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pg. 32



pg. 14



pg. 30



pg. 57



pg. 42

FEATURES

32 | News Nerds

We chatted with NBC anchor Lester Holt and son, WNBC anchor Stefan Holt, and family, empathy, and the future of media

38 | Have Faith

Religious schools make the case for infusing faith into learning

42 | Rock & Stroll

Our annual guide to the best strollers of the year

COLUMNS

6 | Editor's Note

Cheers to the New Year

8 | Events & Offers

Info on our winter Camp Fairs, Blackboard Awards nominations, and more

10 | Bits & Pieces

A cool culinary service for families, a special needs app, the tastiest new café, and more

12 | Wellness

Why breakfast is the most important meal of the day

14 | Spotlight: Activities

How to choose a dance studio

24 | FabuLyss Finds

Great finds for 2019

26 | Parent in Profile

"Dateline" star Andrea Canning dishes on work and motherhood

30 | Must Read

Mashonda Tifere's Blend is a must for modern co-parenting

66 | Last Word

One mom's culinary adventures in the midst of motherhood

HOME & AWAY

50 | Travel

Ski the East at the top ski areas near NYC for families

52 | Healthy Living

Feng shui your child's bedroom

54 | Camp Countdown

Is your child old enough for summer camp?

FAMILY FUN

57 | Calendar

The best family-friendly events in January for Manhattan families

ADVERTISING

16 | Activities Guide

40 | Catholic Schools Guide

Cover: Photo by Nathan Congleton.



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editor's note

CHEERS to the New Year

It's hard to believe that another year has passed and we're on to the next one. In my experience, January is the perfect time to reflect on the past and grow for a productive year ahead. And in many ways, that's what this issue is all about.

First, we have a fantastic cover feature on local father (and grandfather) Lester Holt. As a special bonus, the "NBC Nightly News" star is joined in the interview by his fellow newscaster son Stephan Holt (also an NYC dad). Don't miss my colleague Caitlin Wolper's excellent feature on page 32. It's a great look at Lester's distinguished career, the lessons he's learned as a parent, and his current goals and passions.

Additionally, we caught up with musician and author Mashonda Tifrere about her much-lauded new book *Blend*, which is all about healthy and happy co-parenting between divorced or separated moms and dads (page 30); and we also got personal with "Dateline" anchor Andrea Canning (page 26).

For parents starting their school search, we have a primer on the benefits of a religious education (page 38) as well as a package of Catholic school listings. For the afterschool set, our activity guide



Photo by Karen Haberberg

(page 16) and guide to choosing a dance school (page 14) are sure to be helpful in rounding out your child's leisure time for the year to come in ways that are fun, educational, and meaningful.

And last but not least, we have our always-popular annual guide to the best strollers on the market on page 42 (there's a set of wheels for every budget and lifestyle), and our very fun yearly guide to the best ski resorts for families in the Northeast (page 50).

Happy New Year,

Mia Weber

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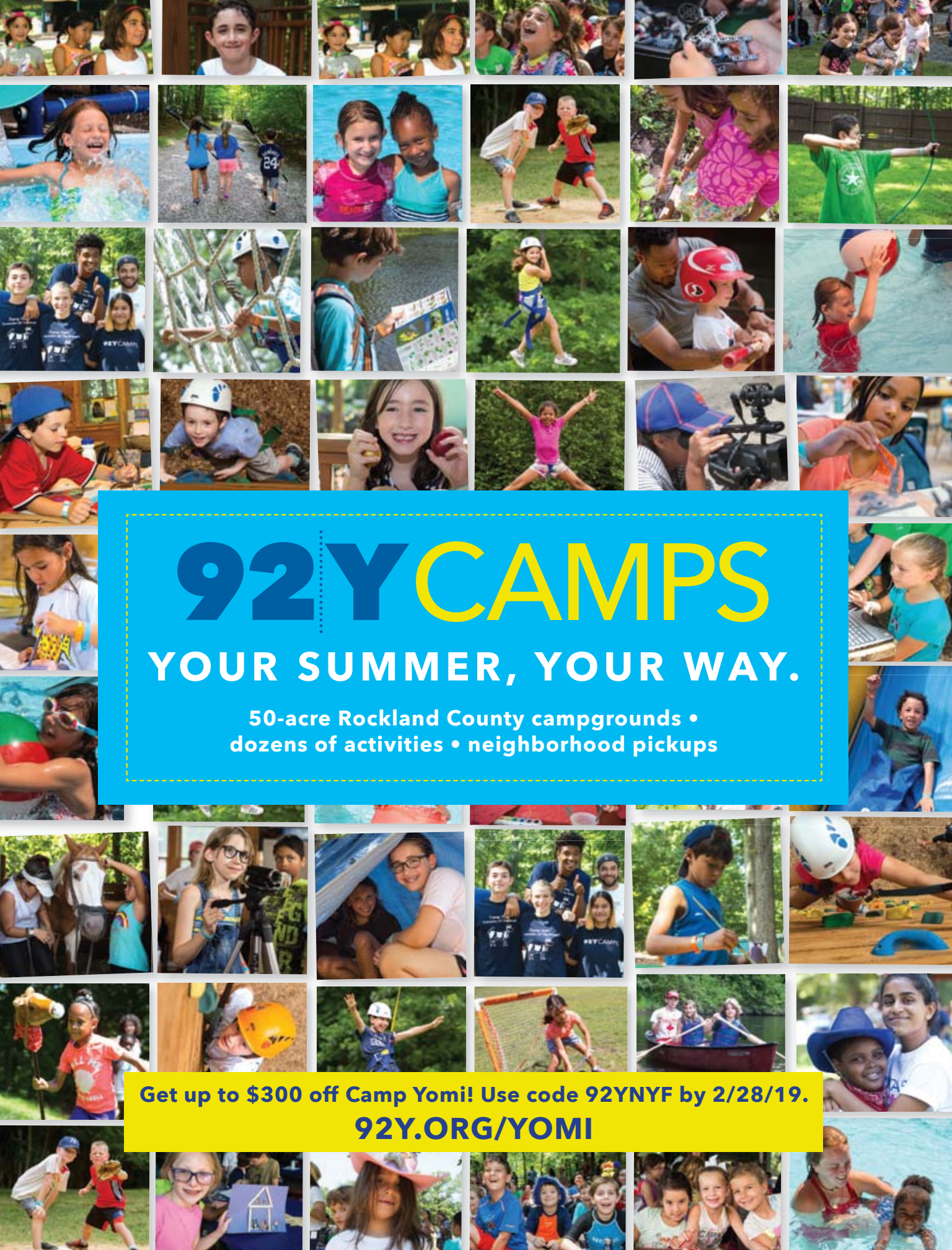
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To learn more and to buy tickets, visit
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Officially opened this past November, the Museum of Illusions is the coolest new attraction in the Meatpacking District. Perfect for kids ages 6 and up, the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

museumofillusions.us



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SPECIAL NEEDS

Wolf + Friends

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



FAMILY COOKING

The Culinistas

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



WELLNESS

bode nyc's Youth Yoga Class

Bode nyc—known by many as New York City's original hot yoga studio, founded 19 years ago on the Upper East Side by Jen Lobo and Donna Rubin—recently debuted their first ever Youth Yoga Class for teens and teens. The new Youth Yoga Class consists of an hour-long Hatha Yoga class focusing on the physical postures and meditation. Hatha Yoga provides proven tools for deepening and enhancing health, academic skills, and physical fitness. Children learn how to move mindfully, with breath awareness, and sustain their concentration, they simultaneously develop strength, flexibility, balance, mental clarity, and emotional stability. bodenyc.com



SWEET TREAT

Nutella Café

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

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

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Good Start

The importance of everyone eating a nutritious breakfast

By Jamie Lober

Breakfast food—some people love it, while others are not hungry when they wake up, or may be rushed to get out the front door. Regardless, it is important to make sure you and your family have a good breakfast between 60-90 minutes after you wake up. There is no better way to nourish your body and get the fuel necessary to complete the tasks of daily life.

