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Family April 2013

COLUMNS

- 28 Healthy Living**
BY DANIELLE SULLIVAN
- 33 Good Sense Eating**
BY CHRISTINE M. PALUMBO, RD

CALENDAR

- 38 April Events**

SPECIAL SECTIONS

- 14 Summer Camp Programs**
- 24 Party Directory**
- 45 The Marketplace**



FEATURES

- 8 Green classroom**
Seven ways make your school more eco-friendly
BY MARY HELEN BERG
- 10 Confessions of a 'green' convert**
One woman's aversion — and conversion — to a green lifestyle
BY MARY HELEN BERG
- 12 City & country**
How farmer's markets forge link between farms and hungry city consumers
BY JENNY TORGERSON
- 22 Gifts of giving**
A charity birthday party can be fun — and do good
BY DENISE MORRISON YEARIAN
- 26 Red flags in child development**
BY DANA J. CONNELLY
- 30 Sibling wars!**
Fallout from sibling fights can be depressing
BY KIKI BOCHI
- 32 Preventing kids' sports injuries**
Beware the growing trend of repetitive-use injuries in children
BY KIKI BOCHI
- 34 Educating the public about bipolar disorder**
There are organizations that offer guidance about the diagnosis of the disorder
BY ALLISON PLITT
- 36 Periods: Normal vs. not**
Helping your daughter cope with her transition into adulthood
BY JAMIE LOBER
- 46 Time to grow**
How families benefit from gardening together
NATIONAL WILDLIFE FEDERATION



Letter from the publisher

Volunteering in life

Every year in March our Sales Manager, Sharon Noble, and I attend the Annual Convention of *The Parenting Media Association* and the Editorial & Design Awards Dinner. Every year since we started entering we have come back



with some awards and this year was no exception. Congratulations to our wonderful team of writers who are individually mentioned in the article inside this issue and on our website, www.NYParenting.com.

Truthfully, I absolutely love meeting with my colleagues from around the country and the English-speaking world. Being a member of *The Parenting Media Association* is so satisfying and I have learned a great deal over

the years from the consistent interaction with other professionals in our niche.

When I first started going 14 years ago, I had no idea that I would someday become the President of this wonderful association. But just a few weeks ago I

did. After years of volunteering in a variety of ways, I had worked my way up the ladder, onto the Board of Directors and had become an Officer. Now I am the President.

Similarly, when I attended my first PTA meeting, I had no idea that by the following year I would also be the President. I guess I'm one of those people, a volunteer, someone who always gets involved. Being a joiner expands your horizons and

introduces into your world a whole network of new faces and personalities. Not everyone is a joiner type but if you're not, you should try a bit harder to become one.

As one of my colleagues has said, "from the moment I signed on and/or raised my hand, my information increased and my education was in full swing." Keep in mind also what a good role model it is for your children, to see you participating and active. They will also be inclined to participate, to get involved and be vital as they progress through school and life.

Since we all know that most people learn by example, setting this kind of example early in your children's lives can only facilitate the possibility of them become leaders in their own lives. The various rewards derived from belonging to reputable clubs, societies, or orga-

nizations grow more valuable all the time. In such a complex and competitive world the benefits one can establish expand in importance.

Taking the time to join the parent association or to coach a team or teach a class in something you do with gusto is a marvelous way to show your children that you care about them, who they are and who they might become. They will profit in every way from your involvement and in addition you will be enhanced with the pleasure of new friends and new ideas.

Thanks for reading. Happy Spring! Celebrate the Earth!

Susan Weiss-Voskidis,
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New York Parenting Media has been recognized for editorial and design excellence by PPA.

New York Parenting Media is published monthly by New York Parenting Media/CNG. Subscription rate is \$35 annually. Reproduction of New York Parenting Media in whole or part without written permission from the publisher is prohibited. All rights reserved. Copyright©2013 Readership: 220,000. 2012 circulation audits by CAC & CVC.



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Editorial and Design
Awards Competition

We are just back from the annual *Parenting Media Association* convention in Atlanta, Georgia, and wanted to share our good news. It was a very eventful and exciting trip.

Our Publisher/Executive Editor, Susan Weiss, was proudly installed as the new President of PMA. Both she and Sharon Noble, our Sales Manager and Susan's right arm, enjoyed the program and interaction with colleagues as always.

The 2013 *Editorial and Design Awards* brought us initial honors last month by being named finalists in **eight different categories**. At the Awards Dinner held Saturday night following the conference, the judges' winners were announced and we were thrilled to take home two GOLD awards and one SILVER.

Here is a breakdown of our top awards:

In the Personal Essay category, Tim Perrins' piece in *Brooklyn Family*, "It Can't Be Easy, Being a Baby," won a **GOLD** award. Judges said, "Mr. Perrins employs a playful voice as he offers a delightfully intriguing and amusing psychoanalysis of the reasons behind a baby's resistance to change. Good pacing, nice description, and fun to read."

Our interview with Rain Pryor in *Bronx/Riverdale Family* brought home another **GOLD**. The judges commented that in "A Conversation With Rain Pryor," written by Tammy Scileppi, "The reporter directs questions that are effective in bringing out joy (the birth of her daughter) as well as heartbreak (her complicated father's death), and also gives the subject



Sharon Noble and Susan Weiss celebrate.

a chance to share her wisdom."

Our monthly *Healthy Living* column written by Danielle Sullivan took home the **SILVER** award in the Family Matters category for *Staten Island Family*. Judges had this to say: "Writer Danielle Sullivan sets herself apart as a writer by choosing topics with real reader interest. A piece on why young girls are reaching puberty early makes you think about the role of hormones in foods. Another piece looks at how melatonin might be a non-prescription alternative for child sleeping programs."

Publisher/Executive Editor Susan Weiss is proud of the work she and her excellent staff have done over the years they have been publishing. She is particularly excited about the launch of their latest magazine, *Manhattan Family*, which took place in August, and is thrilled at its growth and acceptance in the Manhattan

parent market, and proud to be uniquely printing parenting information in all five boroughs.

After years of volunteering in a variety of roles, she is also eager to embark on her new role as the President of the Parenting Media Association.

"I have made so many marvelous friendships since I became involved in PMA and I have been mentored by extraordinary publishers in the parenting niche from all over the country, Canada and Australia. One of my closest friends in the association is the Publisher of all the parenting magazines in Australia and our immediate Past President. How else would I have met and befriended a talented colleague living in Sydney without having been involved and engaged in our Association?"

Thank you for sharing in our good news, and of course, for reading!
— *NY Parenting*

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Green classroom

Seven ways
make your
school more
eco-friendly

BY MARY HELEN BERG

Perhaps “reduce, reuse, recycle” is already a mantra on your school campus. If yours is among the greenest schools, it also weaves sustainability topics into the curriculum and involves students in a school-wide quest to reduce their impact on the environment. But there is always more to do.

On Earth Day, or any day, you can raise green awareness among

students, parents, and teachers with fun projects that also build community.

Trash-free lunch

Propose trash-free lunch at your school. Juice boxes, straws, chip bags, and other individual serving packages make packing lunch a breeze. Who would want to give that up? Unfortunately, when families pack children’s lunches this way, they contribute mounds of unnecessary trash to the landfill.

Create a contest to see which class collects the least trash at lunch. It can be hard to break the habit of buying products in individual serving packages, but using re-usable plastic containers and a thermos at lunch will instantly decrease your school’s trash.

Movie night

Nothing gets a message across like a good movie. Celebrate the earth and raise environmental awareness with a family movie

You can raise green awareness among students, parents, and teachers with fun projects that also build community.

night at your school, or host an evening screening at your home. Films like "Fern Gully," "WALL-E," and "Whale Rider" are poignant and impactful choices for kids. For a parents-only screening that is certain to spark discussion, choose thought-provoking documentaries such as "Food, Inc.," "An Inconvenient Truth," or the mesmerizing "Koyaanisqatsi."

For more recommendations, check out MotherNatureNetwork.com for its list of the best environmental movies of all time.

Plant a garden

If your school doesn't have a garden yet, volunteer to dig up a corner of dirt and plant one. The plot doesn't have to be vast, just big enough for kids to take care of. A school garden is the perfect place for them to learn where healthy food comes from.

Check out EdibleSchoolYard.org for resources, tips, and plenty of inspiration about "edible education."

Swap it out

Kids outgrow their bikes, skates, shoes, and clothes faster than you can say, "landfill." Don't toss anything out. Chances are, there is a kid at your school who could use the cleats your daughter outgrew last season. Host a swap meet in the gym or parking lot and ask parents to bring in old clothes or sports equipment their kids aren't using any more. Anyone who brings in a donation can "swap" his old stuff for an item he needs.

A swap meet helps teach kids that there is still value in used goods and provides a tangible example of the benefits of recycling.

Take a trip

Organize a school or class outing to a wetland, beach, forest, or wildlife sanctuary. Your group

can conduct a cleanup and provide care for these environments.

For example, at a wetland, you can pluck plants that are not indigenous, while at the beach you can collect trash. Or, you can simply use the trip to drink in natural beauty. Exposing kids to the wonders of nature is a sure way to encourage them to respect and protect it.

Host a fair

Earth Day is the perfect opportunity for an all-school festival to celebrate the environment, but you can host an environmental fair anytime.

The event can be simple and still be fun and educational. Set up booths where parents host activities for the kids. Feature a craft using recyclable materials to create jewelry or sculpture. Display a solar cooker and teach kids how to make one of their own. Create a game where children guess how many pounds of grain, or how many gallons of water, it takes to create one pound of beef. Host a "crop swap" booth, where people can bring produce that is overabundant in their own garden and trade it for items they need.

The social change group DoSomething.org is hosting the "Green Your School Challenge" again this year to mark Earth Day on April 22 and encourage young people to take the lead on going green. Last year more than 141,000 students from 5,400 schools all over the country worked on projects to save energy, recycle and promote green living, agriculture and education. The challenge is open to anyone 25 and younger, so if kids at your school want to sign up, go to dosomething.org for more information.

Make it official

Form a "green committee" or a green team to help organize events and projects and educate your school community on new green topics. Create a mission statement and a list of objectives that will guide the committee's work from year to year.

For more ideas about how to green your school, visit websites such as www.greeneducationfoundation.org and www.greenschools.net.

Mary Helen Berg lives in Los Angeles where her elementary school has an enthusiastic, fun-loving green committee.

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Confessions of a 'green' convert

One woman's
aversion — and
conversion
— to a green
lifestyle

BY MARY HELEN BERG

My husband is known as the green one in our family. He rides his bike to work and petitions the city council for cleaner energy. He wants to compost our dog's poop, but that's another story.

To be honest, he has had to drag me along into greener living. Despite the fact that I believe that global warming is a real threat, it took me a long time to stop sighing and rolling my eyes, and begin cooperating with his green schemes.

But, slowly, I have gotten on board. Now, when he turns down the heat, I put on a sweater. I bring cloth bags into the grocery store. I water the plants with what's left in my water glass. We never order takeout because it produces too much trash.

Plastic trash makes my husband particularly crazy because it is virtually indestructible and can take up to 1,000 years to decompose. You will not find disposable plastic forks or straw in our garbage. You won't even find plastic garbage bags in our garbage cans.

I thought it was painful to adjust to life without garbage bags. Then, my husband insisted that we stop buying sandwich bags. I thought he was trying to kill me. You can take away my paper plates and plastic forks, but this is a form of plastic I need. How do we make lunches without sandwich bags or keep leftovers without storage bags?

It turns out reusable Tupperware works perfectly well for these tasks. I stopped buying plastic baggies.

As he was taking out the trash cans one day, my husband proudly noted that our family of five had produced only enough garbage to fill a quarter of the trash can. The rest had been diverted to recycling, compost, or reuse.

I also realized recently just how

far I have come. My oldest daughter and I met another mother and daughter for a hike in a nearby park. The other mother emerged from her car clutching trash in her hand and she headed for a garbage container.

I meant to say "Hello" but what came out was: "Wait! Where are you going with that?"

Amid the trash in her hand was a plastic sandwich plate, a beige-green color found only in institutional cafeterias. It was not a color you would want in your kitchen on purpose, but it was otherwise a fine, sturdy plate.

"I am going to throw this in the trash," she said, marching purposefully toward a garbage can. I sensed she was feuding with her college-age daughter who had been treating the car like a rolling landfill.

"It's just a plattashe from the college cafeteria," her daughter assured me, as if I was concerned she was trashing heirloom china by mistake. "It's been in the car for three weeks."

The plate was old, reliable cafeteria melamine; perfectly shaped without a scratch or chip.

"You are going to throw that out? There's nothing wrong with it? You should give it to Goodwill. You should recycle it!" Spit was flying from my mouth as I tried to stop her before she hit the trash can.

It worked. My friend turned on her heel, back to her car with the crusty service ware.

"No, you're right, you're right, I should recycle it," she muttered. Her jaw was set. I knew that look because I had given it to my husband dozens of times. She didn't roll her eyes, but she might as well have.

Actually, I hope she didn't try to recycle that plate. Turns out, melamine is such an offending toxic plastic you can't even recycle it in your recycling bin. It contaminates other plastics. I looked it up.

Later, my daughter and I talked about the plate incident.

"Mom, you've joined the crazies," she said.

"Yes," I said. "We should all be so crazy."

Mary Helen Berg is a freelance writer living in Los Angeles who wishes her favorite Thai place would package take-out in compostable containers so she could order food without guilt!





