, cultural studies, practical life and sensorial materials, language arts, math, science, and geography. AM, PM and full day sessions, summer camp, early drop off, and transportation service are available.

Montessori Day School Prospect Heights

718-398-2322
montessoridayschool.org

The school is a community of families, children and educators using Montessori philosophy to guide and inspire a joy of learning both inside and outside the classroom valuing diversity. Committed to excellence in early childhood education and continuous learning, the school serves children ages 2-5 years, and is divided into toddler and primary classes. Primary classes have mixed-age groups (i.e., 3-5 years of age) following the Montessori model in which young children learn from older ones and older children reinforce their learning by helping the younger ones. The regular school day ends at 3:00 pm, but some children stay in our extended day program until 4:00, 5:00 or 6:00 pm.

Rivendell School Park Slope/Gowanus
718-499-5667 ext 14
rivendellnyc.org

A Montessori pre-primary inclusion school that was founded in 1977 as The Children’s House of Park Slope and incorporated into Rivendell School in 1998. The school provides a respectful, inclusive community helping children feel powerful and confident as learners and as social and emotional beings. Toddler, half day and extended day programs are available (two through six years). Rivendell School offers beautiful Montessori classrooms, an excellent, student/teacher ratio, and a warm, cooperative atmosphere where children learn to work and play.

Stuyvesant Heights Montessori

Stuyvesant Heights
347-295-1100
shmontessoriint@gmail.com
stuyvesantheightsmontessori.com

Their approach to early childhood education is aligned with the educational philosophies of Dr. Maria Montessori, New York State Early Learning Guidelines, as well as various progressive approaches. They believe that children learn in a variety of ways that are as rich and diverse as they are. As a school, they have worked to create a flexible learning environment where all of the children’s needs are met. The approach supports each child’s sense of motivation and curiosity; this, in turn supports their autonomy, self-sufficiency and their creativity through independent and collaborative exploration. The school’s goal is to help each child achieve cognitive, emotional, and social growth.

Williamsburg Montessori School

718-384-3400
office@wmsny.org

williamsburg-montessori.org

The school opened its doors in January 2014 with a small group of dedicated families and teachers. Since then, they have become a vibrant fixture in South Williamsburg, currently serving over 125 children in their Infant-Toddler, Primary and Lower Elementary programs. Their lead teachers are Montessori trained and the space is light and beautiful and filled with original Montessori materials. We focus on meeting the needs of each individual child, encouraging exploration, critical thinking and problem solving, in a community marked by kindness and respect for self and others.

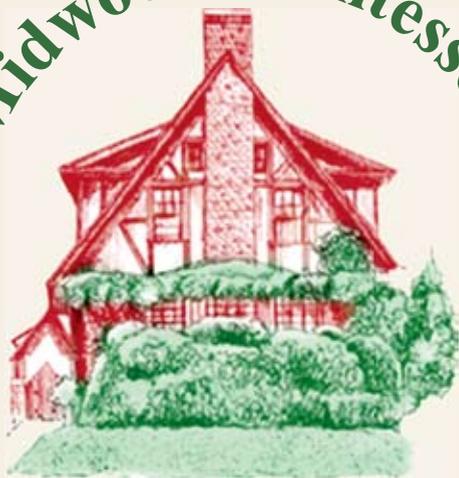
Windmill Montessori School

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

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Going Gluten-free?

Understand the difference between the fad diet and celiac disease

By Jamie Lober

New York families are turning to a gluten-free diet for a variety of reasons. But they may not realize that for some, it is not a choice.

“Celiac disease is a genetic autoimmune disease, and right now, the only treatment is a strict gluten-free diet,” said Laura Boone, development manager at the Celiac Disease Foundation of New York. The gluten-free diet is something that families have to become educated about in order to make the best decisions.

“It is a double-edged sword for those with celiac disease in that, being gluten-free has become trendy and a fad diet in our society,” said Boone. It is positive because it has opened up more options for gluten-free products both at the grocery store and at restaurants. “In stores, products are labeled gluten-free, and that makes it easier for the consumer to find what they are looking for, but at a restaurant, something labeled gluten-free does not guarantee there is no cross-contact with gluten-containing items in the kitchen,” said Boone.

Those with celiac disease have to be cautious when dining out and communicate their needs.

“A lot of people have heard of gluten-free, but not celiac disease, so it is often not taken as seriously as it is,” said Boone. If someone with celiac ingests gluten, they can put themselves at risk for other autoimmune diseases like type 1 diabetes, intestinal cancers, and infertility. As long as the waiter and restaurant manager understand the severity of celiac and accommodate your needs, you should be fine.

The trend of going gluten-free has gained a lot of recent attention in the media.

“Quite a few celebrities have gone gluten-free, so that is appealing, but there is a false sense that it will help you lose weight and it is healthier, which is not true,” said Boone. It is important to know the facts. “A lot of gluten-free products contain more sugars and fats than gluten-containing counterparts, often to make up for the taste,” said Boone. A lot depends on what you are eating, such as if you choose fruits, vegetables, and fresh meat, where there is not a lot of processed food, versus cookies and pizza that are gluten-free.

Right now, the only treatment for celiac is a strict gluten-free diet.



“At home you have to have a different toaster oven and your own cutting board so the area you are eating from is completely gluten-free and clean,” said Boone. It can affect kids at school, so you want to keep in mind that there is a standardized 504 plan that requires public schools to receive funding for kids with celiac to have gluten-free options.

Diagnosis can be tricky, as there are more than 200 symptoms.

“Some of the main symptoms in children are gastrointestinal like diarrhea, vomiting, and failure to grow, whereas adults can have more non-gastrointestinal things like migraines, anxiety, and neurological things like depression,” said Boone. The gold standard for being diagnosed is an endoscopy and biopsy of the small intestine, which would show the person cannot properly absorb nutrients. There is also a preliminary blood test that looks for antibodies.

Being gluten-free does not have to be challenging.