“A child needs breakfast to help supply the brain with the nutrients it needs to support brain and cognitive health, so the child can go to class and retain the information the teacher is providing, and an adult needs breakfast to power the body so they can have enough energy to be productive,” says Lorraine Kearney of Lorraine Kearney Nutrition.

The meal got its name because it is the break in the fast since the last meal you had the night before.

“It helps balance blood sugar and hormones upon waking up after a night’s rest and helps decrease the stress response that can also decrease anxiety,” said Kearney. There are great physiologic effects from this first powerful bite of the day. “The stress hormone, cortisol, is at its highest in the morning, and if we do not fuel our bodies accurately, blood sugar can drop, causing an increase in more cortisol production and adrenaline,” Kearney says.

Skipping breakfast can spoil your whole day.

“If we skip breakfast and the cortisol hormone is elevated, it produces more adrenaline that puts the body into a mode of fight or flight, which can be described as a feeling as always ‘on’ or wired,” said Kearney. This is negative, as it causes anxiety and stress levels to be raised.

You want to plan your breakfast carefully so it has the nutrients you need on the cellular level to rejuvenate and repair the body from stress it may endure.

“Think of a meal consisting of cereal, juice, Pop Tarts, sugared donuts, or blueberry muf-

fins—as this amount of excess sugar can cause a spike and crash in blood sugar levels that can make you feel like you are on a rollercoaster ride of an energy rush,” Kearney says.

If you find yourself tight on time in the morning, you can begin to prepare breakfast the night before. The American Academy of Pediatrics suggests hard-boiling eggs, or setting aside your child’s favorite cereal along with pre-sliced fresh fruit. It also suggested trying sliced apples, homemade muffins, or a bagel with low-fat cream cheese. Once you find food items that your child likes, he will be more likely to look forward to breakfast.

When it comes to planning breakfast, all the food groups matter.

“If we fuel the body right and nourish it with fresh fruits, whole grains, eggs with spinach and toast, overnight oats, chia pudding; then we are eating foods that will not cause a spike and crash in blood sugar

levels, thus providing the body with even sustained energy levels throughout the morning that will help keep the body and mind clear, leading to increased cognitive function so you can retain information easier,” Kearney says.

If your child does not have an appetite first thing in the morning, talk about why it is important to have a small bite and what it does for his mind and his grades. When you have a motivation for doing something, you are more likely to do it. Once you recognize the benefits of consuming this beneficial meal and make sure it is balanced, you will be kicking off the new year with a great start.

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



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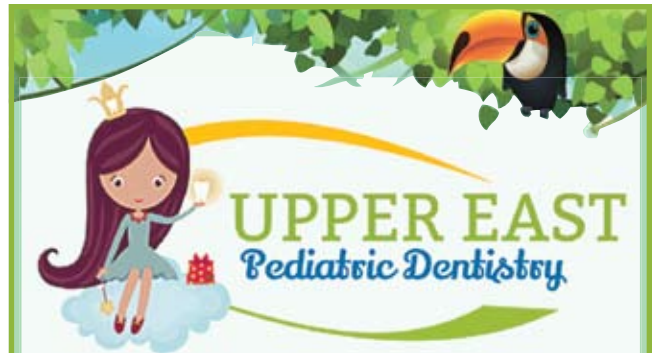
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How to Choose a Dance Studio

By Charlotte Reardon

There's no shortage of dance studios in New York City—this is the dance capital of the world! The number of studio options here can easily make any parent feel overwhelmed. I encourage parents to consider their kid's unique interests before selecting a studio, which will help you narrow down the choices, as there's no uniform "right" studio. There's no style of dance a local studio near you isn't offering, including theater, modern, ballet, tap, jazz, hip hop, ballroom, Bollywood, improv—you name it!

Here are some of my top suggestions for parents to consider, based on my years of experience teaching dance at a variety of studios:

Decide how serious your child is about dance

Does your tot just want to twirl, or is she expressing serious interest in learning the fundamentals of dance technique? There are major differences in studios that are performance-focused versus technique-focused studios.

If your tween starts randomly performing for you and guests around the house showing a clear eagerness to get on the stage, then a performance-focused school might be the way to go. If your kid is determined to be next Misty Copeland, you might want to consider a more heavily technical training school.

A good pre-indicator of the level of seriousness of a studio is if it requires kids to audition first. Yes, some studios will require 6-year-olds to audition.

Ask how levels are determined

Some studios will group students by age, which is perfectly acceptable for preschool-age students. However, as students grow into elementary-school age, they should really be placed by level so that everyone in the class is getting the proper amount of attention they need to improve.

Inquire about any extra costs

Often, parents just ask about the cost of classes not knowing there are potentially many extra associated costs.

For example, parents should inquire if they'll need to purchase costumes for performances or if costumes are provided by the studio. Some studios also have strict uniform requirements in which parents will be asked to purchase specific colors and brands of dancewear. In addition, some studios require that each parent volunteer in some capacity to support the school. This is common for studios that are more affordable, as they'll be counting on you to help offset the costs of operating.

You'll need to consider how you'll be able to fit this into your schedule. It's also important to understand your financial assistance options, as many studios will offer financial aid depending on need. Studio pricing can be structured by per class or per semester, so it's important to inquire. Some studios may require a certain number of classes to be attended each week. For elementary-age dancers, many studios will also require a student take a ballet class in addition to other styles your child is interested in.

Learn how classes will be structured

Studios will be diverse in how teachers decide to structure their classes. If your child is most interested in jumping over "puddles" across the floor, waving a scarf, then an unstructured, more free-flowing studio is the way to go. If your child has determined that he is bound for Lincoln Center, you'll want to consider a studio that has more structured classes based on traditional models of teaching.

In ballet studios you'll hear these teachers use terms like Vaganova (Russian), Cecchetti (Italian), Bournonville (French), and Royal Academy of Dance (British) to describe their teaching methodologies that date back hundreds of years. Some of these styles of teaching have strict syllabuses that require formal exams to advance to the next level.

Learn about the teacher's experience

Just because a teacher was on Broadway or danced with a leading ballet company doesn't necessarily mean she'll be a great teacher. I'd recommend considering teachers with dance education qualifications and previous teaching experience. Or course, having a background in performing is imperative, but dancing and teaching are different specialties.

Charlotte Reardon is a former professional dancer who has danced with Merce Cunningham, the Rockettes, and Ballet Arts. She is currently a teacher at Cobble Hill Ballet School in Brooklyn.

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Continued on page 18

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Continued from page 16

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Continued on page 20



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Continued from page 18

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Continued on page 22



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Continued from page 20

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Great Finds for 2019

As I look back over the last year, it sure was a bumpy road for many, with numerous natural disasters, polarizing politics, and more affecting people across the world. Looking forward to moving ahead with the new year. I'm thrilled that I rang in 2019 with my family and friends. I hope everyone had a wonderful and happy New Year. I am looking forward to sharing some of my new fabULyssfins with you for the year ahead!

I have been talking about making changes to my body since after the birth of my daughter almost five years ago. I know everyone talks about getting in shape with the start of a new year. I am doing the seven-day fitness challenge with some friends.