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Photo by June Russell

City & country

How farmer's markets forge link between farms and hungry city consumers

BY JENNY TORGERSON

Greenmarket farmer's markets have been fixtures in New York City since 1976. With 54 different locations spread throughout the five boroughs, they bring farm-to-table options to city dwellers whose choices for farm-fresh, organic foodstuffs might otherwise be limited.

"The large, fresh zucchini I recently bought was big enough for two meals and tasted like it was just picked out of my garden," says market shopper Tricia Ostermann of Brooklyn. "You can't get flavorful vegetables like that at the supermarket."

For many farmers, bringing fresh options to city consumers has been a family passion. Greg Lebak of Lebak Farms owns and operates the fresh flower farm that his grandfather originally purchased. For three

generations, the Lebak family has been growing and harvesting flowers at their farm in Chesterfield, NJ. Currently, Lebak runs the business with help from his daughter. Together, they regularly supply freshly cut flowers to both the Grand Army Plaza market in Brooklyn, as well as the Tribeca market.

Lebak thinks that Greenmarkets are an enormous boon for city residents, since they provide consumers with a chance to interact with the farmer directly.

"Many people believe that the supermarket is all there is and they don't have a connection to their food," says Lebak. Greenmarkets offer shoppers the chance to see where their produce is really coming from, and meet the people who actually grew it. "[If] you buy a head of lettuce in the grocery store, it might have been picked in California six or seven days before you even see it,

but you buy it from the Greenmarket, it was picked yesterday."

Additionally, the farmer's markets feature more than just fresh produce. Buyers are tempted with a wide selection of meats, fish, eggs, wine, fresh-baked breads, jams, preserves, and other delights. Although the vendors stock mostly food items, the discerning eye will occasionally spot naturally made products such as hand-milled soap and freshly sheered lamb's wool. Four new Greenmarkets opened in 2012, extending freshness to three new sites in the Bronx and one in Queens. Greenmarket sources say 90 percent of their sites accept Electronic Benefit Transfer and all sites accept Health Bucks.

Juice vendor Lily Robbins of Red Jacket Orchards emphasizes the symbiotic nature of the market.

"Locally produced food benefits the farmers and their families and



Greenmarkets are an enormous boon for city residents, since they provide consumers with a chance to interact with the farmer directly.

also provides nutrition for New York City families.” This relationship is the crux of Greenmarket’s original mission. It was founded to promote regional agriculture and ensure that all New Yorkers have access to fresh, nutritious food. More than 230 family farms and fishermen participate in what has grown into the largest outdoor urban farmer’s market in the country.

Beyond the traditional buy and sell of the market, an education division of Greenmarket promotes special programs with city schools. School tours at the farmer’s markets, as well as “Meet Your Farmer” classroom visits provide children with the opportunity to develop a deeper understanding of the origins of the food that they are eating, as well as to hopefully take a keener interest in their own health and nutrition.

Sangeeta Singh, associate director of a private Manhattan preschool, sees the Greenmarket as a treasure trove of classroom extension activities. She and a fellow faculty member recently took a field trip to the market with group of young students to select different varieties of locally grown apples for a culinary lesson. The sights, sounds, and smells of the market provided a meaningful experience that culminated in a delicious, and hopefully memorable, bowl of applesauce.

Beyond its education initiatives, Greenmarket runs multiple other community service initiatives. Notable among them are the composting collection program that is run out of 11 markets, and the clothing and textile-recycling project that is run out of nine different markets. Greenmarket also

provides advice for shoppers who are interested in starting composting or textile recycling programs in their homes and offices. Also, Greenmarket annually hosts several one-day “Stop ‘N’ Swap” meets at various locations throughout all five boroughs. These events provide participants with the chance to exchange their unwanted clothing and household items for someone else’s items, leaving both parties with newfound treasures.

Additionally, the Fresh Pantry Project collects unsold produce from 35 of the markets and donates garden-fresh vegetables to feed the hungry at homeless shelters, food pantries, rehab facilities, and New York City’s City Harvest program.

Recently, the organizers, GrowNYC, introduced Greenmarket Co. to channel locally grown farm products via wholesalers to grocery stores and institutional kitchens by providing delivery and brokering services. Corner groceries and GrowNYC’s food access programs benefit from Greenmarket Co. deliveries.

The Wholesale Greenmarket, located since 2009 at the New Fulton Fish Market in Hunts Point, Bronx, offers local and regional farmers the opportunity to sell directly to wholesalers. The market is open to the public and serves smaller scale wholesale buyers such as grocery stores and restaurants.

Visit www.grownyc.org to find out more about Greenmarket’s programs, or to find the farmer’s market location nearest you.

Jenny Torgerson is a head teacher at a private Manhattan preschool, and she is completing her Master’s degree in Early Childhood at Bank Street.



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and making friends, this camp gets kids looking forward to each day of summer! There's sailing, kayaking, and motor boating -- plus swimming lessons and water games at the aquatic center. Even enjoy arts and crafts, soccer, basketball -- and play tennis at the New York Tennis Club just up the road! Located in Throgs Neck, NY on the beautiful, 55-acre Maritime College campus, camp is easy to reach from Manhattan, the Bronx, Queens and Westchester. Transportation is available. Paul Fontana, camp director.

Camp Lee Mar

450 Route 590 Lackawaxen, PA
18435
215 658 1708 or www.leemar.com
or www.guildedtours.com

In 2013 Camp Lee Mar will celebrate it's 61st season as the foremost camp for children with special needs. The founder and director, Ms. Lee Morrone, will celebrate her 61st season; and Ari Segal, owner and executive director, will celebrate his 21st season!

21 seasons working together, an incredible milestone! Lee and Ari's combination of wisdom, experience, and innovations, have made Lee Mar a very unique program, with campers attending from all over the USA and overseas. Campers learn new skills, make friends, and build self esteem, all while having fun! Ari and Lee also bring their personal experiences being parents of children with special needs themselves. Ari also directs

The Guided Tour, Inc., a supervised vacation program for adults (17 & up) with developmental challenges. 2013 marks The Guided Tour's 41st year! Visit our website for more information about our programs.

Central Park Zoo Summer Camp

www.wcs.org/camp

Connect with nature in the heart of bustling New York City! Hands-on activities live animal encounters, keeper interactions, and private exhibit visits are all part of the fun. All campers also get a chance to see a 4-D theater show and make enrichment treats for our animals. The three-week teen internship is one of the highlight experiences of the summer. The zoo offers week long camps for kids ages 2-17 years. This camp sells out very quickly. Visit wcs.org/camp to register.

ESF Summer Camps at Riverdale Country School

5250 Fieldston Road Bronx 10471
718-432-4807 or 1-800-529-CAMP
or www.esfcamps.com/Riverdale

ESF Camps (Education, Sports and Fun) is an award-winning, family-owned and operated camp since 1982. ESF features exciting programs offering over 60 activities, a wide variety of sports and new adventures for boys and girls ages 4 to 15.

Day Camp (ages 4-8) features arts & crafts, swimming, sports, music & drama, world cultures, science, martial arts, fencing, theme days, special events and much more.

Sports Camp (ages 6-14) offers instruction and league games in soccer, basketball, baseball, street hockey, lacrosse, team handball, flag

football and golf with swimming available daily.

Senior Camp (ages 9-15) offers art, swimming, sports, martial arts, fencing and "True Life Adventures" into the worlds of outdoor adventure, drama, digital photography, cooking, breakdancing, music production and more.

Tennis Camp (ages 6-15) designed for beginner, intermediate and advanced players. Morning, afternoon and full day sessions available.

ESF offers 2-8 week options. An optional extended day program is available. Optional bus transportation from New York City and Westchester County.

Fieldston Outdoors Summer Program

Ethical Culture Fieldston School
3901 Fieldston Road Bronx 10471
718-329-7352 or www.ecfs.org/summer.aspx

Fieldston Outdoors, a program of the Ethical Culture Fieldston School, is a six-week co-ed day camp for ages 5-12 that offers a unique focus on nature and the Hudson River, which campers learn about through songs, folklore and crafts. Trips are an integral part of the experience and include hiking the Hudson Highlands, sailing on the Clearwater sloop and canoeing the Piermont Marshes. Overnight camping is optional for 1st through 6th graders. Additionally, a full range of traditional camp activities is offered, including art, physical education, swimming, dance, gardening and music. Three afternoons campers select from an extensive roster that comprises the "choice program." All campers participate in theme days, such as Strawberry

Continued on page 16

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Summer Camp

PROGRAMS

Continued from page 14

Festival and Carnival. Fieldston Outdoors is committed to the philosophy of the Ethical Culture Fieldston School, which emphasizes the unique value and dignity of the individual, encourages the potential growth in every child and values the importance of sharing experiences in a diverse community. The program offers full and per session rates and financial aid is available. Door-to door bus service to and from Manhattan is available for an additional cost. Call camp director David Smelin at the number above for additional information.

Finger Painted Hands Preschool Summer Program

126 West 83rd Street
212 595 5200 or www.fingerpaintedhands.net

Finger Painted Hands Explorers will be traveling through Central Park with explorers bag, maps, canteen, binoculars and Safari hat. This exciting adventure through Central Park will be discovering and learning about nature and even its wild life! This 7 Week program will take the Explorers around the world without ever leaving Manhattan. Week 1: Turtles & Frogs, hidden at the Turtle Pond. Week 2: Birds, Birds, Birds, hidden in the trees and identifying the many beautiful breeds of singing birds. Week 3: Fish & Fishing, Catch and Release Fishing. Week 4: Tree's, how many different trees but no palm trees in Central Park. Week 5: Insects, Bee's and so many Bugs we will find keeping cool under a rock. Week 6: Art in the Park Landscape's of what do I see. Week 7: Wild Life, at the Central Park Zoo. Join us for this exciting adventure!

Gate Hill Day Camp

750 Gate Hill Road, Stony Point,
10980
845-947-3223 or www.GateHillDayCamp.com

Whether it's the 33 acres of magnificent facility or the nurturing philosophy instilled in every staff member, Gate Hill Day Camp is truly a special place for the whole family. Serving campers ages 3-15, Gate Hill offers flexible 4-8 week sessions. Escape the city this summer with door to door transportation from Manhattan, a large heated pool complex, daily swim instruction, a splash park, shady trails, zip lines, a climbing tower, outdoor adventure, creative and

performing arts, athletics, gaga, and much more! Parents are worry free with our constant communication, friendly bus counselor on every bus, and weekly photos. Additional programs in Early Childhood, Explorers: Enrichment & Exploration and Trailblazers: Teen Travel is available. Family tours are available 7 days a week! Call or visit us online for more information.

Ivy Early Learning Academy Summer Program

776 Avenue of the Americas 212 683 5545
1779 Richmond Ave, Staten Island
718 982 0202
61-58 Springfield Blvd., Bayside 718 352 8972
4022 East Tremont Ave, Bronx 718 239 5275
80 West Industry Court, Deer Park 631 667 3507 or www.ivyleagueearlylearning.com

At Ivy League Early Learning Academy we understand that each child is unique and have designed our Summer Program curriculum to cater to each child's way of learning. In addition to the curriculum each of our 5 locations offers a variety enhancement programs throughout the year such as: sign language, Spanish, Mandarin, hooked on phonics, hooked on math, art, physical education, music, and more. We are now enrolling children from 6 weeks - 5 years and will be opening up summer camp registration in the month of April for children up to age 12. Come visit us today so see the Ivy League difference.

Joffrey Ballet School

Founded By Robert Joffrey in 1953
434 Avenue of the America's, 3rd,
4th and 5th Floors
212-254-8520 ext 208 or www.joffreyballetschool.com

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Continued on page 18

GATE HILL DAY CAMP

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GATE HILL DAY CAMP
750 GATE HILL ROAD, STONY POINT, NY
845-947-3223
WWW.GATEHILLDAYCAMP.COM



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6th Ave bet. 26th and 27th
Phone: (212) 683-5545

STATEN ISLAND

1779 Richmond Avenue
Phone: (718) 982-0202

BAYSIDE

61-58 Springfield Blvd.
Phone: (718) 352-8972

BRONX

4022 E. Tremont Avenue
Phone: (718) 239-5275

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2013

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April 18th
Praise and Positive Discipline
ages 2-5

May 9th
Barnard College Cognitive
Development Center
Understanding what your
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5 months-5 years

- FAMILY EVENTS -

May 4th
Spring Potluck Picnic Turtle Pond
July 7th
FPH Running Team "Handprints"
runs the 5K NYC Color Run in
Brooklyn

126 West 83rd Street New York, NY 10024 (entrance @ firehouse side)
TEL 212.595.5200 EMAIL info@fingerpaintedhands.net
WEB www.fingerpaintedhands.net



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Ages
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Ages
6-15

Designed for beginner, intermediate & advanced
players. Morning & afternoon sessions available.

www.esfcamps.com/riverdale

800.529.CAMP (2267)

Summer Camp

PROGRAMS

Continued from page 16

Lighthouse Child Development Center

111 East 59th Street
212-821-9600 or www.lighthouse.org/school

The Ethel and Samuel J. LeFrak School at the Lighthouse Child Development Center is a nurturing, integrated, preschool offering a smart, fun, convenient choice in Midtown for the Summer: Physical education, outdoor play and neighborhood trips. Low teacher-student ratio. Master's degree-level teachers and a multi-lingual staff and highly competitive tuition. Children of all abilities learn together creating a more enriching educational experience. Our curriculum is designed to maximize learning and growth while children enjoy creative and fun activities, make new friends and discover new experiences in a safe and nurturing environment. We currently have openings for Summer and Fall 2013 — Enroll today! For more information, or to make an appointment call 212-821-9608

Mohawk Day Camp

200 Old Tarrytown Rd. White Plains 10603
914-949-2635 or www.campmohawk.com

For more than 80 years, Mohawk has crafted magical, memorable summers for children ages 3-13. A Leadership Training program is available for ages 14-15. Originally a farm, Mohawk's remarkable 40-acre campus retains much of its historic charm with pastures, stone walls and apple orchards. Facilities include: 8 heated pools; outdoor ice skating rink; 8 arts/crafts centers; onsite farm; nature centers; huge ropes course; zip lines; pedal go-kart tracks; human foosball arena; archery and driving ranges; 3 mini golf courses; and 23 fields/courts for every game and sport imaginable! Our exceptional staff, which includes more than 120 teaching professionals and activity specialists, is led by Directors Ken, Barbara & Steve Schainman, leaders in the day camp and education fields for decades. At Mohawk, our goal is to provide each child with a unique opportunity for skill development and personal growth by creating an exciting, fun-filled environment that emphasizes compassion, cooperation, creativity and sportsmanship. For more information, call or visit us online.