“There are plenty of delicious gluten-free options out there, and you can make it fun, be your own advocate, and educate your peers,” said Boone. The key is to get in the habit of reading labels and looking at the ingredient list, even if something says it is gluten-free. You want to make sure there is no wheat, rye, or barley, as those are the three main gluten-containing grains.

Regardless of your reason for being gluten-free, there is reason to be hopeful for the future.

“We are in phase two of a clinical trial for an adjunct treatment for the gluten-free diet because we know it is not enough and people are still suffering,” said Boone. The goal is to ultimately have a cure.

Take the time to talk about your lifestyle choices, including diet with your doctor.

“If someone is gluten-free, they may or may not have celiac disease, but in general, we recommend that you check with your doctor since it is not a healthy diet like people think it is,” said Boone.

Many are thankful for the gluten-free option.

“If you look at the gluten-free aisle now compared to five years ago, it has been a blessing that we have so many more options and that we are closer to treatments and a cure,” said Boone. Those who have celiac want to reinforce to readers that it can be tough to communicate the severity of the condition. “You do not want anyone to not take it seriously,” said Boone.

Jamie Lober, author of “Pink Power” (www.getpinkpower.com), is dedicated to providing information on women’s and pediatric health topics. She can be reached at jamie@getpinkpower.com.

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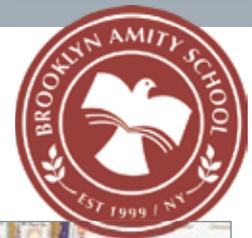


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The rich benefits of

MULTILINGUALISM

By Tammy Scileppi

New York City used to be called a “melting pot,” but over the years, Gotham has become a multicultural “mixing bowl.” These days, it seems that new immigrants are choosing to hold on tight to their beloved homeland traditions while also preserving their mother tongues.

So, in such a diverse metropolis, where as many as 800 languages are spoken, learning more than one makes perfect sense.

“Multilingualism is a newer aspiration in the U.S. that is gaining ground among families who want their children to enjoy academic and other advantages,” says Jennifer Wilkin, Head of School at Brooklyn’s Science, Language and Arts International School.

Indeed, being bilingual can reap rich benefits in our multi-ethnic nation. One example: In New York City, bilingual jobseekers may get hired more often than those who only speak English.

“During much of the 20th century, educators considered a second language to be a hindrance to a child’s intellectual development,” Wilkin noted. “Today, still, I get questions from anxious families who want their child to learn a second language but are afraid that it will cause delays or otherwise interfere with learning. This fear is deeply ingrained from the days when new immigrants were told to speak only English to their children in an effort to assimilate.”

The World’s Borough

Did you know that Queens is also considered the languages capital of the planet? Nowhere else are there more languages spoken, according to the Endangered Language Alliance.

In their tome, “Nonstop Metropolis: A New York City Atlas,” Rebecca Solnit and Joshua Jelly-Schapiro write, “The capital of linguistic diversity, not just for the five boroughs, but for the human species, is Queens.”

Queens neighborhoods provide glimpses into diverse cultures. If you visit Corona, you’ll most likely hear Spanish. Mandarin,

along with other Chinese variations, these languages are spoken throughout Flushing as well as in Elmhurst, which also has a prominent Chinese community. Other immigrants from Latin America live side-by-side there with their Asian neighbors. And Jackson Heights boasts 167 languages, all within a few blocks.

Travel from Astoria to Forest Hills and you may hear Greek, Filipino, Urdu, Indonesian, Russian, Japanese, Lithuanian, and Bucharian being spoken.

Take your family for a ride on the No. 7 train — dubbed “the international express” — and you’ll feel as if you’re traveling the globe. Kids can learn about different cultures and everyone can sample the endless culinary offerings that each community is known for.

Cultural competence

According to Wilkin, there’s a “depth of cultural understanding that comes with speaking another language.” At Science, Language and Arts International School, she works with the resident linguistics expert, Dr. Sarah Creider, a lecturer at Teachers College, Columbia University, who added, “Speaking another language can increase a child’s ability to notice cultural differences in conversational style.

“For instance, the way we show that we’re listening varies among languages (and among groups within languages as well). Being aware of these differences is helpful for conversational skills and also because it increases children’s cultural competence more generally.”

That means a culturally competent person would modify his speech and gestures to be more neutral, to accommodate someone who wouldn’t understand regionalisms or particular gestures. Some people have no idea how to do this. They will talk just as fast to someone who barely speaks English as they will to their own family members.

An independent nursery-to-grade-eight school, Science, Language and Arts International School provides students with a rich multilingual education in French and Mandarin, while they focus on learning hands-on science, arts, and math. It’s an

immersive experience: Teachers guide youngsters in explorations and experiments, preparing them to be lifelong learners. Kids discover global cultures and learn about their history, geography, and art while playing their music, tasting authentic foods, and taking part in traditional dances.

Bilingualism and learning

Wilkin and Creider spoke to NY Parenting about the importance of bilingualism and its advantages in today’s global society.

Tammy Scileppi: Tell our readers about bilingualism’s unique benefits.

Dr. Sarah Creider: Research shows that bilingualism can have positive effects on brain development. In general, children who are bilingual are particularly strong in mental flexibility and abstract thinking. And, of course, the meta-linguistic awareness — or ability to think about language — that comes with being bilingual can promote critical-thinking and literacy skills.

Jennifer Wilkin: Bilingualism is shown to improve executive function, among many other cognitive areas. A high level of executive function is a strong predictor of academic success.

TS: Explain how bilingualism can make kids smarter and encourage out-of-the-box thinking.

JW: Reading and thinking in multiple languages contributes to higher levels of abstract thought. Research shows that, compared to their monolingual peers, bilinguals understand math concepts and solve word problems more easily; focus on and remember what they hear, read, and learn; use logic and deeper critical thinking; and learn other languages. Because they switch between two language systems, bilingual people develop more flexible and creative approaches to thinking through problems.

TS: How does learning new languages at a young age boost special skills that can be applied in school, at work, and later in life?

JW: The constant use of two languages leads to changes in the executive control network. Bilinguals perform better on



executive control tasks, which involve ignoring distractions, remembering the steps in multistep processes, planning and problem-solving, and so on. The executive control system declines with normal aging, but as they age, bilinguals continue to outperform monolinguals on such tasks.