Part machine, but all heart, Ngo Okafor is the owner and founder of Iconoclast Fitness Studio. Ngo is also a fitness expert, a father, and philanthropist. Using the same laser-like focus, Ngo recently purchased the legendary Madison Square Club on Manhattan at 210 Fifth Ave., formerly owned by celebrity trainer David Kirsch. Ngo has worked with bold faces such as Naomi Campbell, Jennifer Lopez, Chanel Iman, and many more.

I'm looking forward to seeing my changes, both physically and mentally. Find something that you love and keep focused. Busy moms need to find at least 10 minutes a day to do something just for us.

Check out ngookafor.com.

Busy New York moms and dads always are looking for the most comfortable shoes and sneakers. I know I am constantly running between business meetings, ballet lessons, baseball games, auditions, and more.

Recently, I bought a pair of Allbirds, and the rest is history. Now my entire family has been introduced to them and everyone — including my little one — love them. No flashy logos. No senseless details. Just the world's most comfortable shoes made naturally and designed practically.

The staff at the Spring Street store is super nice and knowledgeable. Once you step into a pair of Allbirds you will say they are super soft, lightweight, breathable, and will fit your every move as a busy New York City parent.

Visit allbirds.com.

My fruits and vegetable shopping has recently gotten easier and fresher thanks to Misfits



Allbirds makes comfy shoes for adults and kids.

Market. They deliver ugly, but otherwise perfectly edible fruits and vegetables right to your door. Every box of Misfits produce you order benefits local farmers, helps prevent food waste, and ultimately helps save our environment. The operation rescues produce from regional farms and distributes it throughout the Northeast in four business days or less.

My kids cannot stop talking about how deLysscious the fruits and vegetables are (especially the sweet apples).

Order at misfitsmarket.com.

I have been searching high and low for a physical therapist that helps my back. I recently was introduced to The U.S. Athletic Training Center, a sports physical therapy and athletic training center specializing in treating sports orthopedic injuries.

If you have a back injury like myself, the man to see is Gary. I have been treated by multiple therapists for my back over the past nine months and have received very little improvement until I was introduced to Gary Guerriero, who was the physical therapist for the New York Rangers and trained many

celebrity clients that ranged from Sports Illustrated models to rock 'n' roll musicians.

The center is one fabULyssfind if you are feeling achy and or have an injury.

U. S. Athletic Training Center, 515 Madison Ave. between E. 53rd and E. 54th streets in Midtown, (212) 355-8440, usatc.com.

If you're looking for a great mom's night out this month, check out "The Cher Show." The new musical on Broadway will have you fabULyssly dazzled with lots of sequins and great musical acts. There are lots of new Broadway and Off-Broadway shows opening up this year, including "Tootsie the Musical," so there is sure to be something for everyone.

"The Cher Show" at the Neil Simon Theatre, 250 W. 52nd St. between Eighth Avenue and Broadway, thechershowbroadway.com.



*Lyss Stern, founder of Divamoms.com, bestselling author *Motherhood Is A B#tch*, *If You Give A Mom A Martini*, and mom of three. Follow Lyss on Instagram @diva_moms.*



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ANCHOR MOM

Andrea Canning on her family of seven & life on “Dateline”

By Caitlin Wolper

You may recognize Andrea Canning from her six years on *Dateline*, but behind the scenes this New York mama keeps busy between raising five girls—Elle, 3, Georgia, 4, Kiki, 6, Charlie, 8, and Anna, 9—her correspondent title on the show, and a penchant for scriptwriting. She spoke to *New York Family* about how she and her husband balance caretaker roles, how she takes time for herself, and what kind of *Dateline* stories stick with her the most.

Have you noticed differences when raising each of your children?

They're so close in age—I mean, they're all within six years. I would say they kind of all have sort of a similar experience so far. Even the 3-year-olds these days are on the iPads . . . I have to take the phones away from them from time to time, and the iPads. It's too much. I'm like, go outside, go play a game. Go do art, go read a book.

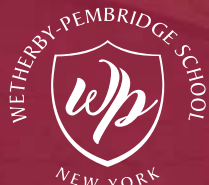
You and your husband are super busy—how do you divide chores and time with your

kids? How do you manage?

We definitely have our roles. If I'm not traveling, then I'm always with them in the morning getting them up, getting them ready for school, breakfast. I also try to do all day after-school stuff before he gets home from work . . . and then he's getting them dinner, getting their homework done and things like that. He comes home from work and then he also does homework, and he's like the Super Dad at night. I'm totally running out of gas and he's Mr. Energizer Bunny. He does the pledge of allegiance, and they'll sing the National Anthem, and they'll read books. He does his Marine Corps song and he does all these things with them at night where I just kind of look at him in awe, because I'm like “I don't know how you have the energy to do that.” And I'm also so grateful just for our children that he puts that time in with them at night. He's a really special dad.

What are some of the things you like to do as a family?

We love going out to eat. We'll go to the movies or we'll have our family movie night at home. Now that the kids are getting



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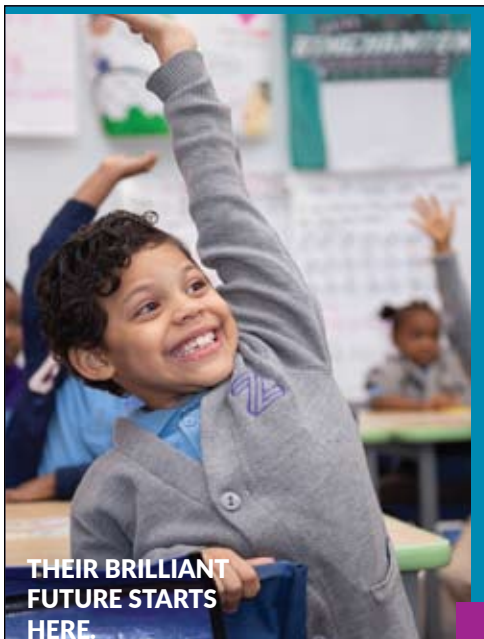
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older, we can find movies that are kind of the parents and the kids like. We just watched *Honey, I Shrunk the Kids*. You know, there's so many movies now from the past and they loved it... We love just being together as a family. It just makes us so happy. We love our kids... Every Saturday we go to swim lessons as a family, we take them there. Both of us take them there. I don't like to split us up, and I know that's going to happen eventually with sports and what not, but right now I try to make it so we all go to things as a family.

What are the most challenging and rewarding parts of having such a large family?

I think the most challenging thing is they all gang up on us. When I'm trying to tell them to stop doing something, there's a lot of times where they just won't because they've all banded together. [Also] I'm kind of a neat freak and keeping the house tidy with five kids is really hard at this age. I'm trying to teach them, but they're not there quite yet. I feel like I should have one of those holsters with a Dust Buster in it because I'm just constantly cleaning.

But then, the rewarding part is just like I just look at them and just how special they are, just all of them together. When I see them all together, they're so loving. We'll pile into bed together and watch *America's Got Talent*, and it's just fun! They're just such a pleasure to be around. It's when they start getting out of control that's when I'm like pulling my hair out. And it happens! Because my kids are not perfect. But then we have those really touching moments, when I see one of the girls help out another sister without being asked. And you know, you'll look over and you're like 'Aw, that's adorable.' They really take care of each other.

How do you like to spend your personal time?

My husband and I try to go out like every other Saturday. We do that to decompress, and go see a movie or whatever. I started writing screenplays... that's been really rewarding and has kind of given me something else to focus on in my free time. I go to the nail salon or if I can squeeze in a massage maybe twice a year that's always nice. Most of my free time, to be honest, is spent with my kids.

How has your role changed since you started at *Dateline* in 2012?