New Country Day Camp

646-395-4355 or www.14streety.org
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Voted 'Best Day Camp' in NYC by Nickelodeon's ParentsConnect Fun, healthy outdoor experiences are at the heart of New Country Day Camp, the 14th Street Y's premiere day camp for kids in Kindergarten through 6th grade. Swimming pools, hiking trails and open meadows provide the setting for this idyllic camp on the 75-acre Henry Kaufmann Campgrounds on Staten Island, just 45 minutes from bus pick-up points in Manhattan and Brooklyn. New Country Day Camp is also accredited by the American Camp Association. Activities include instructional swim led by 4x Olympic Gold Medalist Lenny Krayzelburg, free swim, boating, sports, arts and crafts, gymnastics, science and technology, camping, cooking & pioneering, martial arts, and performing arts. Please visit our website for our open house dates. RSVP is required: please email newcountry@14StreetY.org or call 646-395-4357.

New York Sports Academy

New York Institute of Technology
Old Westbury 11568
516-922-1439 or www.nysportsacademy.com

New York Sports Academy is an exciting summer program that introduces many sports to boys and girls ages 4-7. It encourages physical education with daily instruction in swim, golf, lacrosse, tennis, track, soccer, baseball, basketball, hockey, football and more. With Director Bill Timmes at the helm, the Academy offers participants multi-sport instruction in one through six week sessions. Programs are developed to start with a youngster at his or her given ability and progress forward. New York Sports Academy believes that children may be properly taught the meaning of teamwork, cooperation and sharing through small group participation. A structured environment allows children to improve their skills while developing a positive feeling of confidence and a lifelong love of sports. A low coach-to-player ratio ensures individualized attention. Door-to-door transportation is available for Nassau, Suffolk, Queens, and Manhattan, as is hot lunch and daily instructional

Continued on page 20

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New York Baseball Academy

Ages 7-17

Bob Hirschfield, Director

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516.922.7133

www.nybaseballacademy.com



New York Sports Academy

Boys and Girls Ages 4-7

• Multi Sport Instruction •

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Sunday, April 21st 12noon-2pm

516.922.1439

www.nysportsacademy.com



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Summer Camp

PROGRAMS

Continued from page 18

swimming. Call or visit the website for open house dates.

New York Baseball Academy

**New York Institute of Technology, Old Westbury 11568
516-922-7133 or www.nybaseballacademy.com**

New York Baseball Academy's exciting summer program has one of the finest baseball facilities on the East Coast, with Bob Hirschfield as the program's director. Boasting a multitude of batting cages, teaching stations and practice areas in one central location, the program is sure to help your athlete (ages 7-15) become a better player. The Academy was ranked by www.baseballamerica.com as one of the Top 5 Baseball Schools in the Country. The finest professional staff includes experienced coaches as well as guest instructors from the collegiate and professional ranks. Players select from one through six weeks. Players are grouped by age, evaluated by the experienced staff, and regrouped based upon ability level. The program stresses hitting, throwing, fielding, base stealing, speed development and reaction training through the use of practice sessions and games. A coach-to-player ratio of one to six ensures personal attention. Door-to-door transportation is offered in Manhattan, Queens, Nassau and Suffolk. Hot lunch and swim are available. Call or visit our website for details and open house dates.

Oasis in Central Park Summer Program

**95th & Central Park West
718-596-4900 or www.oasischildren.com**

For more than ten years, in association with the Central Park Conservancy, Oasis has provided children with a fantastic opportunity to play and learn in the great outdoors without ever leaving Manhattan. Located on the Upper West Side, Oasis utilizes Central Park's incredible collection of recreational facilities including tennis and basketball courts, softball fields, soccer fields, nature trails, and an incredible Olympic-sized outdoor swimming pool. Oasis also utilizes two indoor facilities, including their new home at The Mandell School on Columbus Ave, with access to classrooms, gymnasiums, an auditorium, and other large meeting spaces. A tra-

ditional day camp in every way, Oasis in Central Park's program includes sports and recreation, visual and performing arts, recreational and Red Cross instructional swim, field trips, and an outdoor education component that includes environmental studies, orienteering and much more. Oasis in Central Park is the perfect opportunity for children to have an active and safe summer while making lifelong friends along the way! Oasis day camp is for kids ages 4-11. For emerging teens ages 12-14 Oasis offers the Teen Travel program which gives emerging teens the opportunity to take unique trips every day. At Oasis, children enroll for a minimum of two consecutive weeks, a maximum of eight weeks, or any combination you choose. Families have the advantage to enroll their children around their summer plans! Oasis in Central Park is open this summer from July 1st to August 23rd.

Oasis Downtown Summer Program

**285 Delancey St. Lower East Side, Manhattan
718-596-4900 or www.oasischildren.com**

Oasis Downtown is located in the heart of Manhattan's Lower East Side New for 2013, Oasis will partner with Kids Creative to offer a wide variety of performing arts instruction and activities! Still a traditional day camp in every way, other activities include sports and recreation, swim lessons, field trips, and special events. Children have fun participating at the annual carnival, in-camp Olympics, talent shows and themed weeks. Oasis campers also engage in a wealth of enriching activities such as cooking, martial arts, and creative writing. Oasis provides children with all the tools to be active, safe, and develop lifelong friendships this summer! Oasis utilizes East River Park for plenty of outside summer fun. Oasis Downtown is for kids ages 4-12 and is open this summer July 1st through August 23rd. At Oasis, children enroll for a minimum of two consecutive weeks, a maximum of eight weeks, or any combination you choose. Families have the advantage to enroll their children around their summer plans!

Summer At St. Bart's

**325 PARK AVENUE (at 51st Street)
212-378-0203 or www.stbarts.org/summer-camp**

"EVERYBODY NEEDS A PLACE"

At Summer at St. Bart's, campers

Summer Camp

PROGRAMS

ages 3-13 have week after week of fun! Each day includes swimming, sports, music, arts and crafts, a roof-top playground, dance and movement, and more! Our day camp is perfect for ages 3-6. Island Sports or Adventure Camp is great for campers ages 7-13 and includes fun-filled trips around the city. All options include SWIMMING EVERY DAY! For families with working parents, early drop-off and after camp options are available. To receive more information or schedule a tour, please call or visit our website.

Tabor Academy Summer Program

66 Spring Street, Marion, MA 02738
508-291-8342 or www.taboracademy.org/summer

Established in 1917, the Tabor Summer Program allows young people, 6-17 the opportunity to develop their full potential as individuals. Under the guidance of highly qualified and energetic counselors, coaches, and teachers, the program encourages young people to have fun and take pride in their personal achievement in our optional enrichment courses, on the playing fields, and on the waterfront. Tabor provides a variety of engaging and enjoyable activities in a beautiful waterfront setting located in Marion, MA just minutes from Cape Cod. Day, Residential, and Counselor in Training programs are available.

Watch Me Grow Summer Camp

162 West 72nd street
361 East 19th street
212-721-5220 or www.WatchMeGrowNYC.com

Have a preschooler who loves to play but needs help making friends? Watch Me Grow's Sensory Summer Camp helps children of all developmental levels form life-long friendships and memories! Led by a licensed Occupational Therapist, the six-week program emphasizes socialization, language and motor-skill development through indoor and outdoor activities that encourage thinking, laughing and learning. Campers are assigned to groups based on their developmental-level. Within Watch Me Grow's 4,000 square-foot sensory gym in Gramercy, NYC, experienced staff provide a warm, nurturing environment where individualized care is provided to each child. Camp runs

Mon-Fri 9am-12pm with extended hours available. For more information visit our website or call us.

Winston Preparatory School Summer Program

126 West 17th Street
646-638-2705, ext. 688 or www.winstonprep.edu

The Summer Enrichment Program at Winston Preparatory School provides students with the unique opportunity to participate in an individually designed program to enhance academic skills and performance. Students in grades 4-12 attend four academic classes each day as well as art, music, and gym classes from 9:00 am to 1:30 pm, from June 28-July 26. Students are grouped by learning style and skill level in classes no larger than eight individuals in order to facilitate greater learning and maximize individualized instruction. The program develops decoding and encoding, reading comprehension, critical-thinking skills, memory retrieval, organizational skills, written language expression, self-advocacy, mathematical computation, time-management skills, test preparation, and expressive language skills within a nurturing, academic environment. From 2:00-3:30 pm, students may also enroll in optional one-on-one classes to target specific skill development and/or engage in after-school activities such as digital photography, art, acting, cross-training, music, zumba, and computing basics. Students may also enroll in one-on-one sessions from August 5-23. Students from private, public, and parochial schools from New York City and abroad participate in the program. Scholarships are available. For further information, brochures, or applications, please call or e-mail.

Young People's Day Camp

914-792-6555 or 800-DAYCAMP or www.yfdc.com

Young People's Day Camp has been "creating childhood memories" for boys and girls ages 5-14, since 1973. Accredited by the American Camping Association, YPDC offers free transportation, swimming instruction, sports, activities, arts & crafts, miniature golf, music, drama, dance and weekly field trips. Parents can choose from two-eight week sessions at a most affordable fee. Ask about our next open house.

FIELDSTON OUTDOORS

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SESSION 1: July 1-July 19

SESSION 2: July 22-August 9

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Also offering a full range of traditional camp activities with an elective format. Activities include cooking, physical education, swimming, yoga, gardening and music.

Full/per session rates and financial aid are available. Door to door bus service to and from Manhattan is available for an additional cost.

FOR FURTHER INFO, PLEASE CONTACT:

DAVID SMELIN, DIRECTOR
718-329-7352
FIELDSTONOUTDOORS@ECFS.ORG

FIELDSTON OUTDOORS

ETHICAL CULTURE FIELDSTON SCHOOL
3901 FIELDSTON ROAD, BRONX, NY 10471-3997



Gifts of giving

A charity birthday party can be fun — and do good

BY DENISE MORRISON
YEARIAN

At a time when parents are pulling out all the stops for their children's birthday parties, some families are hosting hooplas to give gifts away. Children's charity birthday parties is an emerging concept that encourages youngsters to think and act altruistically. And for some families, the idea is being embraced with open arms.

When Tracy Crowley and Ingrid Yerger's two 10-year-old sons and fellow schoolmates Cayden and Bo wanted to share their shindig, their mothers suggested they have a Hawaiian-themed party with a focus on presence, not presents.

"We both knew what the boys really wanted was to have fun with their friends, and they didn't need any more toys. So we suggested they have a party and donate their gifts to the children's hospital," says Cayden's mother, Tracy. "It went with the whole party theme — kids giving kids presents — and would involve sharing with those less fortunate. We threw the idea out to the boys but said, 'It's up to you.' They thought it was a great idea."

For the Morris family, benevolent birthdays are becoming a beloved tradition. When their oldest son Jake turned 7 last year, he had a baseball-themed blow out and asked attendees to donate children's essentials to a local nonprofit organization. His younger brother Cole latched onto the idea.

"During that time Jake explained to Cole why he chose to do this, and Cole said he wanted to have a charitable party, too. So when his birthday rolled around we rehashed the idea to make sure he was still up for it then decided on a tie-dye T-shirt

party," says Elisa of her now 8- and 4-year olds.

In keeping with the T-shirt theme, Morris contacted a charitable organization Cole was familiar with to okay the idea of donating shirts, and then sent out invitations asking that instead of gift, guests bring a T-shirt for a needy child.

Cole's celebration was a full-blown festivity, with 30 pint-sized partakers and a variety of art and

craft stations, including tie-dyeing T-shirts, clay sculpting, and wooden toy painting. Cayden and Bo's bash was bountiful, too, with swimming, an inflatable moon bounce, a water ice truck, and 50 children who donated a deluge of dolls, art activities, building blocks, and books.

"After the party the boys sorted the presents by gender, then they each chose one gift they wanted. The rest were bagged and taken to



Hosting a charitable birthday party

Thinking of hosting a charitable birthday party? Consider this:

• **Proceed with permission.** Before your child's birthday, ask if he would like to have a charitable party. Move ahead with party plans only if he is in total agreement, then keep him central to all aspects of the planning and celebration.