And then there are economic benefits. One study here in the U.S. found that bilingualism is associated with higher earnings, even after accounting for factors such as educational attainment and parental socioeconomic status.

SC: I've even seen research suggesting

that people who speak more than one language are less likely to experience aging-related declines in cognitive functioning.

TS: Do girls and boys learn languages at different speeds?

JW: All children learn at their own pace. Many factors can contribute to a predisposition for learning languages. Children who are naturally musical, for example, tend to learn languages more quickly. Research shows that music and language functions are closely linked in the brain. Phonological awareness, which is key for reading and writing skills, is closely

related to the ability to discriminate one pitch from another.

SC: It's important to note that children begin to speak their first language (or languages) at different speeds as well. And, they follow different paths as they move towards linguistic mastery, just as they do while learning how to sit up, crawl, or walk. What's fascinating is that, regardless of the path, all children learn to speak, provided that there aren't cognitive issues at play.

TS: Why have schools like Science, Language and Arts International School become more popular these days?

SC: Many parents, especially in a multilingual city such as New York, are aware of the importance of linguistic flexibility — even as we go about our daily lives. I think that families also want to prioritize cultural openness and competence, particularly at this moment in our political history.

JW: Many people I talk to wish their parents had spoken their heritage language to them from birth, and they now want to give the gift of a second language to their children. Many other monolingual families see the benefits of bilingualism and want that advantage for their children.

TS: Describe SLA's teaching methods.

JW: We build on the basic benefits of multilingualism by using project-based learning and conversational teaching in a language immersion setting. We use a very specific immersion model, which we developed at SLA, that produces highly fluent speakers. Because of these methods, our students who don't have the benefit of bilingualism at home consistently outperform their peers at other schools in fluency and depth of language acquisition.

SC: SLA's integrated, project-based curriculum means that children don't just learn an additional language. Instead, they actually learn in the language — and learn to use the language as they engage in hands-on exploration and experimentation. At the same time, SLA teachers are experts in Conversational Teaching methods that simultaneously develop language skills and critical and abstract thinking.

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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Can Anxiety Be Helpful?

Author finds girls experience more stress, and suggests solutions

By Allison Plitt

So many times in our culture today, we hear people talk about anxiety and stress in negative terms. We blame these emotions on sleepless nights, poor performance during the day, and tension in our relationships with other people.

Now, take those two words, “anxiety” and “stress,” and view them as positive traits in which people, according to author Lisa Damour, “can’t thrive without.” In her 2019 best-selling book “Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls,” Damour explains why girls are “experiencing unprecedented levels of stress and anxiety,” and how parents can communicate to their daughters that these emotions, when perceived in a realistic context, can help them to succeed in life.

Graduating with honors from Yale, Damour worked for the Yale Child Study Center before receiving her doctorate in clinical psychology at the University of Michigan. In 2016, she published a New York Times best-selling book entitled “Untangled: Guiding Teenage Girls through the Seven Transitions into Adulthood.”

Disheartening research about the sexes

The women’s rights movement started in the 1970s and recently regained momentum in 2017 with the #MeToo movement, but the disparity between the sexes is still apparent in the subtleties of our culture. Damour’s book is full of statistics and research studies claiming that girls and women are still living in a man’s world.

First, the bad news. While 31 percent of girls experience anxiety, only 13 percent of boys do. Women and girls are twice as likely as men and boys to be diagnosed with general anxiety disorder.

Girls do not like to disappoint their teachers, so they spend endless hours doing homework because they have anxiety about grades. Their nerves can only be allayed by over preparing for a test, paper, or exam.

Girls overwork themselves because they are scared they will not gain admission to a



Author Lisa Damour

selective college. Some girls have overbooked calendars because they feel they cannot disappoint sports coaches or others in charge of extracurricular activities. As a result, they are functioning on little sleep and depleted energy.

Boys, who are raised not to please people all the time, do the minimum work required to obtain the highest grade possible. This allows them free time to play video games or socialize with their friends. They are not sensitive to a teacher’s possible look of disappointment that a girl might feel. As a result, girls are now consistently outperforming boys in the classroom.

If a girl is having difficulty in school, she will try to hide it from the teacher. As a result, there are many girls in school with undiagnosed learning disorders. If a boy is struggling in class, he most likely will act out, which makes it more easy for him to be spotted by a teacher and then tested for special educational services at the school.

As girls are often valued based upon their appearance, they spend endless hours taking selfies of themselves and editing their imperfections out of the pictures for their Instagram accounts. Boys, on the other hand, are raised

by the belief that their performance alone gives them value. They don’t have to deal with the stress of looking good all the time in the age of digital perfection.

Although teenagers are having less sex today, Damour writes about a study of girls in eighth to 11th grades in the U.S. school system. Half of these girls divulged in the study that they have suffered sexual harassment. They “had been touched, grabbed, pinched, or intentionally brushed up against in a sexual way at school.”

Damour also adds that more of her colleagues who are therapists find themselves listening to girls tell them that they had sex when they didn’t want to. There is rarely open communication between adolescent partners about how far they want to go and what type of protection they will be using.