I've become much more focused on the



families of the victims, I would say, as I've gotten to know more and more people in the stories that I tell, I find myself caring about them. I've always cared, but I just care more and more and more. And I feel like I'm doing this for them in a lot of ways. You know, I want them to be happy. The last thing I would ever want is for a family to be upset after a show aired, and thank god that hasn't happened. I tell them, "I'm going to hold your hand through this." I'm an open book with these families. I tell them, "I'm available to you 24/7. If you want to call me at 2 o'clock in the morning, I'll take your call." Because I understand what they're entrusting us with. I mean, we deal with life and death, so there's nothing more serious than what we do on *Dateline*. Imagine you lose a loved one, you lose your daughter, your husband, your sister: It's a very important thing that we do, telling these stories.

Is it hard to tell these stories and go home with them?

I think it depends on the story. I think I have such a solid marriage that if it's something with a husband and wife, it doesn't rock me too much. I mean, of course I feel horrible for what everyone around them has been through, but I wouldn't say that I necessarily take that home with me. I think what I take home with me is when it's a child, when it's a teenager, anything that really hits close to home with my children.

I just did a story in Knoxville where the

mom woke up and her 16-year-old daughter was dead in her bed. She had been shot. And you know, this was a girl who had her whole life in front of her...and her ex-boyfriend just couldn't take that she didn't want to be with him...that mom, I just really felt so much sympathy for. And that's the kind of story I take home.

What is really rewarding about your role with *Dateline*?

After the story airs and you get a call from the mom or a sister, and they thank you. They say, "Thank you for portraying our loved one the way you did and for telling the story the way you did, and for telling it the way you told us you would tell it." I think that's always really rewarding. And also, I like to hold these suspects and these convicted killers to the fire. When I get the chance I grill them and the families do appreciate that afterwards, and the viewers do too. I think I come in there and some of these killers think that I'm just going to be this pushover, and they're in for a surprise.

Anything else on the horizon?

I have a movie shooting in Ottawa, Canada this month. It's called *Home Killing Queen*. Personally, it's just more kid stuff. Before January [2019], I think I have three movies shooting.

Are they all for *Lifetime*?

Yeah, so that's just like my little side hobby. I mean *Dateline* is my baby, it's my bread and butter, definitely my No. 1 priority. It always has been, and it always will be. It's just, there's a lot of travel. So I kind of picked up this hobby on the side just to fill the time on things and what-not. I have a lot of exciting stories for *Dateline* coming up. There's always a new *Dateline* in the pipeline.

I'm probably working on 10 stories for *Dateline* at all times. They're just in some phase of the story—maybe they're going to trial, or the trials been delayed, or we've done some interviews but we're waiting for sentencing, or maybe there's a hung jury and then you have to wait until the next trial. There's always a lot of balls in the air. You're just always on a number of things at once. It's very rewarding when it finally airs. I have a little book for each of my girls with every single *Dateline* that I've done. DVDs are a little archaic, I understand, but it's a good way to put them in a book... it's nice for kids when they get older to have those mementos of their parents.

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BLENDED Blessings

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

By Mia Weber

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

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

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



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

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

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

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

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

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

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

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

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

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

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NEWS NERDS

We chatted with NBC anchor **Lester Holt** and his WNBC anchor son about family, empathy, and the future of media

BY CAITLIN WOLPER | PHOTO BY NATHAN CONGLETON

No news is too small for the Holt family. When they get a whiff of activity, Lester Holt and his son Stefan Holt leap into action.

Both currently anchors for NBC—Lester for “Dateline” and “Nightly News,” and Stefan for WNBC—they recounted rushing from a family gathering toward sirens in the Flatiron District two years ago (Lester says that just by listening to the number of sirens, he could tell something big was happening). That night, the Serbian Orthodox Cathedral of St. Sava was on fire; on the spot, Lester and Stefan started taking video and reporting. It wasn’t the sort of story national news was going to cover, but the self-proclaimed “news nerds” didn’t mind: They saw a story and felt the urge to share. Though this

specific event was recent, Stefan has long loved the journalism world his father inhabits.

“When I was a kid, I had the news bug too,” Stefan, 31, says. “[When] Dad was running out on a story or we heard sirens, I wanted to tag along.”

Though Stefan pursued a political science degree at Pepperdine University before beginning his reporting career, Lester notes that he always showed an interest in current events (Lester explained the Gulf War to him in kid-friendly terms when he was roughly 3 years old).

“So many mornings he would get up at 4:30am with me and come down to Studio 1A on a Saturday—what teenager does that, I don’t know, but he did,” Lester recalls. “He got to know the crews, he hung out, got to understand a little bit about how we put a broadcast on





Above and right: Lester Holt and Stefan Holt with Stefan's child.

the air.”

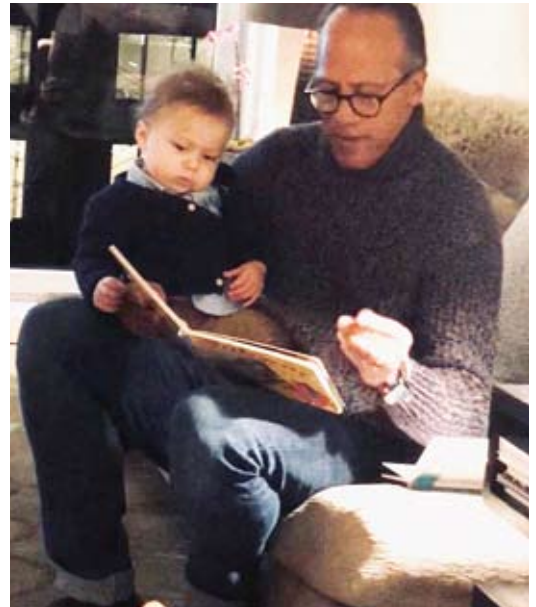
The two have even co-anchored together: Once, when Lester was visiting Stefan in Chicago for Thanksgiving, he learned his son was anchoring his broadcast alone. After chatting with NBC, Lester got the go-ahead to join him on screen.

Lester’s illustrious reporting career—prefaced by time as a disc jockey at a Country and Western station and radio reporter—began its TV leg in 1981: He started as a reporter for WCBS-TV New York and moved to Los Angeles to be a reporter and weekend anchor for KCBS-TV (at the time, called KNXT); by 2000, he found a home on MSNBC, with stints on “Weekend TODAY,” “NBC News,” and a host of other programs. He’s been with NBC ever since. As a group of journalists, Lester, Stefan, and I decide not to do the math of how long he’s been a TV reporter: After all, Lester says, that’s what Siri’s for. His body of work has ranged from national reportage to on-site journalism—he takes his show on the road whenever he can (when he’s not making cameos on shows and movies like “30 Rock” and “The Fugitive,” or playing bass with his rock band, the Rough Cuts, that is).

“One of the things I taught Stefan, and he gets, is that while we’re anchors, we’re reporters first: That is the highest calling in what we do, is being a reporter,” Lester says. He claims he used to be a “dispassionate” anchor because he thought “that’s what newsmen are: They’re dispassionate, they cover the news, there’s no tears, no feelings.” But all that changed when he became a father to Stefan and his younger brother Cameron, 29, and he realized it’s “not an editorial position to be sad.”

“On a few occasions I’ve shed tears on stories or been obviously moved emotionally, and that’s not an editorial position,” Lester says. “We’re not talking about politics here or business policy or foreign policy; [they’re] human stories.”

Specifically, Lester remembers choking up on-screen as he learned about the casualties of the Sandy Hook shooting in December 2012. “I remember the emotion kind of swept over me, and my voice caught,



and I had a moment,” Lester says. “I hate to always say you have to have kids to feel that, because I think that’s an insult to people that don’t have kids—I think we’re all capable of these feelings—but I think certainly being a father, emotions come on very quickly.”