• **Explore the options.** There are several ways to host a charitable party. Ask guests to participate in the charitable giving process, either by monetary means or by donating a specific type of gift; create a charitable project at the party to be donated, such as stuffing teddy bears; or opt out of party frills and make a personal contribution.

• **Choose a charity.** Talk with your child about the kind of non-profit organization he would like to work with. Find an institution that taps into his interests — animals, art, literature, etc. Or adopt an underprivileged family with children the same age as your child.

• **Contact and confirm.** Contact the organization and ask what type of donation (monetary or other) is needed.

• **Invite and inform.** If you choose to have guests participate in the gift-giving process, include a note with the invitation explaining your effort. If specific items are needed, make suggestions.

• **Go the extra mile.** Create a party theme with activities your child will enjoy. Focus on friendships and having fun.

• **Deliver the goods.** Once the party is over, include your child in the final gift-giving transaction. Take his picture with the donated items and have him go along to deliver them. If you are giving to a specific family, encourage your child to write a note letting the recipient know he was glad to help.

• **Offer accolades.** Give your child praise for sharing his birthday.

• **Live it out.** Set an ongoing example by integrating giving into your family's lifestyle throughout the year.

Top
Tips

the hospital," says Crowley. "That's when it really hit home. A hospital representative met us at the front door, shook Cayden and Bo's hands, and thanked them profusely. Although we couldn't give the presents directly to the patients, she talked with the boys about how their giving would help and took them on a tour of the facility."

Cole experienced an outpouring of offerings, too.

"We got tons of shirts — stacks! People brought outfits, too!" says Morris. "After the party we went to the agency and together handed the shirts over. The representative thanked him, took his picture to include in an upcoming newsletter and said, 'Maybe when other people see your photo they'll want to have parties like yours.' I looked at Cole and his face was beaming. That's when I knew he got it. He really got it!"

Both parents agree the no-gift notion didn't detract from the cel-

ebrations. It broadened their children's community awareness and stirred up a sense of gratitude.

"I think the whole event benefited Cole in that he enjoyed being with the people he loves, doing what he loves — which is arts and crafts — and that's what's really important," says Morris. "He also learned an important lesson about giving, and developed a greater appreciation for others' needs. And he had a great time in the process."

The event left an indelible impression on Cayden, too.

"He learned that he's fortunate to have family and friends who love him, good health, and a comfortable lifestyle," says Crowley. "And that helping others is our responsibility, and with a little creativity it can be a fun and rewarding experience."

Denise Morrison Yearian is the former editor of two parenting magazines, is the mother of three children, and has one grandchild.

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Red flags in child development

BY DANA J. CONNELLY

Children develop at different rates, with skills emerging at advanced rates, normal rates, or below age expectation. Often, parents gage a child's progress by comparing him to other children his age or reflecting on how older siblings developed. De-

velopmental delays can go unrecognized and untreated until a child experiences initial exposure to a structured group play environment, such as mommy and me classes, day care centers, baby gym centers, and pre-school programs.

During a routine check-up, your child's pediatrician will do a general developmental overview, asking you about what milestones your child is achieving, but this is usually a brief question-and-answer between parent and physician. Typically, your doctor has an overflowing schedule that hinders her ability to thoroughly address your child's progress through each of the five developmental domains (Cognition, Communication, Socialization, Motor Skills, Adaptive Behavior skills). As the parent, you are the constant observer and the best advocate for your child.

From the moment your child is born, his progression through each of the five developmental domains begins. One might ask, but how can an infant communicate? What motor skills would one expect for a child who can't even walk yet? Assessment tools, such as the Developmental Assessment of Young Children, are used for children from birth to age 5, with other versions addressing the milestones of older children. Developmental milestones focus on what a child can do by a certain age. Red flags can warn parents and caregivers of potential delays and disabilities. So, let's test your knowledge on

what is typical or atypical in child development.

•At what age do children typically put two words together?

Answer: 18 to 24 months

•What is the average attention span for a 3 year old?

Answer: About five minutes

•At what age should children be able to pronounce most speech sounds correctly?

Answer: 5 years old

•What is the average age that a child walks?

Answer: 12 to 18 months

•At what age does a child typically identify primary colors (red, blue, yellow)?

Answer: About 3 years old

What are some red flags we should be aware of during infancy, toddlerhood, and childhood?

By 7 months of age

•Seems physically stiff or floppy like a rag doll.

•Does not roll over in either direction.

•Has difficulty sitting up when assisted or holding head up while sitting.

•Does not bear weight on legs when helped to a standing position.

•When reaching, only uses one hand, or doesn't reach at all, or has trouble bringing objects to mouth.

•Does not respond to sounds or his name.

•Does not make laughing, babbling, or squealing sounds.

By 12 months of age

•Does not crawl, or drags one side of the body while crawling.

•Cannot stand while supported.

•Does not point to objects or pictures.

•Says no single words.



As the parent, you are the constant observer and the best advocate for your child.

- Does not use other gestures, such as waving or shaking head “no.”

Eighteen to 24 months

- Does not walk by 18 months, or walks only on his toes.
- Does not speak at least 15 words, and begins to use two word phrases (“Want cookie,” “Give me,” “Mommy up!”)
- Does not use common objects as designed (telephone, hairbrush, utensils, etc.)
- Does not imitate actions or words, or does not follow simple instructions.
- Cannot push a wheeled toy or carry a mid-sized toy while walking.

Three years

- Losses his balance frequently.
- Has difficulty running or stopping when running, needing to crash into furniture, a person, a wall, a door, or falling to the floor.
- Has a hard time going up and down the stairs while alternating feet.
- Cannot build a block tower with four blocks, doesn’t scribble or manipulate a small object.
- Unable to communicate in short phrases or understand instructions.
- Not interested in pretend play.
- Has extreme difficulty separating from parent.

Four years

- Cannot throw a ball, jump in place, jump down from a step, ride a tricycle with feet on the pedals, hold a crayon appropriately, or stack more than four blocks.
- Does not interact with children outside of the family, and tends to play on his own.
- Does not use more than three-word sentences to communicate wants and needs, and does not ask what, where, why, when, who, or how questions.
- Resists dressing tasks, toileting tasks, feeding himself, or sleeping well through the night in his own bed.

- Lashes out (hitting, kicking, screaming, spitting, damaging items) when upset, gets easily frustrated, and takes longer than three minutes to calm.

Five years

- Extremely fearful, timid, or aggressive.
- Continued difficulty in separating from parent.
- Shows little interest in the activities of other children and doesn’t engage in imaginary play.
- Does not respond to other people when they attempt to interact with him.
- Cannot follow a two-part command, such as “Please pick it up and put it in the garbage.”
- Unable to concentrate on a single activity for more than five minutes.
- Often seems sad or passive with a limited range of emotions.
- Doesn’t use plurals, unable to respond to questions about first and last name, or is unable to talk about experiences.
- Cannot build an eight-block tower, hold a crayon and draw a circle, undress (unfastening zippers and snaps), brush teeth, or wash and dry hands independently.

Keep in mind that these red flags are guidelines and are not intended to diagnose any disorder or disability, but should serve to cue parents and caregivers to have their child evaluated. Numerous research studies have concluded that developmental issues addressed as early as possible yield the most benefits.

According to the results of The Abecedarian Program headed by Dr. Craig Ramey, the earlier a problem is addressed, the more likely the child will make great improvement. As a child ages, the rate of improvement tends to slow down. Be aware of any loss of skills. Note any recent changes to your child’s life (new sibling, divorce, moving, etc.) and share that information with the professionals involved in your child’s care. The evaluation process can only be authorized by a primary care giver with the process costing you nothing but your time, and patience.

Dana J. Connelly holds dual master’s degrees in education and special education, and works as an educational evaluator for a New York-based agency. She specializes in applied behavior analysis, and is the proud single mother of a 5-year-old boy.

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HEALTHY LIVING

DANIELLE SULLIVAN

Connection between migraines and food

Thirty-five-year-old mom-of-two, Sandra Mulcahey, remembers her first migraine well. She was a 19-year-old college freshman.

“I woke up with this mild throbbing over my left eye, but figured it would go away. So, I got up and went to class, but by lunchtime, I just couldn’t take the pain anymore,” explains Mulcahey. Since college, she has had regular migraine headaches.

In “The Woman’s Guide to Managing Migraine,” Dr. Susan Hutchinson, a headache specialist who suffers from migraines herself, estimates that nearly 30 million Americans suffer from regular migraine headaches, and of those, 22 million are women. Furthermore, these “often debilitating attacks that can leave the sufferer bedridden and that, in many cases, can undermine both one’s career and even one’s marriage.”

Like many women, Mulcahey’s migraines are sometimes triggered by the surge of hormones during her menstrual period or a particularly stressful situation. However, over the years, Mulcahey learned that, often, it can be something as simple as food or sleep that bring on a migraine.

“Over the years, I began to notice that if I skipped a meal, I would get that nagging feeling that a migraine is coming on. It would start with that dull feeling on one side of my temple, and I knew it would get

worse,” says Mulcahey. “If I can eat something quickly, I might be able to fend it off, but not always. Sometimes, even a coffee on an empty stomach will bring them on.”

Dr. Michael Wald of Integrated Medicine of Mount Kisco says that while not every migraine sufferer will have food triggers, many do.

“Food triggers vary among migraine sufferers. Many people with migraines do not seem to have food triggers, while in others, it is very clear that various foods trigger this neuro-vascular, inflammatory condition.”

What foods trigger migraines?

Foods that trigger migraines vary among individuals, but some types of food are thought to be typical triggers, like chocolate.

“Common food [triggers] are thought to be various cheeses including Brie, Stilton, Ementaler, cheddar, and Camembert. Sour cream and peanut butter, citrus fruits (including oranges and lemons), and coca are commonly reported to trigger the onset of migraines.”

Surprisingly, one widely consumed food that proves a trigger for many is gluten. But, as Dr. Wald points out, “virtually any food may precipitate a migraine. Commonly eaten foods often trigger migraines. (That’s right — not foods eaten occasionally.) Repeat exposure to sensitizing foods seem to trigger the autonomic and gastro-neuro-hormonal migraine response.”

How does food cause migraines?

It might seem strange that eating a food you enjoy and eat sometimes — or often — can bring on debilitating pain. Dr. Wald explains how this physically occurs.

“Migraines involve a hypersensitive autonomic nervous system response; this means that the nervous system is hypersensitive to insults like foods and various other potential stressors, causing the blood vessels in the brain and those that go directly to cranial nerves, to dilate. The nerves envelop the blood vessels, so that when the blood vessels dilate (get larger), they stretch the nerves and this causes many of the various symptoms associated with migraines including the prodrome (feeling ‘off’); dizziness; nausea; feeling cold; dry mouth; shaky; light-headed; head, neck and eye pain.”

Migraine prevention

The first step in preventing the dreaded migraine is to identify your own personal triggers, food or otherwise. Dr. Wald says they include poor sleep habits, stress, dehydration, poor diet, flickering lights, extremes in temperatures, and strong perfumes. Refined sugar and processed sugars are thought to trigger and worsen headaches, as does magnesium deficiency and hormonal imbalance, so seeing your doctor is vital in helping stave off regular migraine headaches.

Danielle Sullivan, a mom of three, has worked as a writer and editor in the parenting world for more than 10 years. Sullivan also writes about pets and parenting for Disney’s Babble.com. Find her on Facebook and Twitter @DanniSull-Writer, or on her blog, Just Write Mom.



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Sibling wars!

Fallout from sibling fights can be depressing

BY KIKI BOCHI

There's more at stake when siblings bicker than your own sanity.

As it turns out, fights about even simple things, like whose turn it is to empty the dishwasher, aren't harmless. Such squabbling can affect your child's long-term mental health.

A longitudinal study recently published in the journal *Child Development* revealed that siblings who fight are more likely to suffer

from depression, poor self-esteem, and anxiety.

The study found that not all sibling fights are alike. Although brothers and sisters argue about a lot of different things, many of their fights can be categorized as being about equality and fairness, such as whose turn it is to clear the table, walk the dog, or take out the trash.

The study, which followed participants for a year, found that teens who fought with their siblings over issues of fairness

were more likely to be depressed a year later.

A second category of fights often involves the invasion of personal space — for example, privacy or borrowing clothes without asking.

Kids who fought about personal space issues were more anxious and had lower self-esteem a year later, the study found.

"Our findings may help parents, psychologists, and others who work with and support teens to understand that all sibling conflicts are not created equally,"

Nicole Campione-Barr, assistant professor of psychology at the University of Missouri, said in a statement when the study was released.

A certain amount of bickering is normal.

"As much as arguments between siblings can be frustrating and concerning to their parents, they aren't always a bad thing. In fact, these arguments can oftentimes be the way children learn about relationship building, the resolution of conflict, and the power of empathy and love," says Roni Leiderman, PhD, the dean of the Mailman Segal Institute for Human Development at Nova Southeastern University.



How to reduce those sibling squabbles

There are some things you can do to reduce everyday fighting. Here are some ideas from KidsHealth.org and other experts:

- Set ground rules for acceptable behavior, such as no cursing, no name-calling, no hitting, no yelling, or no door slamming. This teaches kids that they're responsible for their own actions, regardless of the situation or how provoked they felt. It also discourages any attempts to negotiate regarding who was "right" or "wrong."

- Be proactive in giving your kids one-on-one attention directed to their interests and needs. Don't let kids make you think that everything always has to be "fair" and "equal" — sometimes one kid needs more than the other.