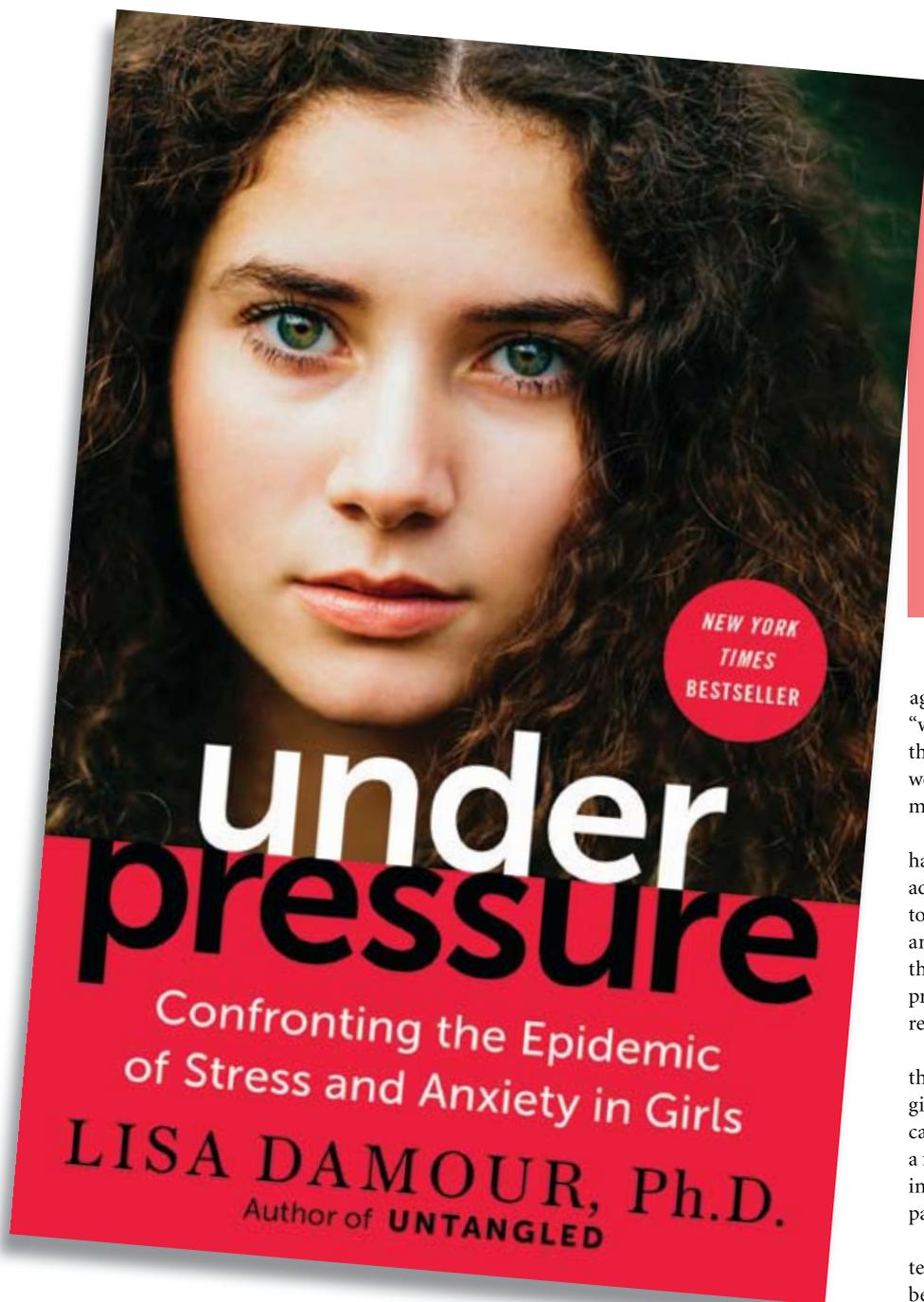
How parents can empower their daughters

Now the good news. There are a lot of things parents can do to help their daughters conquer their fears and anxieties and succeed in the world. According to Damour, “both common sense and scientific research tell us that the stress of operating beyond our comfort zones helps us grow.”

In an experiment, researchers assigned a random group of people to watch a video about stress being helpful. The researchers told the group that, like building a muscle, stress can “enhance creativity, build relationships, and help people succeed in clutch moments.”

The experimenters found that within several days, this stress-is-good group reported improvements in mood and in the quality of work they were doing. Damour writes, “A different study found that teenagers with a stress-builds-strength mindset were much less upset by difficult life events, such as having a close friend move away or having their parents separate, than those with a stress-does-harm mindset.”

So if parents can communicate that stress helps people excel by pushing them out of their comfort zone, this will allow their daughters to learn to endure difficulties more successfully in life.



“A study found that teenagers with a stress-builds-strength mindset were much less upset by difficult life events than those with a stress-does-harm mindset.”

Parents can also help their daughters manage panic attacks, which Damour describes as “when anxiety comes on like a horrific siren that may blare for no reason at all.” Girls can work with a psychotherapist to find the hidden motive that is driving her fears.

Damour writes of another useful tool to handle anxiety, commenting, “Mindfulness addresses anxiety by reaching its practitioners to carefully observe their emotions, ideas, and sensations, but not to be carried away by them.” Parents can also teach their child to practice deep breathing techniques to help her relax if she experiences a panic attack.

Most importantly, parents need to teach their daughters to speak up for themselves. A girl should be telling her partner unapologetically that she is not ready for sex, expressing to a friend how she hurt her feelings, or explaining to a coach that she doesn’t have the time to participate in a sport this season.

The most important thing a parent can teach their daughter is to face her fears. If she becomes anxious because she thinks she is unprepared for a test, parents should make their daughter go to school and take the test. Most likely, she will find out it is not as difficult as she had expected.

Damour insightfully concludes in her book, “But if writing this book has taught me anything, it’s that we should not run from discomfort. When we confront what makes us uneasy — and help our daughters do the same — we find that anxiety is usually a warning that something is amiss, and that stress is inherent to growth and change.”

Allison Plitt lives in Queens with her 13-year-old daughter and is a frequent contributor to this publication.

Damour found that the parents who are happiest are not necessarily the most successful, but the ones who are content with their purpose in life and in their relationships with others. If they are acting as role models, parents should tell their daughters to place importance on their friendships and relationships with others at school and not be so obsessed with grades.

Some girls endure chronic stress, “such as living in a dangerous neighborhood or caring for a relative with dementia,” which Damour states takes a “grinding toll” on a girl’s physical or emotional health. When such difficulties cannot be changed, parents need to help their daughters practice acceptance as

a first step.

Damour believes that anxiety warns girls about threats in their surroundings and “dangers from within.” As she writes, “Anxiety works to protect us from the world and from ourselves.”