Stefan’s a father as well: His wife Morgan, whom he met at Pepperdine and married in July 2012, recently gave birth to 1-year-old Henry, and so he agrees that having a child changed his perspective as a reporter. That in mind, he and Lester extoll empathy as essential in an anchorman.

“It’s hard not to be touched by what happens in the world, by tragedy, by heartbreak, by some of the tough subject matter that we cover, and I know in my particular case, being a new dad, I’ve felt that sting of a heartbreaking story a little bit more than I think I used to,” Stefan says. “It’s important to realize that there are those human emotions and human feelings when we do cover these sorts of stories, and if anything, that empathy helps us become better storytellers. I think that’s something I learned from [my Dad], just knowing how hard it is sometimes to cover difficult subject matter.”

He adds that ever since he had his son, he’s found that when he interviews other parents, he “can connect and relate to them a little bit more than [he] used to.”

While it may be difficult, Lester says, a large part of covering subject matter is putting yourself in the interviewee’s shoes.

“I project: ‘How would I deal with this if this was me: If this was my family, if that was my house lying in shambles, if that was my kid in a school that’s on lockdown’ and try to process,” Lester says. “It makes you a more empathetic reporter, and thus, a better reporter, to make sure that you can put yourself in those situations and understand where people are coming from.”



Lester thinks we're living in a post-shock environment, and that's what rattles him about our era; news of shootings like the Columbine High School shooting [in April 1999], which used to dominate weeks of coverage, now pass in three days. Some of that, he concedes, is due to the accessibility and speed technology allows in research, interviewing, and news-gathering.

"Now, that's not an indictment of what we do, it's kind of just where we are that a lot of the shock value now of things that used to hold our attention for a long time for whatever reason has been diminished, and as someone who has been in the business for a long time, I remember Columbine: That story dominated for weeks. The Vegas massacre [in October 2017], I covered that—within a few days, that story was slipping below the headlines. And a part of that is that we—and I'm going to use the broader term 'media'—were just so good, and there were just so many of us covering these stories right now that sometimes stories that might've been the day two or the day three story can be told in the first day because of our ability to quickly research and verify and the amount of information we have coming," Lester says. "It's not a commentary on us or any particular person, but it's just a reality that we're in this position now that people hear something like that and you're sad and you're moved, but part of you almost comes to acknowledge that it's now part of the environment we live in."

Good journalism is not just about being empathetic—Lester emphasizes that, with his notoriety, he has access to people the public might not



Lester Holt interviewing President Obama (above) and in Cuba (left).

(after all, he both moderated the first 2016 presidential debate and interviewed President Trump one-on-one in May 2017). His goal is to be a stand-in for the audience at home, both asking what they want to know and approaching questions from an outside viewpoint.

"I try as I'm asking questions, whatever the story may be, to always put the viewer in my head and be their representative," Lester says. "When I'm anchoring, I try to picture representing the viewers. One of the reasons that I like to take our broadcast on the road when something big is happening, rather than me be on the set... I think it's important that we get out there, and as the anchor, my presence can sometimes put a stamp on it that says this is a story that we're going to cover in a big way. It also allows me to leverage my notoriety sometimes to get interviews that I might not otherwise get or get access I might not otherwise get."

But although he has more access than others, he's



not comfortable with the concept of being put on a “news altar,” which is likely why his reportage is so congenial. It serves to his benefit—a friendly, relatable voice rings trustworthy and sincere. It’s apparent that sincerity is not solely an on-screen persona for either as Lester and Stefan riff off each other’s stories, filling in gaps and cracking jokes around the table during our interview.

“I consider myself such a lucky guy to have a great mentor [in my Dad], to have grown up and observed everything about this industry from an early age,” Stefan says. “[Now, I also] have a great mentor as a dad—on how to be a dad and how to be a father—and I definitely learn from my dad’s example as we raise Henry.”

Lester, ever-supportive, shares that usually while writing promos and other materials midday, he’ll turn on WNBC to check out Stefan’s broadcast. Stefan recently shot the tree-lighting ceremony, and walked off-screen to a text from Lester, giving (positive!) notes on the broadcast.

“I’m incredibly proud of Stefan. He has really done a good job of earning his own way—it’s not always easy being attached to a name of someone who’s got a lot of notoriety, but he’s really navigated it well,” Lester says. “I wanted to make sure he had his space. He’s been

here a while now, and we never obviously deny [our relationship], and it’s a healthy relationship, but we don’t look at it as a gimmick. I’ve had a very successful career, he’s on his way to an amazing career as well, and we’re supportive of each other.”

Lester’s equally proud of son Cameron, who works in finance—at one point, Cameron thought he might be a reporter too, but after a summer internship at CNBC, told his dad that journalists “work too hard.” “He’s not the extrovert that Stefan is, but he’s a little bit of a deep thinker; listening to him is just fascinating sometimes, his take on news. He’ll say something and I’m like: ‘Wow, yeah, we should put you on as a guest on MSNBC,’” Lester laughs. “He’s very keen and an astute observer.”

The family often “talks shop” when they get together, or focus attention on little Henry, asking for baby advice—“Is this normal?” is a common question—or simply playing with the family’s new addition. Sometimes, though, Stefan and Lester talk about another shared passion: Aviation (“We’re both airplane nerds,” Stefan says—apparently, they’re nerds for anything they like). Their family has an extensive background in the skies, from former Air Force members to Lester’s wife—and Stefan and Cameron’s mom—Carol Hagen-Holt, who was a flight attendant. Stefan himself is a licensed pilot.

When they fly together, Stefan says Lester is his copilot.

“God’s your copilot,” Lester responds with a laugh.

They’ll often grab dinner together too: As is the nature of news, Stefan’s constantly checking his watch to make sure he has time before he goes on-screen—the exact same time-gauging motion Lester used to make when he would meet the kids for family dinners back when they were young and he reported in Chicago. And as is the nature of news, either could be called away at a moment’s notice. With the media landscape changing so rapidly, it’s essential to be ready for whatever news may break.

“I think the future belongs to those [news organizations] who are constantly peeking around the corner,” Lester says. Stefan agrees, and says he’s glad they’re both experiencing the new era in journalism together.

“What we realize is that people aren’t abandoning news, they’re in other places right now. If you don’t catch me on the nightly news, you’ll catch me on the web later, maybe you’ll catch me on your taxi, on the airline—we’re constantly trying to figure out: ‘Where’s the next place they’re going to go?’ I tell people, ‘I might be in your wallpaper someday,’” Lester laughs. “What’s important is that my job doesn’t change. We still cover news.”

To catch Lester and Stefan Holt on NBC, visit nbc.com!

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Have Faith

Religious schools make the case for infusing faith into learning

By Mia Weber

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

Values lead

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

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

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

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

What to keep in mind

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

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

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

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

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

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

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

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



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ROCK & STROLL

OUR GUIDE TO THE 50 BEST STROLLERS OF 2019

By Mia Weber

Your stroller is one of the biggest-ticket baby gear purchases you'll make as a new parent. Make sure your wheels fit your lifestyle, budget, and aesthetic—our annual guide to the 50 best strollers on the market for the New Year has you covered (from doubles to joggers and beyond)!

Austlen Baby Co.