- Make sure kids have their own space and time to do their own thing, including the chance to play with friends without a sibling tagging along, or to enjoy activi-

ties without having to share 50-50.

- Have fun together as a family. Since parental attention is something many kids fight over, fun family activities can help reduce conflict.

- Recognize when kids just need time apart from each other and the family dynamics. Try arranging separate play dates or activities for each kid occasionally.

- Refrain from stepping in as much as possible. Instead, guide your children to resolve their own issues.

"Letting your children know you have faith in their decision-making skills empowers them to handle challenging situations," Leiderman says.

- Take a look at how you resolve your own issues with your spouse, friends, and siblings, Leiderman says.

"Modeling good relationship skills and examining family dynamics are important steps towards creating a harmonious home environment."



Often, kids also fight to get a parent's attention. It is smartest not to get involved in those arguments, forcing children to work things out on their own.

"It is tempting to play referee, yet unless there are intense or physical aggressive acts occurring, it is most helpful to allow your children to work out their differences without constant interference," Leiderman says. "When we step in, we often look for the 'aggressor' — the infamous question being, 'Who started it?' In reality, it is typically not a black-and-white situation."

Most brothers and sisters experience some degree of jealousy or competition, which can lead to squabbling.

But there may be other factors at work in how well your children get along, including your child's evolving developmental needs, his individual temperaments, and

your unwitting contributions to the situation.

In some cases, the fighting is so frequent and intense that it disrupts the family's functioning or affects kids emotionally or psychologically. In those cases, it's wise to get help from a mental health professional.

Although parents may wish to tune all that arguing out, it might behoove them to pay at least a bit of attention to assess what is at the root of the problem. Reducing the strife may be accomplished by taking simple steps — such as giving kids more privacy or establishing structure about things like chores and the use of television, computer, and video games.

KiKi Bochi, an award-winning journalist, reads hundreds of reports monthly to bring readers the latest insights on family health and child development.

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Preventing kids' sports injuries

Beware the growing trend of repetitive-use injuries in children

BY KIKI BOCHI

Baseball shoulder, tennis elbow, gymnast wrist, runner's knee. These are just a few of the labels sports medicine specialists use to describe the increasing number of repetitive-use injuries they see in budding athletes.

The growing trend of children being injured in sports at a younger and younger age has doctors worried.

With National Youth Sports Safety Month falling in April, sports medicine experts would like to remind parents that fractures, sprains, and concussions are not the only traumas they need to

watch out for.

Unlike acute injuries, overuse injuries can be prevented.

"Young athletes want to be the best they can be, and they believe intense training and competition can help them achieve their goals. Sometimes, however, this approach can have the opposite effect," Dr. Frederick Azar said in a statement by the American Academy of Orthopaedic Surgeons. "Frequent and repeated duplication of the same movement — whether in swimming, pitching, tumbling, jumping, or serving — can produce an overuse injury that may jeopardize a child or teenager's sports career."

The trend is fueled by a combination of factors, including more

children specializing in one sport at a younger age, growing competitive pressures, rigorous training regimens, resuming practice before an injury has healed completely, and improper injury prevention.

Dr. Amy Valasek, a pediatric sports medicine expert at Johns Hopkins Children's Center in Baltimore, Md., said she sees an average of 100 children per month with sports injuries and at least half of them are caused by repetitive use.

While prevention is the best treatment, once an injury occurs, rest is critical. Convincing kids of that is tough, however, because of the pressure to forge ahead and play through the pain.

"It's important to remember that the main reason to engage children in sports is not to turn them into professional athletes, but to condition the whole body in a healthy way and instill a sense of discipline, responsibility, and teamwork," Valasek said in a statement. "If the current trend continues, in 30 years, we'll have a crop of adults with serious chronic injuries that require surgery and aggressive treatment."

The STOP Sports Injuries campaign and other experts offers these tips to parents, coaches and young athletes to help prevent injuries:

- Schedule a pre-participation physical to determine any pre-existing conditions or injuries.
- Encourage your child to properly warm up and cool down before and after an activity.
- Obtain instruction on proper training and technique.
- Develop skills that are age-appropriate and increase training gradually.
- Vary activities. Research has shown that specializing in one sport at an early age can actually be detrimental to skill development.
- Encourage your child to rest and take a break, and to speak up if he is in pain or thinks he is hurt.

Kiki Bochi, an award-winning journalist, reads hundreds of reports monthly to bring readers the latest insights on family health and child development.





GOOD SENSE EATING

CHRISTINE M. PALUMBO, RD

The insatiable child

Some children seem to be born hungrier than their siblings. These tykes have a larger appetite and take longer to be satisfied. But it's not easy to know if they're born that way, or have learned to eat more from their environmental cues and upbringing.

"We do know that children are hungrier when they are in a growth spurt," explains child nutrition expert Jill Castle, co-author of the upcoming book "Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School."

"Some children seem to naturally have larger appetites, due to a bigger frame or stature, which requires more calories, or their simple love of food and eating," she says.

A big appetite can be seen early on in babies and young toddlers. This does not mean these children are destined to struggle with their weight.

Eating in the absence of hunger peaks between the ages of 5 to 9.

"If children ask for more food shortly after a meal or a snack, they may be demonstrating boredom or habit-eating, rather than true hunger," says Castle, adding eating in the absence of hunger is associated with excess weight gain.

On the other hand, if meals or snacks are not nutritious and satisfying, or are erratic, little ones may seek additional food.

"Parents can dig a little deeper



and discuss why their child wants more to eat — maybe the child skipped lunch and is truly hungry, attempting to make up the shortages of the day. Or, maybe the meal was the child's favorite and they just want to enjoy more," says Castle.

But Mom, I'm hungry!

- Don't restrict the amount your child eats. This can ultimately backfire and result in a child who overeats at parties, school, or friends' homes. Weight and body image issues may emerge down the line.

- Brush up on age-related portion sizes and model those at mealtimes. "These normal portions can serve

as a starting point at meals, with seconds allowed if the child is still hungry," says Castle.

- Work on recognizing hunger and fullness signs with the child, and make sure eating is for hunger most of the time.

- Ensure nutritious food is offered on a regular schedule. Set boundaries around when eating happens.

- Serve plenty of fruits and vegetables to round out any meal. Regulate sweets, but don't eliminate them.

Christine Palumbo, RD, is based in Naperville, Ill. and is on the faculty of Benedictine University. Contact her at Chris@ChristinePalumbo.com, Facebook at [Christine Palumbo Nutrition](#) or on Twitter @PalumboRD.



Fudgy black-bean brownies

These flourless, fudgy brownies are gluten-free.

Makes 16 servings

INGREDIENTS:

One 15-ounce can black beans, drained and rinsed very well
 3 large eggs
 3 tablespoons canola oil
 3/4 cup granulated sugar
 1/2 cup unsweetened cocoa powder
 1 teaspoon vanilla extract
 1/2 teaspoon peppermint extract, optional

1/2 teaspoon baking powder

Pinch salt

1/2 cup mini semi-sweet chocolate chips, divided

DIRECTIONS: Preheat the oven to 350°F. Lightly oil or coat an 8 x 8-inch baking pan or dish with nonstick cooking spray and set aside. Place the black beans in the bowl of a food processor and process until smooth and creamy. Add the eggs, oil, sugar, cocoa powder, vanilla extract, peppermint extract as desired, baking powder, and salt and process until smooth. Add 1/4 cup of the chips and pulse a few times until the chips are

incorporated. Pour the batter into the prepared pan, smooth the top with a rubber spatula, and sprinkle with the remaining 1/4 cup chocolate chips. Bake 30 to 35 minutes, or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean. Cool in the pan before slicing into two-inch squares.

NUTRITION FACTS: 120 calories, 5g fat (1.5g saturated, 0.3g omega-3), 95mg sodium, 18g carbohydrate, 2g fiber, 3g protein

Used with permission from "No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms" by Liz Weiss, MS, RD and Janice Newell Bissex, MS, RD.

Educating the public about bipolar disorder

There are organizations that offer guidance about the diagnosis of the disorder

BY ALLISON PLITT

Doctors began diagnosing children and adolescents with bipolar disorder in the mid-1990s. This stemmed from controversial studies done by doctors at Massachusetts General Hospital, Harvard Medical School's primary teaching hospital. At the hospital were psychiatric clinics in which doctors were observing children diagnosed with attention deficit hyperactivity disorder, whose conditions were not improving by taking stimulants, psychoactive drugs that improve concentration and focus for sufferers of the disorder. Support and information for parents of children diagnosed with bipolar disorder was limited at that time. Today, there are several organizations working with medical professionals to help families understand the diagnosis.

According to "The Diagnostic and Statistical Manual of Mental Disorders," a book professional psychiatrists use to diagnose and treat mental illnesses, bipolar disorder is a psychiatric condition in which people experience intense mood swings. When adults are diagnosed with bipolar disorder, also known as "manic depression," they experience energetic, excitable moods followed by lethargic, depressive episodes. The length of time for each mood period should last at least a week.

One of the doctors at Massachusetts General Hospital, Dr. Janet Wozniak, said that these children were bipolar because they experienced mood episodes many times in one day, and that their uncontrollable outbursts of anger, such as violent hitting and kicking, were even more severe than a kid having a temper tantrum. In her book, "Is Your Child Bipolar?," she describes a bipolar child as having a "five pointed star" of mood changes — irritability, rage, depression, euphoria, and then

behaving as a "typical" kid.

"Mania is characterized by dramatic moods of irritability and euphoria. The children (and many adults) are often 'labile' in their mood and can change minute to minute. Most parents I see describe (their children as having) what they call 'rapid cycles' of changes throughout the day; flipping from rage, to lower

PART TWO of a series

level irritability, to sadness and to euphoria (goofy, giddy, silly, high, energized). Parents see all points of the star for varying degrees, cycling in complicated ways from day to day, week to week, month to month, season to season," she wrote.

Wozniak is a member of the Scientific Advisory Council at The Balanced Mind Foundation, an organization that was formed in 1999 by a group of parents who had found each other on the internet because so few resources existed at the time for parents of these children. Based in a suburb of Chicago, the organization's services are available to anyone with internet access at www.thebalancedmind.org.

The website contains a wealth of information concerning bipolar disorder: a library, research studies, a bookstore, and an education corner. Since the people on the organization's Scientific Advisory Council represent leading researchers in the field for childhood mood disorders, the information provided on the website is constantly being updated as soon as new findings about bipolar disorder are published.

The Balanced Mind Foundation also has online forums, blogs, and support groups. It has a feature called "Find a Professional Resource," where anyone can look for

a physician, psychologist, legal service, or other facility within a five-mile radius of the city in which they live within the United States.

"We originally started out our mission to address bipolar disorder and then a year ago we expanded our mission to include all mood disorders. Mood disorders are the grouping of either bipolar disorder or depression," said Susan Resko, executive director at the Balanced Mind Foundation.

Since its formation in 1999, the organization has experienced a drastic growth in its membership.

"We do not treat children here, so we are not aware of diagnosis rates, but I can tell you that the number of families who have come to our organization has just exploded. We have over 500,000 unique visitors who come to our website every year," Resko recounted. "There are 40,000 families on our mailing list and over 5,000 families that participate in one of our support programs. From that perspective, it's been a tremendous increase."

Another organization with a more global slant to its mission is the International Bipolar Foundation, which is based in San Diego and can be found at www.internationalbipolarfoundation.org.

"We are present in 25 countries at this point, and all of our services and programs are free and all of them are globally accessible, so if we hold an event or lecture here in San Diego, we videotape the lecture and then we upload it to the website," Muffy Walker, president of the International Bipolar Foundation, explained.

It has a global outreach and referral service for anyone looking for a doctor, advocate, or lawyer to help with Social Security disability. The Foundation also has a buddy program in which the organization will take someone new to the diagnosis of bipolar disorder and connect him with



someone who is more experienced with the illness. Besides holding programs for sufferers of the disorder, the organization also has resources for families and caregivers.

Its Scientific Advisory Board consists of the country's leading scientists and psychiatrists. It also has a Consumer Advisory Board made up of people diagnosed with bipolar disorder who make recommendations to the Foundation about what programs are in need and worthy of the its funding. The Foundation has given more than \$250,000 to support mood disorder research

The Foundation just published a book called "Healthy Living with

Bipolar Disorder," which is free to anyone in the world. An interesting aspect about the book is that it discusses how the illness is treated in other countries such as Peru, Kenya, Canada, the U.K. and Australia. The book is organized into a three-ring binder, so when data becomes outdated, the consumer takes the pages out of the binder and adds new pages with the updated information.

Currently, there is controversy in the U.S. about over-diagnosing children as being bipolar. Ever since Wozniak's initial diagnosis in 1995, there has been a 4,000 percent increase in the number of children and adolescents diagnosed with bi-

polar disorder, according to a study published in the Archives of General Psychiatry, which measured national trends in outpatient visits that resulted in a diagnosis of bipolar disorder.

There is no denying, however, that there are children who suffer from severe psychiatric illnesses and are in need of professional treatment. As parents recount their own experiences of caring daily for their children who have been diagnosed with bipolar disorder, their stories are harrowing.

One mother from Kentucky recounted raising her son who as a child "would not sleep for days, and

then suddenly he would sleep all the time. He would be happy one minute, and in tears or tearing up things and biting me the next minute." She says he also got into a lot of trouble at school by arguing and fighting with other people.