As an example, Damour explains that when girls attend parties, they sometimes drink to quiet their anxiety. Instead of drowning out their fears, these girls should be listening to their internal alert system warning them about their surroundings — no parents, a lot of alcohol being served, and many people at the party they don’t know.



Tips to Help Your Child During a Hospital Stay

My brother called this weekend to tell me that his teenage daughter was in the hospital with a stomach issue. She is going to be fine, thank goodness, but when I looked at my 3-year-old son, I couldn't imagine what I'd do if he were hospitalized! However, as a parent, I want to be prepared. Any tips?

It is every parent's hope that their child will never see the inside of a hospital room, as it is every pediatrician's goal! But should you find yourself in that situation, there are definitely things that you can do to support your child — and yourself — throughout the stay.

One of the first things I recommend is to seek out the hospital's Child Life Specialist. These specialists are trained to work with children and families in hospital settings and help them negotiate the stress and emotions that surround a child's hospitalization.

To get the best answer to your question, I checked in with Susan Franks, Senior Child Life Specialist at NewYork-Presbyterian Brooklyn Methodist Hospital, to get her advice. She offers the following tips to help your child during a stay at the hospital:

Remain calm and reassuring. Visits to

a hospital can be stressful and emotional for both children and parents. It's important to try to remain as calm as you can, as children will pick up on your emotions. The calmer you are, the better you are able to help your child.

Acknowledge your child's feelings. Child Life Specialists always suggest to start with validating your child's feelings: "I can see that you are feeling scared and that is OK. I will be with you the whole time to help you."

What if they ask "will it hurt?"? This is a really challenging conversation to have, as no parent wants to see their child in pain or scared. The best advice is to be honest! Use language that describes what it might feel like, using simple and soft language, such as "you will feel a pinch" or "it will feel like a poke." Try to avoid comparisons to things that are unpleasant or scary experiences, like bee stings.

Make a plan and try to offer choices when possible. Giving choices is an easy way to help your child feel more in control of any situation. It is important to give choices that are realistic, for example, "would you like to sit on my lap or sit in the chair by yourself?" or "would you like to look at the nurse during the blood draw or look away?" Don't be afraid

to let your child watch, some kids feel more in control if they can see what is happening.

Give kids a simple job or responsibility. Giving kids a job during a blood draw or other difficult procedure helps them to stay focused and cope. Simple jobs like "your only job is to keep your arm still. It's OK if you are feeling scared or if you need to cry, but keep your arm still."

Comfort items and distraction: Bring comfort items from home. A stuffed animal, a favorite toy, or maybe even their favorite sippy cup, can go a long way to help a child feel comfortable in an unfamiliar environment. Also consider bringing something that will help keep your child distracted during the stay, such as a tablet or a light-up toy.

Praise for specific actions: It's important to help children feel like they were able to accomplish their goal, it builds self-esteem and helps them cope during difficult things in the future. Praise kids for being brave or for staying still. Remind kids that they can do things that seemed scary and that they can be proud of themselves.



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

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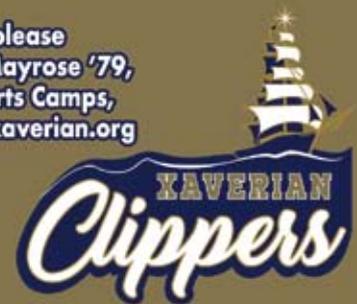
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Prenatal Nutrition

Taking a long-term view of eating for two

The concept of “eating for two” takes on an entirely new meaning when you realize the long-term significance of prenatal nutrition. Until recently, eating well during pregnancy focused on adequate birth weight and, perhaps, a healthy APGAR score.

Today, we know there is more to the story. There is growing evidence that a mother’s eating pattern during pregnancy may impact multiple aspects of a child’s future health, including everything from its risk of diabetes to its cognitive development.

“We are learning a great deal more about the actual mechanisms whereby experiences and exposures during this period become embedded in our biology with lifelong consequences,” says Tim Moore, PhD, lead author of “The First Thousand Days: An Evidence Paper.”

You may have heard the term “epigenetics” in relationship to the impact of maternal diets on a child’s health. Epigenetic processes work like a series of dimmer switches; they control how strongly certain genes are expressed without altering the genetic code.

Examples of maternal diet impact:

- What an expectant mother eats affects the bacteria that populate her baby’s digestive tract. These bacteria influence the development of baby’s immune system and overall health.
- A Mediterranean diet can reduce the risk of a child’s wheezing and appears to be protective against type 2 diabetes.
- Higher consumption of sugar during pregnancy is associated with the development of childhood asthma.
- Consuming 300 milligrams of caffeine per day is linked to excessive growth during an infant’s first year of life. It’s also linked to an increased risk of the child being overweight at age 8 and possibly into adulthood. Did you know a prominent coffee brand contains 310 milligrams in a grande medium roast cup?
- Gaining too little weight leads to babies born with low birth weight who can later develop overweight, diabetes, and cardiovascular disease. Maternal overnutrition leads to excess energy delivery to the fetus; large newborns can have abnormal metabolic responses that can also lead to overweight, diabetes and cardiovascular disease.

- A low carbohydrate diet — found in Keto and other fad diets — appear to epigenetically influence genes associated with weight and cardiometabolic health. Several studies found that the newborns of mothers with low-carb intake had genetic expression of higher risk of obesity in childhood.

As we await more specifics as to an optimal maternal diet, keep in mind the dietary pattern recommendations from the Academy of Nutrition and Dietetics for expectant mothers:

Whole grains. Eat whole-grain breads, cereals, pastas, and brown rice.

Fruits. Enjoy all types of fruits, including fresh, frozen, or canned without added sugars.

Vegetables. A variety of colorful vegetables, fresh, frozen, or canned with no added salt should be included. Avoid raw sprouts.

Lean protein. Choose lean protein from meat, poultry, fish, eggs, beans, peas, peanut butter, soy products, and nuts. Due to their mercury content, pregnant women should avoid eating tilefish, shark, swordfish, and king mackerel, and limit white (albacore) tuna to six ounces per week. Deli, luncheon meats, and hot dogs should be reheated if consumed.