Entourage: Designed for families who enjoy a life full of activity, the Entourage is super-versatile and offers an enormous storage capacity. The Entourage's patented design has a one-handed expandable frame with three positions that enable multi-child configurations and the ability to carry large items, such as ice chests, shade canopies, and even luggage—this stroller has the strongest weight limit of any stroller, accommodating up to 150 lbs combined weight of children and cargo. \$849.99, austlen.com



Baby Jogger City Select LUX: The Baby Jogger City Select LUX takes the popular City Select stroller to the next level by providing more versatility with over 20 possible configurations—the most riding options of any single to double stroller on the market. This stroller can convert from a single to a double by adding a second seat or the new bench seat accessory, or even convert to a triple by adding the glider board. \$629.99 for stroller; \$199.99 for second seat kit; babyjogger.com

Baby Roues Roll & Go:

This new stroller is ultra-compact, lightweight, convenient, and amazingly sturdy. This innovative stroller is perfect for the family on-the-go with kids from infancy to age 4. The stroller can fold in seconds, and is so compact in can be used for travel, as it easily fits in the overhead compartment on airplanes or on any form of transportation. The pull handle allows for easy transport through airports, hubs and city streets. The extra wide 15-inch padded seat with full recline will keep your baby or toddler comfortable, while the full sized basket holds all your necessities. Plus, a backpack-style travel bag comes with the stroller. \$199.95, babyroues.com



Baby Trend Go Lite Sprout Travel System in Rose Gold:

Just launched last winter, this new travel system (with a trendy rose gold frame) offers a lightweight aluminum full-size stroller complete with an extra-large storage basket, lockable front swivel wheels, one-touch rear brakes, and durable tires. Plus, the swing-away/removable bumper bar allows for easy in and out access and the trigger fold provides compact storage for hassle-free travel. Also included is the Baby Trend Secure Snap Fit 35 Infant Car Seat. Simply convert your stroller into an infant car seat carrier by snapping the car seat into the stroller frame. Features include a no-rethread 5-point safety harness, EPS energy-absorbing foam, a removable full body insert, and an adjustable canopy with a sun visor. \$349.99, babytrend.com



BABYZEN YOYO+: From birth, the YOYO+ can be used with the 0+ newborn nest, which works as a lie-flat, rear-facing stroller. The addition of car seat adapters means that baby can be switched from the car to the YOYO+ with one click. From 6 months, on the same frame, parents can change to 6+ fabrics and their stroller is ready for early childhood. Folding, unfolding, and pushing still work with just one hand, and the YOYO+ remains almost featherweight at just 13-13.5

lbs. YOYO+ frame with 6+ color pack, \$495; 0+ bassinet insert, \$225; car seat adapters, \$50; babyzen.com



Bumbleride Indie All Terrain Stroller: The Indie is an all-terrain stroller perfect for urban activities or off-road adventures. From the pavement to the trail, the Indie adapts to your daily adventures called life. This stroller offers a compact, lightweight frame, true all terrain 12 inch air-filled tires, all wheel suspension and

unmatched versatility. The fully adjustable backrest, footrest, and handle create a customized fit for you and baby. \$529, bumbleride.com

Biba M Single: The Biba M Single is super lightweight at 12 lbs., plus, it offers a design that's functional, elegant, and very handy. The Biba M Single makes folding and opening oh-so-easy, and it's small enough to be suitable for any car trunk. It also features sturdy foam rubber wheels, secure wheel locking, and an extra-large lower basket to store all your baby's knick-knacks, accessories, and snacks! \$199, bibausa.com



Bugaboo Fox: This past March, Bugaboo introduced their newest stroller, the Fox! The Bugaboo Fox has the lightest push and parents will be able to take this stroller from city streets to snowy trails, as the advanced all-wheel suspension and larger tires ensure a smooth, stable ride. The Fox also offers modular design so parents can easily customize, refresh, repair and re-use parts of the stroller. It's lightweight, at just under 22 lbs., has a great one-piece fold, offers an underseat basket holding up to 22 lbs., and features high-quality fabrics made from recycled materials. Finally, it's Bugaboo's highest seat and weight capacity, suitable for children up to 48.5 lbs. From \$1,199, bugaboo.com



BOB Revolution FLEX - LUNAR: The new BOB Revolution FLEX - LUNAR stroller includes the first-ever print fashion for BOB Gear and features ultra-reflective geometric lines that keep families safe with increased visibility during night runs and morning jogs. \$469.99, bobgear.com

Chicco Mini Bravo Plus Lightweight Quick-Fold Stroller: This new model from Chicco is super-lightweight and includes a click-in attachment for all Chicco KeyFit and Fit2 infant car seats. The Mini Bravo also features a premium handle grip and parent tray with two cup holders and zippered storage, a fold handle that's easy to reach and activate with just one hand (the fold handle also doubles as a carry handle for easier maneuvering), an oh-so-convenient quick-fold design that's also compact and self-standing, an adjustable canopy with bonus, zip-open mesh panel for improved airflow, and much more. \$199, chiccousa.com



Britax B-Free Stroller: Just launched a little over a year ago, the B-Free Stroller makes family life easy and convenient. Seven storage pockets and an extra-large storage basket offer more room for baby gear (which every busy city parent knows will certainly come in handy). Plus, the canopy extends to protect your baby from the sun, and 3-wheel configuration provides ultimate maneuverability. \$359.99, us.britax.com





Combi F2 AF & F2 Plus AF + Joint Bar

The Combi F2 Plus AF is as light as a feather, weighing in at just 8.6 lbs.! Perfect for travel and the on-the-go parent, the F2 folds compactly using just one hand. The deluxe, padded seat feature provides a multi-position recline of 165 degrees that allows little ones to nap at any time. The joint bar for F2 and F2 Plus connects

two single light-weight strollers into one portable double stroller that's perfect for twins and siblings close in age. The best part is that the strollers can easily separate allowing each parent to take one child separately. *Strollers, \$240-360 each; Joint Bar, \$70; combiusa.com*

Cosatto Supa Go - Magic Unicorns:

When you've got places to go, fast, the Supa Go pushchair puts the fun in fundamentals. This stroller lets you enjoy smooth, streamlined simplicity. These lightweight wheels offer a comfortable stroll and feature an extendable sunshade, a viewing window in the hood, a spacious storage basket, and more. From one-handed recline to adjustable handle height and transport-friendly umbrella fold, Supa Go does it all and offers an industry-leading four-year guarantee. Plus, how fun is the Magic Unicorns pattern? *\$249.99, cosatto.com*



CYBEX Priam: With their Priam stroller, CYBEX has brought a complete, coordinated, three-in-one system to the market. This means that one frame enables three different uses with "individualized mobility." As a pram-style stroller with matching carry cot, as a travel system with one of the CYBEX infant car seats, and

later, as a luxurious stroller, with a choice of child facing forwards or backwards. There is also a choice of wheels for every surface: Light, all-terrain, and trekking. One other cool option? The Priam can be paired with a ski attachment to replace the front wheels, turning it into an urban snowmobile. *\$1,000, cybex-online.com*

Diono Traverze: The Diono Traverze is a new luggage-style, super-compact stroller created to make traveling easier for families on the move, fitting in most overhead cabins and features an easy to use one-hand instant fold. Complete with water resistant Travel Carry Bag and tailored rain cover. The lightweight stroller also features a one-touch brake with smooth rolling, never flat wheels, city-resistant shock absorbers and all-wheel suspension ensuring that it turns on a dime through turnstiles and store doors, with swivel wheels and agile one-hand steering. *\$249.99-299.99, us.diono.com*