The family took the boy to see different doctors until finally one psychiatrist labeled the boy as having attention deficit hyperactivity disorder, bipolar disorder, and oppositional defiant disorder.

"You never feel comfortable with your child being diagnosed with (bipolar disorder), but you do feel relieved, because once diagnosed, then maybe he will get the appropriate medications," the mother remarked.

From the age of 4 until his present age of 16, her son "has been placed on many medication cocktails," says his mother. Although he does suffer some side effects, the medications have been able to alleviate some of his symptoms.

"On certain medications, he has shown much improvement in controlling the mood swings," the mother recounted. "I am very thankful that at least he can get some relief and live a better quality of life through use of the medications."

Another mother from Chicago talked about her 8-year-old son with a very high IQ, who also suffers from sensory processing disorder, a neurological disorder in which a person has difficulties absorbing and processing sensory information from his environment. He has been on at least 10 different psychotropic medications and was also identified as having severe mood dysregulation. His family ultimately traveled to another state to see a well-known psychiatrist who diagnosed the boy as being bipolar, which the family felt relieved to hear.

With numerous resources at her disposal for caring for her son, the boy's mother feels hopeful about his future.

"He has a ton of family support and thankfully we've had the ability to get him the help that he needs," she reflected. "And he is very smart himself, so I think he has a good a chance as anyone, given the hand he was dealt with."

Allison Plitt is a freelance writer who lives in Queens with her husband and daughter. She is a frequent contributor to NY Parenting Media.



Periods

Normal vs. not

Helping your daughter cope with her transition into adulthood

BY JAMIE LOBER

When it comes to periods, it is important to talk to your daughter about what to expect. You never know what information is floating around the hallways at school, or what peers may be sharing that may or may not be true.

When your daughter knows what is normal and feels prepared, she is likely to feel more comfortable with

her own body as she goes through these inevitable changes.

Be aware that every girl's experience is unique.

"Girls typically get their period around age 12 or 13, but it can be completely normal for them to get it earlier, depending on their pubertal stage, or can even be perfectly normal to get at 14 or 15," said Dr. Gabrielle Gold-von Simson, assistant professor of pediatrics at New York University

Langone Medical Center.

Your daughter's cycle may start out unpredictable, but, over time, it will become more predictable.

"Physiologically, the menstrual cycle is usually about 28 days, but can be as short as 14 and be normal, and as long as six weeks and also be normal," said Gold-von Simson.

When girls get their period, they need to understand what is happening.

"The body is undergoing changes, the voice is changing, attitudes are changing, complexion is changing, and it is a time for parents to talk to their kid honestly about her body, how babies are made, and about safe sex."

"They should know that it is a completely normal process and that they are likely to achieve or be going through their growth spurt at that time," said Gold-von Simson. It can be a nerve-racking time for some. "The body is undergoing changes, the voice is changing, attitudes are changing, complexion is changing, and it is a time for parents to talk to their kid honestly about her body, how babies are made, and about safe sex."

Some girls are more accepting of the transition into adulthood than others.

"It is interesting that girls perceive their first menstrual period differently, such that it can cause some to be proud, others to be scared, others to be confused, and others to be basically unfazed," she said. Most come into the situation with some knowledge under their belt. "They should have some sort of understanding, because there is health education in the schools starting prior to fourth grade, where they learn about the body."

The conversation should be a chance for your daughter to sort out any misinformation she has gotten before, and to ask any questions she may have.

"It is important for girls to understand that they can get pregnant and come down with venereal diseases, if they do not take proper precautions," said Gold-von Simson.

Explain that girls should be accountable for their bodies.

"They should understand how many days the period lasts and be keeping track in terms of whether they get it at the beginning, middle, or end of the month," said Gold-von Simson.

When a girl gets her period it means that the body has matured to the point where she can ovulate and become pregnant. There is no reason to fear the period, even if it means dealing with terrible cramps.

good to take ibuprofen with food every six hours or as needed, and it is a safe medication when taken properly," said Gold-von Simson.

Help your daughter find products that work for her, whether it is a pad or tampon, and let her know that both are equally acceptable.

"Some girls, who have not yet become sexually active, have trouble inserting the tampon, which can cause some anxiety, whereas others do not and feel more comfortable with tampons, because it enables them to be active," she explained. Girls should be sure to change tampons in accordance with their doctor's advice.

Consult with your daughter's doctor if she has any concerns.

"If you have a heavy flow, or it lasts for more than five to seven days, you should see a practitioner because it can start affecting your health in other ways," said Gold-von Simson. If pain is so severe that she needs large doses of medication, there are other modes of treatment. "If the period is coming only 10 days or mid-cycle, you have to worry about other things happening. And if there is a missed period of irregular bleeding in a sexually active girl, you need to worry about other things."

Explain that knowing your body is the key to recognizing a problem.

"If there is painful discharge or pain in urination you have to think about sexually transmitted diseases," said Gold-von Simson.

When a girl is in tune with her body and has an open relationship with her doctor, she will be able to face periods with comfort and confidence, knowing that it is just part of the experience of being female.

Jamie Lober, author of "Pink Power," writes about women's and pediatric health topics. Her website is www.getpinkpower.com, and she can be reached at jamie@getpinkpower.com.



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Calendar

APRIL



Photo by Alex Johnson

Okee Dokee Brothers bring country music to Tribeca!

Do-si-do on down to Manhattan and have a twangin' good time when the Okee Dokee Brothers come a'calling at the 92Y Tribeca on Apr. 28.

Children of all ages can enjoy lively tunes and great country spirit!

The independent American bluegrass and kindie performers strum tunes from their Grammy

Award-winning children's album, including, "Can You Canoe?," "Haul Away Joe," "Brother," and "Campin' Tent."

The Okee Dokee Brothers at the 92Y Tribeca on Apr. 28 at 11 am. Admission is \$15.

92Y Tribeca [200 Hudson St., at Vestry Street in Tribeca, (212) 601-1000, www.92y.org/tribeca; www.okeedo-kee.org].

Submit a listing

Going Places is dedicated to bringing our readers the most comprehensive events calendar in your area. But to do so, we need your help!

Send your listing request to manhattancalendar@cnglocal.com — and we'll take care of the rest. Please e-mail requests more than three weeks prior to the event to ensure we have enough time to get it in. And best of all, it's FREE!

MON, APRIL 1

April Showers Watercolors: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; 10 am; \$11 admission fee.

Children ages 4 and younger use watercolors to make a watery picture like the raindrops that fall from the sky.

TUES, APRIL 2

Julia Sweeney with Judy Gold: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 8:15 pm; \$29 and up.

The former "Saturday Night Live" cast member and author of "If It's Not One Thing, It's Your Mother" shares her painfully funny adventures in single motherhood, in a conversation with fellow mother and funny person Judy Gold.

WED, APRIL 3

Stroller Tours: The Morgan Library & Museum, 225 Madison Ave. between W. 36th and W. 37th streets; (212) 685-0008; www.themorgan.org; 10:30 am; \$15, \$10 children.

Tours are led by museum educators and last approximately one hour. Single strollers, tandem strollers, and front carriers welcome.

Your Baby's Temperament: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-noon; \$10 per session.

For new parents of babies ages newborn to 12 months, this weekly discussion group is a great way for new parents to share experiences, learn from one another and make friends.

THURS, APRIL 4

Squishy Shapes Collage: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; 10 am; \$11 admission fee.

In Math Wizards, children ages 4 and younger use squishy, soft foam shapes



Courtesy of Children's Museum of Manhattan

Chess for budding Kasparovs

It's game on — plus set and checkmate! — at the Children's Museum of Manhattan on April 13.

Children 3 to 6 years old can learn the fundamentals of the

game from NYChess Kids founder Saudin Robovic. Explore the chess board, learn how the pieces got their names, and discover all the right moves to have fun and win.

Chess for Children on April 13 at

2 and 3 pm. Admission is \$11.

Children's Museum of Manhattan
[212 W. 83rd St. and between Amsterdam and Broadway on the Upper West Side, (212) 721-1223, www.cmom.org].

to create a mathematical masterpiece.

Cross-Stitch Circle: New York Historical Society, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3:30-5:30 pm; \$15 admission, children ages 5-13, \$5.

Beginning cross stitchers learn the basic stitch and create a bookmark with their new skill. More seasoned stitchers can continue working on their bookmark or branch into more complicated designs.

FRI, APRIL 5

Shababa Fridays: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92y.org; 10 am; \$10; children free.

Families get ready for Shabbat with an intergenerational experience filled with music and dance.

Breastfeeding Support Group: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 11:15 am-12:30 pm; \$20.

Meet with other moms, babies and a lactation specialist to discuss topics such as the emotional ups and downs of breastfeeding, what happens when your milk supply is weak, how to juggle breastfeeding and work, and whether and how to supplement.

Playful Playdough: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; Noon; \$11 admission fee.

Children, ages 4 and younger, squeeze, tap, roll and experiment with playdough.

TGIF Story Time: Museum of Jewish Heritage-A Living Memorial to the Holocaust, 36 Battery Place; (646)

437-4202; www.mjhnyc.org; 3:45 pm; Free with museum admission \$10, \$7 children 10 and under.

This free, drop-in story hour series for Jewish and interfaith families with children ages 3 to 7 presents warm, whimsical, and wonderful tales about traditions, holidays, and families.

SAT, APRIL 6

Elska: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$13-\$20.

The "Just Kidding" series continues with Elska, a musician who blends music with engaging storytelling.

Bot Building: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywonder.com

Continued on page 40

Calendar

Continued from page 39

dertechlab.com; 11 am–1 pm; \$10.

Children use motors, screws, and recycled materials to power-up their very own personalized robot to take home.

Green Songs from Vlada's Garden: David Rubenstein Atrium, 61 W. 62nd St. at Broadway; (212) 875-5350; 11 am; Free.

Songstress and gardener Vlada Tomova shares songs from the villages of her native Bulgaria while children learn how to plant peppers, spot the first leaves of spinach poking through the soil, and grow a strawberry at their bedside in stories, pictures, and song.

"Go, Diego, Go" Double Feature: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywonder.techlab.com; 11 am; Free with admission.

Board the Rescue Submarine with Diego and Alicia to rescue Lucy, the mystery fish, and help them discover what kind of fish she is. Also features the episode "Diego Saves Baby River Dolphin."

Families and Folk Art: American Folk Art Museum, 2 Lincoln Sq. between Columbus Avenue and 66th Street; (212) 265-1040; www.folkartmuseum.org; 1 pm; Free.

This program introduces children, ages 4 to 12, and their accompanying adults to folk art through interactive and discussion-based tours in the galleries followed by hands-on artmaking activities inspired by objects in the museum.

Children's Reading: Bank Street Bookstore, 610 W. 112 St. at 112th Street and Broadway; (212) 687-1654; bankstreetbooks.com; 2 pm; Free.

Get a little more blast out of the past with Lori Campbell at her book signing and reading of "Cartboy and The Time Capsule." Lori will be bringing a time capsule for everyone to add their own bit of history to!

A Night at the Museum! Sleepover Program: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; 6 pm–6 am; \$129 per person.

In this popular program, guests explore the halls of the museum, including the Spitzer Hall of Human Origins, Cullman Hall of the Universe, and the Hall of Saurischian Dinosaurs, where they will find the 65-million-year-old T. rex. Then they settle down beneath the 94-foot-long blue whale in the Milstein Hall of Ocean Life, around the African elephants in the Akeley Hall of African Mammals, or at the base of a volcano in the Gottesman Hall of Planet Earth.

SUN, APRIL 7

B.Y.O.K. Rolie Polie Guacamole:



Kid talent show at Radio City

Come enjoy a memorable evening of skills and showmanship at the annual Garden of Dreams talent show at Radio City Music Hall on Apr. 16,

The annual event lets children from various Garden of Dreams partner organizations enjoy a once-in-a-lifetime opportunity of performing on the Great Stage where the Rockettes toe-tap! As-

piring stars, ages 5-18, can let it rip and bring the house down for one memorable evening — in front of adoring family and friends!

Garden of Dreams talent show, Apr. 16 at 7 pm. Free and open to the public.

Radio City Music Hall [1260 Avenue of the Americas between 50th and 51st Streets in the Theater District, Times Square (212) 247-4777. www.radiocity.com].

92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92y.org; 11 am; \$15; children under two free.

Children enjoy this high energy, interactive show which is a mix of funk, rock and folk music mashed into original tunes about natural living, eating healthy and staying active.

Family Tour and Workshop: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 11 am; \$30 per family.

Following an interactive gallery tour, families with children ages 4 to 12 create their own work in the Guggenheim studio.

A Journey with Purpose: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West

at 77th Street; (212) 873-3400; nyhistory.org; 12:30 pm; Free with \$15 admission, kids ages 5-13, \$5.

How can we talk about the toughest parts of our history with our children? To mark Yom haShoah this unique intergenerational family program presents the award winning 2012 short film which documents three generations of the Becker family on their return to Auschwitz-Birkenau, for ages 9 and up.

Thalia Kids' Book Club Special Event: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 1 pm; \$15.

The Story Pirates present "Pseudonymous Bosch's Write This Book," co-presented with the Bank Street Bookstore, for ages 9 to 12.

Open Studio For Families: Solo-

mon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 1-4 pm; Free with museum admission.

Children 5 to 14 years old make artwork based on the ideas, techniques, and materials on display in Picasso Black and White.

Sunday Studio: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-7710; www.metmuseum.org; 1-3 pm; \$25, children 12 and under are free.