Low-fat or fat-free dairy. This includes milk, cheese, and yogurt. Unpasteurized milk and some soft cheeses that are made from unpasteurized milk should be avoided.

Healthful fats. Include avocados, nuts, and seeds as well as vegetable oils including canola and olive oil.

Of course, avoid drinking alcohol during these nine months.

And after your baby is born, if you can, nurse your baby with the milk Mother Nature provided free of charge for as long as you can.

Setting your new baby up for good health may seem daunting. It’s truly just getting back to basics while you look forward to holding your new baby in your arms!



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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Journey Together

The benefits of family travel — for both parents and kids

By Shnieka L. Johnson

Need a break from routine, stress-filled days? Maybe it's time to start thinking ahead to your family's summer travel plans. Whether you want to escape to nature, experience a new culture, or simply lay on the beach — travel is a way to bond with your children and reset after a busy school year.

“Traveling brings exposure to new people, places, and different cultures. It's especially beneficial to children because it broadens their perspective on life at a time when their minds are most receptive,” said Kyle McCarthy, the owner and editor of Family Travel Forum, an independent media company that is the host of the Family Travel Forum Teen Travel Writing Scholarship (a scholarship open to teens between the ages of 13 and 18, and more information can be found at https://myfamilytravels.com/Teen_travel_writing.) “Younger families are more multicultural and diverse than ever before, so parents are eager to connect with other cultures. When parents are open to new ideas, I find that the children they raise are eager and curious explorers, too,” McCarthy continued.

It has been said that travel can add to your overall happiness and the development of children. It is a fun learning opportunity for the whole family creating memories for years to come. The smallest, most common moment could become long lasting. Even a weekend outing can have positive effects.

“Studies have been done by the United States Travel Association that show children who travel perform better in school. I don't think they are very valid because, of course, children who travel more come from more privileged homes. That socio-economic factor would have a greater effect on academics than the fact that they had traveled at all,” said McCarthy. “Nevertheless, we know that hands-on learning is more effective for many

people than book learning. Children absorb so much when they travel that parents are often surprised by what they remember from a trip. For school-age kids, incorporating visits to places that highlight history, science, the natural world, language, and culture really do reinforce lessons kids learn in school. For others, travel can excite new interests,” she added.

Traveling can be an eye opening experience for the whole family. When traveling, your family will meet people of diverse backgrounds — either from another city, state, or possibly another country. Hearing various languages, accents, and experiencing family life outside of home will emphasize cultural differences and similarities in how other people live. At times, you may witness disparities, and that is a great lesson on culture and politics for young, developing minds.

Some families take travel beyond a weeklong holiday and immerse themselves into full-blown adventure.

“From the time we left our apartment, we spent nearly 15 months without a home base. A few weeks of that were in New York City (at the homes of family and friends) while the boys finished school, a month or so with family in Maine, a few weeks following me on work trips to Bonaire, Spain, and Portugal, and then 11 months of straight travel elsewhere in the United States, Canada, Costa Rica, Panama, Colombia, Peru, Chile, Australia, China, Azerbaijan, Iran, Greece, Egypt, and Morocco. (17 countries on six continents),” said Ethan Gelber, a father of two.

He (a freelance writer and editor), along with his wife (an early childhood educator), set out to explore the world with their two young boys.

“The benefits and difficulties of long-term family travel, sometimes in trying circumstances, are two sides of a coin. Put

most simply, all four of us were rarely apart and almost always sharing a room, if not a bed. That led to powerful family bonding, but also, at times, powerful needs for private space, a juggling act that we survived and, now, many months later, can laugh about,” said Gelber.

It's clear that this type of family travel is not for the faint of heart, but it serves as inspiration for many families that want to escape the standard trip.

“Generally speaking, though the highs of being together and discovering the world were always higher — which was glorious — the lows were also much, much lower. Learning to anticipate, understand, and respect emotional mood swings, hunger, fatigue, homesickness was key, as was conveying support and love, whether cresting on a high and scraping the bottom of a low,” Gelber explained. “It sounds cliché, but we really did embrace the idea that every day is a new day, putting behind us any lows from the previous day and hoping for new highs. It was a lot of work and we failed as often as we succeeded,” he added.

Travel can provide teachable moments that you can't really anticipate. It teaches flexibility, resilience, and openness. Children will gain a new sense of appreciation, not only for the travel experience, but for what they have at home, too.

“In practical terms, both our boys were ‘roadschooled’ through methods that included exercises from workbooks we carried with us, participation in online learning environments, and a whole lot of the powerful incidental learning that comes from just being in new places: learning about new countries, communicating with people in different languages, managing in new currencies, and soaking in the culture and history of different places, both modern and contemporary,” said Gelber. “In the end, though neither son had any specific



Ethan Gelber, Jane Higgins, their oldest Rohan, and youngest Kai on their travels.

or standardized grades against which to gauge their learning, we are confident that this informal education easily carried them through their first- and fourth-grade years, as evidenced by the ease (and in fact eagerness) with which they picked up in the second and fifth grades, both socially (our older son became the fifth-grade president!) and academically,” he added.

Looking to do your own family vacation? Here are five travel tips from Ethan Gelber:

Take a leap of faith

The decision to pull the plug and commit to a long-term travel plan is, in some ways, like the decision to have children. You can wait for the perfect moment and try to plan, but, in the end, you just have to take a leap of faith and do it. The time will never be quite right and the planning will always fall short, but it doesn't matter. Everything will come together once you turn your back on where you were and tackle what lies ahead. That's true of every day when you travel as a family.

Don't overplan

If you lock in every step of your travel plan — flights, transfers, hotels, etc. — then what do you do if you find a place you love and want to stay longer? Or if you end up in a place that makes you unhappy and you want to leave sooner? Or if someone invites you to stay with them but you've booked a hotel? Being flexible and going with the flow plays to your likes and dislikes.

Consider the kids

Don't try to do too much in any one day. A kid's interests and attention span are not the same as an adult's, so anticipate those differences and limitations by not cramming too much into one day, especially if the activities aren't geared to all ages. A great way to do this is to consult more regularly and purposefully with your kids about how to plan out a day or what kinds of activities to commit to.