Doona Infant Car Seat: Doona is the only infant car seat with fully integrated wheels—that means that it converts from car seat into stroller with the easy push of a button! Doona was designed to provide parents with a safe and practical mobility solution for their baby, both in and out of the car. Doona meets the highest quality and safety



standards in both the car seat and stroller categories. A great option for both urban and suburban families, Doona is a safe and convenient option for babies 4-35 lbs. and up to 32 inches tall; it also includes an infant insert which cradles and supports your newborn safely and properly, and a full line of accessories is also available for purchase. *\$499, doonausa.com*



Ergobaby 180 Reversible Stroller:

Ergobaby is best known for their baby carriers, but as of this past winter, they are also officially in the stroller game with their debut model, the Ergobaby 180 Reversible Stroller. This full featured, lightweight (just under 20 lbs.) stroller comes complete with a slate of premium features, including a handlebar design that allows the parent to easily switch the stroller seat position without disturbing baby, so baby can

face the parent or face the world in one simple step. Additionally, the 180 has an extra-large under-seat storage basket, zippered seat back pocket for smaller items such as cell phone and wallet, adjustable handlebar, cup holder, and more; it's also travel system-ready when you purchase a car seat adapter separately. *\$399.99, ergobaby.com*

Evenflo Sibby Travel System with LiteMax:

This new travel system comes complete with a sleek Evenflo stroller and a LiteMax infant car seat. The stroller features improved Sport Style Handle Grips that are longer with an extended foam grip, a seat back with a new mesh storage bag and buckle to adjust the seat so a big kid can stand easier on the Ride-Along board, a large canopy with new peek-a-boo window and lowered/extended for better protection and visibility, a Flex Hold Parent Cup, and more. The car seat is suitable for 4-35 lbs. and offers a 1-Step Belt Lock System for secure installation, an ergonomic and easy-to-carry handle, up-front harness adjustment, and many more premium safety and convenience features. *\$199.99, evenflo.com*



gb Pockit+: The Pockit+ compact stroller is an upgraded version of the celebrated gb Pockit, the world's smallest stroller. The Pockit+ offers the same great features of the Pockit, but now with a 2-in-1 travel system. Additional upgrades include a larger canopy with UPF50+ sun protection and a reclining seatback. The Pockit+ can be folded into a hand-bag shaped package in two easy steps, easily fitting into a tote or overhead airline compartment. The Pockit+ is recommended for use from birth (using the included car seat adapters with an infant car seat) up to 55 lbs. \$229.99, gb-online.com



Graco Uno2Duo: The Graco Uno2Duo stroller starts out as a single stroller and expands into a double stroller to grow with your family with eight different modes of use. With an easy, one-hand fold, parent cup holder, and extra-large storage basket, the Uno2Duo is a fully-featured stroller. The main seat reclines flat to become an infant bassinet, while the removable child's tray and standing platform offer a customizable ride. Incorporate a Graco Click Connect infant car seat and a second seat (both sold separately), and the Uno2Duo offers even more customization and riding options. \$319.99, gracobaby.com

Greentom 3-in-1:

Suitable from birth to approximately 4.5 years, the new Greentom 3-in-1 allows you to easily transition between the Carrycot, Reversible and Classic stages. The Carrycot includes a plush, 100 percent organic mattress that's naturally flame retardant, while the Reversible and Classic have 5 and 3 positions respectively. Also included is a secondary, removable storage option that makes loading and unloading easier than ever! Bonus: The frame is made of recycled post-consumer plastic and the machine-washable, UPF-50 fabrics are made of recycled drinking bottles. In short, this stroller offers a purposeful design that's lightweight (15-19 lbs.), durable (lifetime guaranteed frame), and sustainable. \$699, greentom.com



guzzie+Guss Connect Stroller:

In order to ensure maximum comfort, cooling airflow mattress technology is built right into the seat of this new stroller. The unique inner seat liner provides cooling and drying space under the body, while acting as built-in air pocket padding. Additionally, the Connect offers an adjustable seat with several different configurations, a super-comfortable leatherette grip over a handle that adjusts to fit your height, an extendable canopy, an open frame (with no rear axle), high-performance tires, and much more. \$499.99, guzzieandguss.com



Inglesina Zippy Light: This lightweight, compact stroller really opens, closes, and strolls with just one hand. Suitable for newborns to 55 lbs., the redesigned Zippy Light boasts a beautiful European design sensibility and stands upright on its own when folded. The Zippy Light offers an even bigger hood for increased protection against the sun, additional padding on the backrest and safety harness, and even more premium features. Plus, it weighs in at just 15 lbs., so it's incredibly lightweight. \$349-369, inglesina.us

Jeep by Delta Children Sport Utility All-Terrain Stroller:

This fun stroller features a lightweight, aluminum frame that adapts to your child as they grow. Offering three strollers in one, it starts as a travel system for newborns. It's also designed to help you move from car-to-stroller with ease, the stroller includes a car seat adapter that works with the most popular car seats (car seat sold separately). The Sport Utility comes with a wide range of safety and security features including a one touch cable lock brake system, adjustable handle for your comfort and reflective piping. Plus, you'll enjoy the stroller's ample storage space, a large basket under the frame and included parent organizer. \$350, deltachildren.com



Joolz Geo2 Tailor - Mono: Last winter, Joolz launched the Joolz Tailor collection. Incorporating the same Positive Design found in the Joolz Geo2—including easy one-hand maneuverability, large basket, and the ability to add onto the pram as your family grows with the addition of a second seat or bassinet. The Tailor collection is completely customizable, allowing you to pick your favorite model, fabric, chassis, wheels, and 20 different colors, accents, and matching accessories. Plus, included in your purchase is the chassis, basinet, seat, XXL basket, and matching colored Diaper Bag. \$1,299, us.joolz.com



Joovy Qool: The Joovy Qool gives parents the freedom to create the stroller they want—for one, two, or three children. Designed to provide you with flexibility, you can choose to create the way you want to stroll and customize your ride. *Stroller, \$499; add-on accessories, \$21.99-149.99; joovy.com*



Mamas & Papas Ocarro: Beautifully designed and the ultimate in comfort, this new Mamas & Papas stroller delivers premium style and practicality. An all-in-1 stroller that takes you anywhere you need to go, the Ocarro is available in a pushchair-only option or as a four-, five-, or six-piece bundle. Designed to be compact without compromise, the Ocarro features a sturdy frame design that offers excellent stability for smooth traveling, large wheels with reflective trims to add visibility at night, a lie-flat seat, a quick and easy fold, an extendable hood, and more. *From \$810, mamasandpapas.com*



Keenz 7S Stroller Wagon: Perfect for families on the go with a lot of gear to tote, Keenz's deluxe 7S Wagon offers tons of space and a safe, ergonomic ride. The Wagon featured a 5-point safety harness to keep little ones safe (two children can fit comfortably), and also comes complete with built-in cushioning, a retractable roof

with mesh sunscreen, adjustable handles, swiveling front wheels with individual locks, and more. It weighs in at 29 lbs. and is super-easy to fold and store. *\$379, keenz.us*



Kinderwagon Hop: Kinderwagon's Hop is a tandem umbrella stroller that's lightweight, narrow, and easy-to-fold for city parents who are on the go! The front seat is suitable for children from 6 months up to 50 lbs. The rear seat is suitable for little ones from 3 months and can recline to 130 degrees. Features include one touch double brakes, a removable canopy, rain cover, and a cup holder. *\$299.99, kinderwagon.com*

Maclaren Mark II: Using the original design brief of their very first buggy as inspiration, Maclaren has applied modern materials and engineering to create a super-light, full-featured reclining buggy. Designed to withstand the conditions of urban life, the Mark II's hexagonal chassis delivers strength and durability, while weighing in at just 7.3 lbs. The stroller also offers an extra-large waterproof hood with extendable sun visor, two-position recline seat, antimicrobial handles and self-service replaceable parts. The Mark II is ready to roll right out of the box with coordinating accessories, including a seat liner, premium wind-resistant raincover, buggy ID tag, and tether strap. *\$200, maclaren.us*