Try your hand at creating works of art right in the galleries. Each session focuses on a different culture and art form with family-friendly activities led by an artist. Drop in; art supplies provided.

Israeliness Community Sunday: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 4-6 pm; \$30 per family with one child and \$35 per family with two or more children.

Moms, dads and kids up to age 8 are fully immersed in Hebrew language and contemporary Israeli culture while enjoying a range of activities, including music, storytelling, arts and crafts, Jewish and Israeli holiday celebrations.

MON, APRIL 8

The Core of the Moon with Ben Weiss: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; 7:30 pm; \$15.

Planetary scientist Ben Weiss explores questions and theories on the moon's core.

TUES, APRIL 9

Little Scientists Goopy Green Goop: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; 10 am; \$11 admission fee.

Children, ages 4 and younger, explore texture by playing with goop; a semi-solid made of corn starch and water.

WED, APRIL 10

Shababa Bakery: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:15-11 am; \$15.

Children squish, roll and braid their very own challah and take it home to bake.

Helping Your Baby's Schedule Evolve: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-noon; \$10 per session.

For new parents of babies ages newborn-12 months, this weekly discussion group is a great way for new parents to

Calendar

share experiences, learn from one another and make friends.

THURS, APRIL 11

Cross-Stitch Circle: 3:30–5:30 pm. New York Historical Society. See Thursday, April 4.

PlayWorks Circle Time: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; 4 pm; \$11 admission fee.

Children, ages 4 and younger, sing, move your body and use your listening ears to hear special stories.

FRI, APRIL 12

Colorful Chalk Drawing: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; 10 am; \$11 admission fee.

Children, ages 4 and younger, use chalk and water to create a textured painting.

Breastfeeding Support Group: 11:15 am–12:30 pm. 92nd Street Y. See Friday, April 5.

A Night at the Museum! Sleepover Program: 6 pm–6 am. American Museum of Natural History. See Saturday, April 6.

SAT, APRIL 13

Yo Gabba Gabba Double Feature: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechlab.com; 11 am; Free with admission.

In "Fun," Gabba Land songs can make anything fun from healthy foods, to dancing, to settling down for the day. In "Careful," children learn to play it safe and try, try again with DJ Lance Rock and the gang.

Hot Peas 'N Butter: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am and 1 pm; \$18–\$20.

The "Just Kidding" series continues with Hot Peas 'N Butter, the unique children's musical group that incorporates elements of traditional Latin music, Afro-Caribbean rhythms, jazz, folk, and rock.

Hands-On Nano Demos: SONY Wonder Technology Lab, 550 Madison Avenue at 56th St; (212) 833-8100; www.sonywondertechlab.com; 1–3 pm; Free with admission.

Children, ages 7 and up, uncover the fascinating world of nanoscience and nanotechnology and participate in hands-on activities that explore the properties, structures, materials and scale of this field of science.

Chess for Children: Children's Mu-



Courtesy of the New York Historical Society

Spanish-themed fun

Families are invited to enjoy **Hablemos de la Historia Del Arte**, an art-smart workshop at the New York Historical Society on Apr. 20.

Children 4 to 10 years old will

view, discuss, and create unique "masterpieces" in this Spanish-language, monthly family program, combining time in the galleries with art-making in the studios.

Hablemos de la Historia Del Arte,

on Apr. 20 at 3 pm. Admission is \$5.

New York Historical Society, DeMenna Children's History Museum [170 Central Park West at 77th Street on the Upper West Side, (212) 873-3400; www.nyhistory.org].

seum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; 2 and 3 pm; \$11 admission fee.

The founder of NYChesskids, Saudin Robovic, teaches basic fundamentals of chess and children will explore the chess board, the names of the chess pieces and how they move in this fun family introduction to chess for children of ages 3 to 6 years old.

Yawning Rabbit River Chronicles Returns!: Bank Street Bookstore, 610 W. 112th St. at Broadway; (212) 687-1654; bankstreetbooks.com; 2 pm; Free.

So much can happen when "Yawning Rabbit River Chronicles" author J.L. Kimmel and illustrator David Ceccarelli delight the audience with a book reading and poems, while David plays his flute and does a fun quick-draw demo with attending children.

"Fancy Nancy": The McGinn/Cazale Theatre, 2162 Broadway at 76th Street; (212) 579-0528; www.iseats.net; 3:30

pm; \$29.50 regular; \$49.50 premium.

The musical shows Fancy Nancy and her friends, Bree, Rhonda, Wanda, and Lionel perform in their very first show, "Deep Sea Dances," but will she and Bree will be picked to be mermaids?

SUN, APRIL 14

Second Sunday Family Tours:

Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 10:30 am; \$15.

Families with children ages 4 to 12 explore the Guggenheim's spring exhibitions through family-oriented tours that incorporate conversation and creative hands-on gallery activities.

Joanie Leeds and the Nightlights: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92y.org; 11 am; \$15; children under 2 free.

Children's singer Joanie Leeds rocks the roof off for the pint-sized set.

"Bad Girls" with Jane Yolen and Heidi Stemple: Bank Street Bookstore, 610 W. 112th St. at Broadway; (212) 687-1654; bankstreetbooks.com; 1 pm; Free.

Say hello to history's 26 most notorious women in "Bad Girls: Sirens, Jezebels, Murderesses, and Other Female Villains" by Jane Yolen and Heidi Stemple. Jane and Heidi will read and sign copies of their historical, but never boring, account of these incredible women which intrigues pre-teen and teen readers alike.

Open Studio For Families: 1–4 pm. Solomon R. Guggenheim Museum. See Sunday, April 7.

Lincoln's Assassination: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 1:30 pm; Free with \$15 admission, kids ages 5-13, \$5.

Children, ages 8 and up, go back in time to the days surrounding Abraham

Continued on page 42

Calendar

Continued from page 41

Lincoln's assassination with author Barry Denenberg as he reads from his book "Lincoln Shot!" which uses a reportage style to bring the events of April 14, 1865 to life. The author will also sign fans' books.

Creole and Rhythm 'n Blues = Zydeco!: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 3 pm; \$18.

Families with children ages 6-10 enjoy this foot-stomping Louisiana-French blend of Creole with rhythm and blues.

"Fancy Nancy": 3:30 pm. The McGinn/Cazale Theatre. See Saturday, April 13.

TUES, APRIL 16

Garden of Dreams Talent Show: Radio City Music Hall, 1260 Avenue of the Americas between 50th and 51st streets; (212) 247-4777; www.radiocity.com; 7 pm; Free and open to the public.

This annual event lets children from various Garden of Dreams partner organizations enjoy a once-in-a-lifetime opportunity performing on the Great Stage at Radio City Music Hall. For one memorable evening in front of their family and friends, the children, ages 5-18, perform with emotion and passion, forgetting their problems and celebrating their unique voices and talent.

WED, APRIL 17

10th Annual Young Child Expo and Conference 2013: Hotel Pennsylvania, 401 Seventh Ave. at 33rd street; www.youngchildexpo.com; See website for complete schedule.

Sponsored by New York Parenting, this expo brings more than 1,000 people together across all kinds of programs, disciplines, and interest areas from speech pathologists to parents, to those working in children's museums, day care centers, and preschools. In one unique event, this conference integrates learning about typically developing children as well as those with special needs, including autism.

Chess In The Schools Rookie Tournament: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechlab.com; 10 am-3 pm.

Discover the amazing achievements and skills of students from New York City public schools as they come together to compete in this annual chess tournament. Open to public.

Can You Spoil Your Baby?: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-noon; \$10 per session.

For new parents of babies ages newborn to 12 months, this weekly discus-



Springtime at the Met

Welcome springtime with lush songs and hope-filled stories on Apr. 28 at the Metropolitan Museum of Art.

Families with children of all ages can usher in the verdant season at this sensory festival, featuring music, storytelling, po-

etry, and art-making.

Senses of Springtime at the Metropolitan Museum of Art on Apr. 28 from 1 to 5 pm. Admission is \$25. Children under 12 are free.

Metropolitan Museum of Art [1000 Fifth Ave. at E. 82nd St. in Yorkville, (212) 570-7710, www.metmuseum.org].

sion group is a great way for new parents to share experiences, learn from one another and make friends.

THURS, APRIL 18

10th Annual Young Child Expo & Conference 2013: Hotel Pennsylvania. See Wednesday, April 17.

Cross-Stitch Circle: 3:30-5:30 pm. New York Historical Society. See Thursday, April 4.

Eruptions That Shook the World: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; 6:30 pm; \$15.

Cambridge University volcanologist Clive Oppenheimer explores geological, historical, and archaeological records to ask how volcanic eruptions have shaped the trajectory of human society, through prehistory and history.

FRI, APRIL 19

10th Annual Young Child Expo & Conference 2013: Hotel Pennsylvania. See Wednesday, April 17.

Shababa Fridays: 10 am. 92Y Tribeca. See Friday, April 5.

Breastfeeding Support Group: 11:15 am-12:30 pm. 92nd Street Y. See Friday, April 5.

Stroller Tours: Solomon R. Guggenheim Museum, 1071 Fifth Ave. at 89th Street; (212) 423-3500; www.guggenheim.org; 3 pm; \$15.

Led by museum educator and new mom Jackie Delamatre, one-hour tours of the Guggenheim's spring exhibitions are given for caregivers and their babies.

TGIF Story Time: 3:45 pm. Museum of Jewish Heritage-A Living Memorial to the Holocaust. See Friday, April 5.

SAT, APRIL 20

Aaron Nigel Smith and the One World Chorus: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$13-\$20.

The "Just Kidding" series continues with the nationally touring performer from the PBS KIDS Emmy Award-winning show "Between the Lions," who infuses a fresh sound into children's music with high-energy shows.

"Sesame Street" Preschool is Cool: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechlab.com; 11 am; Free with admission.

com; 11 am; Free with admission.

Professor Grover believes it's important for Elmo to make friends with the class and encourages Elmo to give it a try.

Tech for Tots: SONY Wonder Technology Lab, 550 Madison Avenue at 56th St; (212) 833-8100; www.sonywondertechlab.com; Noon-1 pm; Free.

This fun "Painting with Computers" workshop encourages children to explore their artistic talent while they learn about some of the basic functions of a computer.

Hablemos de la Historia Del Arte: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 3 pm; \$5.

Families with children ages 4 to 10, look, discuss, and create in this Spanish-language monthly family program, combining time in the galleries with art-making in the studios.

BilingualFest 2013: W83 Ministry Center, W. 83rd St. between Columbus and Amsterdam avenues; alittlemandarin.com/bilingualfest; 3 pm.

First-ever, bicultural family event showcasing the city's Chinese-American and Latino-American artists; special appearance by El Taller's pioneering founder and artistic director Bernardo Palombo; features "A Little Mandarin" artist Toni Wang; benefits APEX-NY and Committee of Hispanic Children and Families.

Creative Writing Workshop: Bank Street Bookstore, 610 W. 112th St. at Broadway; (212) 687-1654; bankstreetbooks.com; 3 pm; Free.

Get your pencils out and get your creative juices flowing! Cathy Altman Nocquet returns for another FREE creative workshop, open to children, parents, teachers and any one who wants to gear up the fertile factory of their mind. Ages 8 and up.

Fancy Nancy: 3:30 pm. The McGinn/Cazale Theatre. See Saturday, April 13.

SUN, APRIL 21

Moey's Music Party: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92y.org; 11 am; \$15; children under 2 free.

Sporting her signature pink, sparkly dress, Moey is one of the most well-recognized and beloved performers among boys and girls in the eight-and-under-set in New York City.

Mostly Magic With Matt Wayne: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 1-3:30 pm; \$20 per child.

Join celebrity magician Matt Wayne as he breaks down tricks ranging from

Calendar

card-based to mind reading. Children, ages 8-14, will get hands-on practice. RSVP required at familyprograms@nyhistory.org.

Open Studio For Families: 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, April 7.

Sunday Studio: 1-3 pm. Metropolitan Museum of Art. See Sunday, April 7.

Celebrate Earth Day with Animals Alive!: New-York Historical Society DiMenna Children's History Museum, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 1:30 pm; Free with \$15 admission, kids ages 5 to 13, \$5.

Jerry Zelenka helps people of all ages develop an appreciation for all living things, from the ordinary to the exotic. Children are encouraged to touch and pet a variety of animals, including birds, lizards, tarantulas, alligators and snakes, for ages 8 and up.

"Fancy Nancy": 3:30 pm. The McGinn/Cazale Theatre. See Saturday, April 13.

TUES, APRIL 23

Shaving Cream Finger Painting: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; 10 am; \$11 admission fee.

Children, ages 4 and younger, mix fluffy shaving cream and goopy finger paint to experiment with texture and color.

WED, APRIL 24

Traveling with Baby: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 10:30 am-noon; \$10 per session.

For new parents of babies ages newborn to 12 months, this weekly discussion group is a great way for new parents to share experiences, learn from one another and make friends.

Adventures in the Global Kitchen: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; 6:30 pm; \$30.

Parents learn how simple it is to make your own kimchi, kefir, and other fermented delicacies. Discover the healing qualities and nutritional importance of live-culture ferments with book signing to follow.

THURS, APRIL 25

Crayon Creations: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; 2:30 pm; \$11 admission fee.



Photo by Leela Rupa

Bulgarian 'green' garden of song

Bulgarian Brooklynite Vlada Tomova makes a special appearance at the David Rubenstein Atrium on Apr. 6 in "Green Songs from Vlada's Garden."