Build in real down time

Not just a few hours a day — although that

too is good. I mean a few days a week or even a whole week every now and again. Home life is more regularly paced with up and down time than life on the road. So build proper down time into your adventures, especially for your kids. Give them time to play, read, kick a ball, etc. And, of course, leave time for structured learning.

Travel as light as you can

If you're not sure if you will need it, don't bring it. If, in the end, you do need it or something like it, you can pick something up as you go. The challenge, especially with young kids, is that they may not be easily capable of carrying their own things, so the parents end up with the extra. Less is more when traveling with kids.

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 website: www.shniekajohnson.com.



MUSEUMS



MUSIC



THEATER



ATTRACTIONS



FOOD



Get drenched in color at Holi Hooray at the Brooklyn Children's Museum on May 4.

10 Great Kid-Friendly May Events in Brooklyn

By Elizabeth Winn



HOLI HOORAY

May 4

Temperatures are rising. Flowers are blooming. Spring is springing! It's time to ring in the new season with the Brooklyn Children's Museum's Holi Hooray Festival. Celebrate spring with family and friends with colored powder, dancing, food, and much more! 11 am. **Brooklyn Children's Museum 145 Brooklyn Avenue Brooklyn, NY 11213, brooklynkids.org**



FAMILY HOUSE PARTY: SATURDAY MORNING CARTOONS

May 4

What's your favorite cartoon? Arthur? Caillou? Teenage Mutant Ninja Turtles? Looney Tunes? Come out and share your favorite cartoon characters and

moments with others at BRIC's final Family House Party for the season! Come as you are or as your favorite character and be ready for fun, hands-on activities for all! Free, 12 - 5 pm. **BRIC House 647 Fulton Street, Brooklyn, NY 11217, bricartsmedia.org**



MADELINE AND THE BAD HAT

May 4

Most have read about Madeline, the world's beloved little Parisian girl. If not, they have seen the movies or heard of her tale. However now, in a musical adaptation for families, ArtPower is bringing that small little girl who lived in a house covered in vines to New York! With musical scores and amusing tales sure to entertain, join the Brooklyn Library for this charming show! Free, 1 - 2

pm. **Central Library, Dweck Center 10 Grand Army Plaza, Brooklyn NY 11238, bklynlibrary.org**



BEST OF BAM KIDS FILM FEST: GLIMPSE

May 4 - 12

Ever wonder what a tree's song would be if it could sing or what the melody of a violin would look like if it had a shape? Well, with responsive technology and projections you no longer have to. Experience live music! Dancing images! And, see sounds and objects in a different way with BAM Fisher! \$16, times vary. **BAM Fisher 321 Ashland Place, Brooklyn NY 11217, bam.org**



INVENTGENUITY FESTIVAL 2019: FLIP NYC

May 5

Do your kids enjoy activities? Do they like art? Then, the Inventgenuity Festival may be perfect for them! Here, your children can help create two of the world's largest solar-powered mechanical flip books. Projected to be installed in DUMBO Brooklyn this summer, your kids will get to help create an attraction that will touch the lives of locals and tourists alike. Free (required registration), 11am - 4 pm. **Dock Street School 19 Dock Street, Brooklyn NY 11201, beamcenter.org**



STORYTIME W/ ANN PATCHETT: LAMBSLIDE
May 8

One day a particular flock of lambs mistakenly hear the farmer's daughter say lambslide instead of landslide. In an excited flurry this fuzzy flock begins to search high and low for the lambslide, a slide just for them! But, searching both near and far with still no sign of their special slide. Come to Books Are Magic to meet award-winning author, Ann Patchett, as she reads from her latest book and to find out when the lambs don't find a lambslide! Free, 4 - 5 pm. **Books Are Magic 225 Smith Street, Brooklyn NY 11231, booksaremagic.net**



LIFT OFF: A WATERFRONT KITE FESTIVAL
May 11

With live music, tasty food truck food, and a whole festival dedicated to flying kites and the science of flight, there's a fun time for the whole family at the Brooklyn Bridge Park's Pier 5. Now you no longer have to worry what the whole family will do together when all of you have different interests. On a fine spring day, just grab your kite, sunscreen, and sneakers for a fun afternoon by the water! Free, 12 - 3 pm. **Brooklyn Bridge Park Pier 5 Sports Fields, brooklynbridgepark.org**



SPRING FLING IN PROSPECT PARK
May 18 - 19

Celebrate Spring in Prospect Park. Packing one May weekend full of activities, the Prospect Park Alliance makes sure there's something for



Go fly a kite at Brooklyn Bridge Park at the Lift Off kite festival on May 11.

everybody at Spring Fling. At Spring Fling you could participate in a fun run or go on a scavenger hunt or even have a good time at a family-friendly fair! Spring in Prospect Park is magical but Spring Fling in Prospect Park is loads of fun! Don't miss out! Free, all day. **Prospect Park Brooklyn, NY 11225, prospectpark.org**



BROOKLYN'S 152ND KINGS COUNTY MEMORIAL DAY PARADE
May 27

The United Military Veterans of Kings County strive to raise awareness of service and sacrifice of United States' Veterans all year long. But, for Memorial Day they schedule, plan, and execute a parade to honor them. Commemorate the lives that have been lost in the defense of America freedom and independence at Brooklyn 152nd Memorial Day Parade. Designed to educate a broad audience, the United Military Veterans

of Kings County throws a parade that not only honors our Military men and women's service, but is an informative event for the general public. Free, 11 am. 3rd Avenue and 78th Street and proceeds down 4th Avenue down to **John Paul Jones Park in Bay Ridge, Brooklyn NY, brooklynmemorialdayparade.com**



MAGIC AT CONEY
Throughout Summer

An ongoing Sunday matinee magic show. Magical Promotions is dedicated to education and entertainment in the Art of Magic. Coney island is so joyful during the Summer- take the kids to see magical promotions, illusionists, escape artists and close up magicians from around the world. Children under 12: \$5, Adults: \$10 Sundays at 12 Noon. **Coney Island Museum, 1208 Surf Avenue, Brooklyn, NY 11224, coneyisland.com/programs/magic-coney.com**

family fun

Events Around the City



CIRQUE DU SOLEIL - LUZIA

May 3 - June 9

Bringing the faces, places, and sounds of Mexico to New York City, Cirque du Soleil transports audiences to a dreamy Mexico with dazzling acrobatics and stunning surprises on stage. Luzia is a performance that feels like a waking dream. With talent from all over the world, Cirque du Soleil - Luzia is a show that juxtaposes Mexican tradition with modernity in a whimsical way. **Times vary, \$54. 123-01 Roosevelt Avenue, Flushing Meadows NY 11368, cirquedusoleil.com**



BRONX BOOK FAIR 2019: IN CELEBRATION OF OUR CHILDREN AND OURSELVES

May 4

The premiere literary event of the borough, the Bronx Book Fair showcases everything from writing workshops to keynote speeches. The Bronx Book Fair is designed for young adults, parents, and children alike. With special programs for families of all ages, children and parents are sure to have a blast with the Bronx Book Fair's schedule of interactive and informative activities with authors, book vendors, and other intellectuals! **Free, 11am - 7 pm. Bronx Library Center 310 East Kingsbridge Road, Bronx NY 10458, bronxbookfair.com**



CARNEGIE HALL FAMILY CONCERTS: MY CITY, MY SONG

May 11

In a city as diverse as New York, there's culture on every corner. However, this month don't just see different parts of the world, experience them! At Carnegie Hall's family concert, "My City, My Song," adults and kids immerse



The World's Fare

May 18-19

Celebrate diversity at a 2-day International Food Festival. With drinks, handmade products from around the world, and over a hundred of New York City's best food vendors, families will have a blast at this unique showcase of

culture. An event meant to advocate for equality and diversity in the food industry, come out to experience the incredible spread of cultures that New York City's 5 boroughs have to offer! Ticket prices vary, 12 pm. **Citi Field 123-01 Roosevelt Avenue, Queens NY 11368, eventbrite.com**

themselves in culture with soulful Jazz solos, Puerto Rican rhythms, and Brazilian beats! Let the music move you and learn a little bit more about the cultures you see everyday! **\$10; 12 pm, 3 pm. Zankel Hall 881 7th Ave, New York, NY 10019, carnegiehall.org**



MOTHER'S DAY WEEKEND GARDEN PARTY

May 11 - 12

Come out to the New York Botanical Garden to celebrate the maternal figures in your life! Bring a picnic, play games, listen to live music in the garden while spending quality time with your mother or motherly figure! Being set in a beautiful spring garden amidst blooming flowers and vibrant foliage, there's no better way to spend Mother's Day! **Ticket prices vary, 10 am - 6 pm. New York Botanical Garden 2900 Southern Boulevard, Bronx NY 10458-5126, 718-817-8700, nybg.org**

Festival with over 80 unique groups will dance down Broadway. Being the world's largest display of cultural diversity, Dance Parade New York celebrates cultures from every part of the earth through costume and performance. Starting at Broadway and 21st street the parade will end with a dance fest at Tompkins Square Park! **Free, 1 pm. 21st & Broadway - Tompkins Square Park, New York, N.Y., danceparade.org**



MEMORIAL DAY PARADE

May 27

Honor the citizens who have given so much to their country. Come out to salute those that have served and died in the service of America's freedom. With Memorial Day Parades going on throughout the whole of New York City, there's a parade convenient for every New Yorker to pay their respects. Come commemorate the noble lives of soldiers and sailors who have sacrificed so much for their country on the last Monday in May. **Free, 2 - 5 pm. Northern Boulevard, Little Neck, NY, 11362, nycgo.com**



13TH ANNUAL DANCE PARADE & FESTIVAL

May 18

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Mom must-haves for life in the city

Tackle the hustle and bustle of the city with these online buys

By The Buy Guide

Between feeding, clothing, transporting, teaching, entertaining, and somehow surviving all that parenting throws at us, we have zero time for standing in lines at stores. With nine kids between the three of us who make up The Buy Guide's team, there's no way we want to take them to grab groceries or a new outfit. We quickly became online shopping experts. We've done all the research, we are good at finding the best of everything, and we love sharing with you!

City-mom is a totally different gig than suburban-mom. One of us, Taylor, had her first three babies living in the financial district. For eight years, she drove a stroller instead of a mini-van and navigated the crowded sidewalk instead of carpool lines. She sometimes wished for a garage or a backyard, but we envied how EVERYTHING could be delivered, and the adventure she found with her kids on every corner. They are some of her happiest memories. With a great doorman, The Buy Guide, and Amazon Prime, city moms might have the best life.



Babyzen YOYO+ Stroller

Whether taking the subway, a taxi, or the bus—some days you just need to be as light and little as possible. The umbrella strollers of the past were the worst. A stroller with two handles is impossible to push one handed! Forget drinking your coffee, holding your toddlers hand, holding an umbrella, or instagramming whilst steering! Splurge on this great design and you won't regret it. You will start looking for reasons to travel light and on the days you aren't using it—it will fold up smaller than any other. \$499, babyzen.com

elago Airpod Case

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APL: Athletic Propulsion Labs Sneakers

Can't get enough of these ridiculously comfortable and easy slip on sneakers. They are great for running errands, commuting to work, traveling, playing tourist, or chasing kids on the playground. A cool and practical purchase we know you will love. \$100-200, athleticpropulsionlabs.com



Marpac Dohm White Noise Machine

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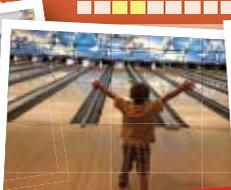
PreparaKit

You never know when your child, or one of their friends will get hurt, but it is bound to happen. This cute kit is small but mighty and will save the day when the inevitable knee scrape occurs. Keep this in your stroller or diaper bag and you will be the parent ready for anything. \$20.95, prepreakit.com





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