The songstress shares tunes — ancient and new — from her homeland villages, plus her love for growing sweet tomatoes, raspberries, basil, strawberries,

and beans in her borough home. From figs to Valentine roses, Vlada teaches fans how to plant peppers and more in stories, pictures, and song.

"Green Songs from Vlada's Garden" on Apr. 6 at 11 am. It's free and suitable for all ages.

David Rubenstein Atrium [61 W. 62nd St. at Broadway at Central Park West, (212) 875-5350].

Children, ages 4 and younger, make squiggles, lines and dots with colorful crayons on paper.

Cross-Stitch Circle: 3:30-5:30 pm. New York Historical Society. See Thursday, April 4.

FRI, APRIL 26

Shababa Bakery: 10:15-11 am. 92nd Street Y. See Wednesday, April 10.

Breastfeeding Support Group: 11:15 am-12:30 pm. 92nd Street Y. See

Friday, April 5.

Mural Wall Painting: Children's Museum of Manhattan, 212 W. 83rd St. between Amsterdam and Broadway; (212) 721-1223; www.cmom.org; Noon and 2:30 pm; \$11 admission fee.

Children, ages 4 and younger, mix paint on the PlayWorks Mural Wall.

Expressions of Beauty: American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; www.amnh.org; Noon-6 pm; Free with museum admission.

This special multi-day Global Week-ends festival explores beauty from a global perspective and how beauty is represented throughout cultures and time.

SAT, APRIL 27

Sci-Tech Workshop: SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechlab.com; 11 am-1 pm; \$10.

Children grab some gears, wheels, and tools and get busy building their own solar powered toy racing car to take home.

Frances England: Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 11 am; \$13-\$20.

With musical influences from Woody Guthrie and The Carter Family to Cat Power and Yo La Tengo, San Francisco's Frances England makes warm, intimate feel-good indie-folk music for the whole family.

"Dora The Explorer Pirate Adventure": SONY Wonder Technology Lab, 550 Madison Ave. at 56th Street; (212) 833-8100; www.sonywondertechlab.com; 11 am; Free with admission.

When the Pirate Piggies accidentally take Dora's treasure chest of costumes to Treasure Island, she will need to set sail to get it back.

Expressions of Beauty: Noon-6 pm. American Museum of Natural History. See Friday, April 26.

"Fancy Nancy": 3:30 pm. The McGinn/Cazale Theatre. See Saturday, April 13.

SUN, APRIL 28

Okee Dokee Brothers: 92Y Tribeca, 200 Hudson St. at Vestry Street; (212) 601-1000; www.92y.org/Tribeca/index; 11 am; \$15.

This fun-loving children's band puts on a lively show of their hit tunes.

Senses of Springtime: Metropolitan Museum of Art, 1000 Fifth Ave. at E. 82nd Street; (212) 570-7710; www.metmuseum.org; 1-5 pm; \$25, children 12 and under are free.

Families usher in spring at this festival for all ages as they revel in the sounds of music, experience storytelling, poetry, and art making, and participate in dance performances.

Open Studio For Families: 1-4 pm. Solomon R. Guggenheim Museum. See Sunday, April 7.

"Coyote's Dance": New-York Historical Society DiMenna Children's History

Continued on page 44

Calendar

Continued from page 43

Museum, 170 Central Park West at 77th Street; (212) 873-3400; nyhistory.org; 1:30 pm; Free with \$15 admission, kids ages 5-13, \$5.

This dance-play presented by Tree-house Shakers recounts the exploits of the coyote, an important animal among many North American Indian Nations, for ages 6 and up.

Spring Family Fair: The Morgan Library & Museum, 225 Madison Ave. between W. 36th and W. 37th streets; (212) 685-0008; www.themorgan.org; 2-5 pm; \$8, \$2 children.

This year's annual Spring Family Fair will celebrate the Big Top. Circus-related crafts, costumes, and clowning workshops complete the afternoon of family fun for ages 3-12.

"Fancy Nancy": 3:30 pm. The McGinn/Cazale Theatre. See Saturday, April 13.

"Uptown": Symphony Space, 2537 Broadway at W. 94th Street; (212) 864-5400; www.symphonyspace.org; 4 pm; \$15.

Harlem comes alive in dance and song in a special performance by Renee Robinson and the Alvin Ailey School.

TUES, APRIL 30

Birth Order and Personality: 92nd Street Y, 1395 Lexington Ave. at E. 91st Street; (212) 415-5500; www.92y.org; 8-9:30 pm; \$35 and up.

Learn to diminish sibling rivalry and raise your children to feel equally loved and self-confident, whether they're first-born, middle child or youngest.

LONG-RUNNING

Hava Nagila, A Song for the People: Museum of Jewish Heritage-A Living Memorial to the Holocaust, 36 Battery Pl.; (646) 437-4202; www.mjhnyc.org; \$10, \$7 children 10 and under.

This exhibition transports listeners through memories of celebrations across generations. It features vibrant modular carpets, donated by FLOR, that are used for wall treatments and flooring. Some of the tiles are embedded with photographs, artifacts, and video screens, while others are laser engraved with graphics and text. Opens September 13, 2012 and runs through spring 2013.

WWII and NYC: New York Historical Society, 170 Central Park West at 77th Street; (212) 873www.mjhnyc.org3400; nyhistory.org; \$15 admission, kids ages 5-13, \$5.

The exhibit explores the impact of the war on the metropolis, which played a critical role in the national war effort, and how the city was forever changed. Runs through May 27, 2013.



Courtesy of Story Pirates

'Story Pirates' come ashore

A hoy mates and shiver me timbers!

The Story Pirates are coming ashore to Symphony Space on Apr. 7 for a special performance of Pseudonymous Bosch's "WriteThis Book" — and you can participate in the exciting adventure!

The group will bring the New

York Times best-selling author's latest book from the Secret series to the stage — for kids 9 to 12 — in this all exclusive New York event.

The wacky and original production uses fun activities and choose-your-own-adventure-inspired scenarios from the new guidebook, allowing the audience

to assist in creating a unique show based on their ideas.

The Story Pirates on Apr. 7 at 1 pm. Suitable for children 9 to 12 years old. Admission is \$15 (\$12 for members)

Symphony Space (2537 Broadway at W. 94th Street on the Upper West Side, (212) 864-5400; www.symphonyspace.org].

The Butterfly Conservatory:

American Museum of Natural History, Central Park West at 79th Street; (212) 769-5200; awang@amnh.org; www.amnh.org; Daily, 10 am-5:45 pm; Now - Mon, May 27; Suggested admission \$19, \$10.50 children, \$14.50 seniors and students.

The annual exhibition, "Tropical Butterflies Alive in Winter" returns and celebrates its 15th year.

"Pippi":

Swedish Cottage Marionette Theater, 79th Street and West Drive; (212) 988-9093; Tuesdays, Thursdays and Fridays, 10:30 am and noon, Wednesdays, 10:30 am, noon, and 2:30 pm, Saturdays and Sundays, 1 pm, Now - Sun, June 23; \$8, \$5 children under 12.

This family production features nearly two dozen, hand-made marionettes

crafted by the expert puppeteers.

"A (Tooth) Fairy Tale":

The McGinn/Cazale Theatre, 2162 Broadway at 76th Street; (212) 579-0528; www.iseats.net; Saturdays and Sundays, 11 am and 1 pm, Now - Sun, April 28; \$25 regular; \$30 premium seats.

Collecting teeth and delivering quarters is tiring work, and the Tooth Fairy is ready for a vacation. Luckily, she meets a kid named Samuel who is sick and tired of being a kid, and all the rules that go with it in this wild, silly adventure filled with shiny quarters, sugary candy, and learning who you're really meant to be.

Shen Yun: The David H. Koch Theater, 20 Lincoln Center Plaza; (212) 875-5374; www.shenyun.org/NYC; Daily,

Times vary; Sat, April 20 - Sun, April 28; \$70.

Shen Yun brings to life 5,000 years of Chinese civilization through classical Chinese dance and music in an exhilarating show for children ages 5 and up.

Adventures from Ezra Jack

Keats: TADA! Youth Theater, 15 W. 28th St. between Broadway and Fifth Avenue; (212) 252-1619 X 4; www.tadatheater.com; Saturdays and Sundays, 2 and 4 pm, Fri, April 19 - Sun, May 19; \$20; \$8 for children.

"Apt. 3" is a dance theater piece where the sound of a saxophone music somewhere behind closed doors sends Sam and Ben snooping through their tenement halls. Part two is "Maggie and the Pirate," the story of Maggie, her friends, her sister, her pet cricket and a pirate.

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Time to grow

How families benefit from gardening together

NATIONAL WILDLIFE FEDERATION

Share your love of being outdoors with your kids or grandkids.

“When young people help plant a garden it helps to reconnect them to nature,” says David Mizejewski, National Wildlife Federation’s naturalist, writer, host, and TV personality. “Gardening helps kids and teens learn about animals and their habitats, and gardens act as outdoor classrooms where kids hone their academic skills and nurture their curiosity.”

Here are some tips for making gardening with kids an educational, safe, and enjoyable experience for the entire family:

- Visit places where plants thrive, such as nurseries, arboretums, or your neighbor’s flower patch. As children explore, talk with them about the different sun, soil, and water requirements of healthy vegetation.

- Survey the natural treasures in your own backyard — birds, bees, blossoms. Children are notably wide-eyed and open to new discoveries. Cultivate their curiosity.

- Identify a spot on your property for a children’s garden, inviting kids to take part in its selection. National Wildlife Federation recommends a small plot of land — no wider than a yardstick — that can be easily managed. Other good options include window boxes or containers.

- Have your soil tested for lead, as children are highly susceptible to poisoning. If its presence is confirmed, focus on container gardening or consider building a raised bed and filling it with loam you purchase.

- Sow fast-germinating seeds or introduce transplants that are quick to flower or fruit. (Children are typically eager to see the results of their labor.) Be sure to include kids in the plant selection process.

- Choose plants that will excite the senses. Examples include eye-catching sunflowers, fragrant herbs, and ornamental grasses such as big and little bluestem.

- Woo wildlife, which will wow your



kids, by focusing on perennials that are native to your region. Native plants provide the best overall food sources for backyard birds and other animals, and because they are adapted to your area’s weather, soils and pests, they generally require less maintenance. For information about plants native to your area, contact your local native plant society or check out the Lady Bird Johnson Wildflower Center’s native plant database.

- Add other wildlife-attracting elements to your habitat: water, shelter and places to raise young. The Federation suggests building toad homes, brush piles, a pond, and a bat house.

- Provide kid-sized tools and teach

young gardeners how to use them safely. Equipment can be found in most garden stores, but don’t overlook at-home options such as spoons and measuring cups.

- Eliminate the use of toxic chemical fertilizers, weed killers, and pesticides. When necessary, use natural alternatives instead.

- Practice good hygiene. When it comes to gardening, getting dirty is half the fun for children. Make sure they wash up well after working in the soil, as it can contain a variety of contaminants, including chemicals and harmful bacteria.

- Encourage children to do a share of all the garden chores, but be mindful of their limits.

- Visit the garden with your kids every day to make sure you don’t miss its rewards: flowers opening, butterflies sipping nectar, or ladybugs eating aphids.

- Take advantage of teaching moments. If you uncover a pill bug on the ground, for instance, explain that its roly-poly posture is a means of defense. If your children pose questions you can’t address, seek out the answers together. A visit to the library or searching the internet might be part of the journey to discovery.

- Encourage children to share their garden with friends and family. Giving tours reinforces their ownership of it and helps instill a sense of pride.

- Invite reflections of each day’s gardening experiences. Talk about what went on, what was seen, and so on. If time permits, have kids draft notes in a journal, draw a picture, or take photographs. All of these actions serve to reinforce what was learned — and enjoyed.

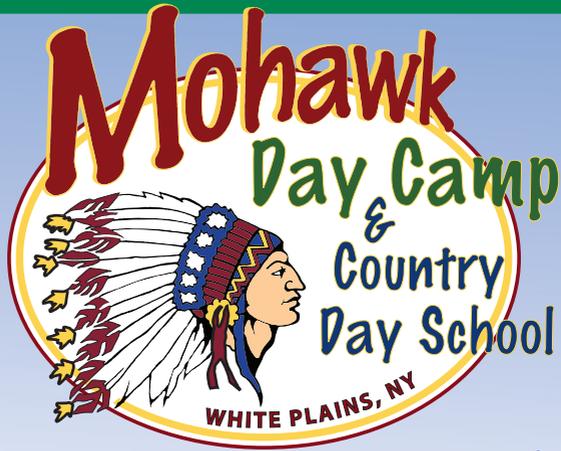
For additional gardening tips and information about turning your garden into a Certified Wildlife Habitat, please go to www.nwf.org/gardenforwildlife. For other ideas about how to work outdoor time into your family’s routine, visit: www.beoutthere.org.

National Wildlife Federation is America’s largest conservation organization inspiring Americans to protect wildlife for our children’s future. www.nwf.org

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A specially modified dance camp to fit the ability and endurance of young children eager to spend their summer dancing. This Camp offers a sampler of Classical Ballet, Folk Dance, Hip Hop, and Jazz combined with elementary exploration into Body Conditioning. The children will rehearse daily for an In Studio family performance at the end of each week. There is not a performance at the end of each week. It is at the end of each session.