Maxi-Cosi Nomad Collection Adorra: The Nomad collection features muted tones of beige, green, and blue all inspired by nature and the world around us. The stroller provides functional and convenient features like its one hand fold, expandable storage basket, easy to remove and wash car seat, a flip-out visor to make life as a new parent just a little easier. When used with a Maxi-Cosi infant car seat, it transforms into a highly maneuverable travel system for use from birth, allowing for seamless transition from car to stroller. *\$399.99, buybuybaby.com*



Micralite FastFold Stroller: Micralite strollers were designed to make life easier for parents, by combining the robust build of off-road strollers with the maneuverability and compact fold of lightweight city strollers. Every element has been engineered to help parents get out there, wherever it is they want to go. As well as featuring a clever hybrid design, Micralite strollers are built around a revolutionary patented one-handed fold mechanism which allows parents to fold the stroller quickly and easily. *\$512, micralite.com*

mima Zigi: The Zigi is an ideal travel stroller and is as innovative as it is beautiful! The mima Zigi buggy offers a concrete solution for all refined globetrotters. Zigi boasts three recline positions: Sitting, resting and sleeping position. This stroller also folds simply with a flick of the wrist and lifting of a lever and a carrying handle makes it easy and comfortable to transport. It weighs in at just 18.5 lbs, and offers a super-compact fold that is accepted as cabin luggage with most airlines. \$699, mimakidsusa.com



Nuna DEMI grow: Just launched last winter, the DEMI grow is Nuna's first double stroller and is crafted with 23 modes that cleverly convert from a single stroller, to both double and twin configurations. With an all-weather seat, large storage basket, and custom dual suspension that simply flips up for rough terrain and flips down for smooth surfaces, DEMI grow has it all. Each DEMI grow seat can be used from 6 months to 50 lbs., making it ready for the stroll ahead. *Stroller frame, toddler seat, and two sets of adapters, \$799; second toddler seat or bassinet, \$179 each;* nuna.eu



Mountain Buggy terrain: The ultimate premium jogger that delivers ultimate performance to families who really want to get active, both on and off road. With its strong aesthetics, its sporty enhanced features include a superior one hand fast fold, multi adjustable handlebar, three-mode front wheel and shock absorbing suspension. Terrain also comes bundled with both 16-inch and 12-inch rear air-filled tires. With three sports luxe color ways, the terrain is

perfect from newborn to toddler age. \$599.99, mountainbuggy.com



OXO Air: The recently released, the Air stroller is a lightweight, compact folding stroller that is easy to transport and store while providing the utmost security for little ones. It weighs in at an astounding 11 lbs., and comes complete with great features like a panoramic peek-a-boo window, a large UPF 50 canopy with sunshade extension, ventilated mesh sides, a convenient zippered pocket, and more. \$179.99, oxo.com

Mutsy Evo: The ultimate premium jogger that delivers ultimate performance to families who really want to get active, both on and off road. With its strong aesthetics, its sporty enhanced features include a superior one hand fast fold, multi adjustable handlebar, three-mode front wheel and shock absorbing suspension. Terrain also comes bundled with both 16-inch and 12-inch rear air-filled tires. With three sports luxe color ways, the terrain is perfect from newborn to toddler age. \$599.99, mountainbuggy.com



Peg-Pérego Book For Two: The Book For Two is a super-compact, side-by-side stroller that's just 29-inches wide. It can take up to two Primo Viaggio 4-35 car seats and folds easily and inward, like a book. Additionally, the Book For Two features multi-position independent backrests, a large, easy-loading basket with pockets, Soft Ride wheels with ball bearings and suspensions, and an easy, one-hand close. This stroller is suitable from birth, up to 45 lbs. (each child). \$649.99, us.pegperego.com



phil&teds sport: This innovative and all-terrain inline stroller features auto stop for convenience and safety, all-terrain air filled tires, a one hand fast fold compact, a safe and easy 5-point harness, and hard-wearing 600D sporty fabrics. It's suitable from newborn to age 5, comes in a variety of fashion-forward colorways (the chic and edgy Graffiti style is shown here), and can convert to a double with a sold-separately double kit. \$499.99, philandteds.com



Silver Cross Wave:

The Wave offers an ultra-sleek look, British sensibility, and an irresistible slate of premium features. The all-in-one Wave system includes the stroller frame, bassinet, and seat—which means it's easy to re-configure as your child grows or if you have another baby. With the patented One Plus One connection



system, it's a breeze to transition the stroller from single to tandem, and the system can be used as a single, in tandem with the reversible seat and bassinet, or with twins in two bassinets or seats; in total, the Wave can accommodate up to two children with a combined weight of 100 lbs.; later this month, they will also be launching a ridealong board. Finally, the Wave comes with a storage basket that holds up to 33 lbs. *Stroller with bassinet and main seat, \$1,299; tandem seat, \$349; silvercrossus.com*



Quinny Luxe Sport Zapp Flex Plus:

Launched early last year, Rachel Zoe and Quinny have teaming up for another limited edition stroller collaboration: The Luxe Sport Zapp Flex Plus! This chic stroller brings functionality to style and glamour. It features classic black and white fabric with netted detailing that provides an effortlessly sporty look that pops against metallic champagne accents. A black, white, and champagne

pinstripe completes the look with luxe detailing, allowing parents to walk their way in style, all while enjoying the premium quality they expect from a Quinny stroller. \$499.99, nordstrom.com



StrollAir Solo: The new Solo (just launched last spring) is the only single-to-double-to-triple tandem stroller where the seats, backrests, and footrests recline independently and both seats are the same size. That allows for nice stretch when the babies are sleeping as well as easy diaper changes on the go. With a multitude of front/back combinations this single-to-double tandem stroller is a true innovation.

Ensuring babies comfort no matter the weather; the stroller comes as a single with bassinet, seat, mosquito net and rain cover. \$599.99 as a single with bassinet; \$189.99 for Tango (the second seat with extended frame, mosquito net, and rain cover); strollair.com/solo-to-tango

Safety First RIVA

Travel System: The new RIVA travel system is made from a special blend of recycled materials including the brand's own recycled car seats. It features a lightweight stroller frame weighing only 18 lbs., easy-off, machine-washable fabrics, two parent cup holders that can double as viewable cell phone holders, and a generous storage basket and canopy with peek-a-boo window. It also offers a high-impact frame made from recycled materials that is rigorously tested to ensure sturdiness and reliability, as well as an American-made Safety 1st onBoard 35 FLX infant car seat with side-impact protection for children 4-35 lbs. \$199, walmart.com



Stokke Xplory: With pioneering seat height adjustability, the iconic Stokke Xplory brings your baby closer promoting interaction while you explore the world together. Thoughtful design makes the Xplory effortless to maneuver, even around the tightest city corners. Front- or rear-facing, this stroller provides an almost infinite choice of seating positions. Plus, you can select from a variety of types and styles for the chassis and color of the stroller. \$1,129-1,199, stokke.com





Summer Infant 3Dtote CS+ Convenience

Stroller: The new 3Dtote CS+ is a convenience stroller that will hold all of your on-the-go essentials, thanks to its expandable storage basket, rear storage extension, and side storage pocket. It's also designed to hang up to 5 lbs. of diaper bags and shopping bags.

In addition to offering a deluxe amount of storage, this stroller also includes a removable bumper bar with easy to clean snack pouch, a one hand fold with auto lock and carry strap, a child cup holder and toy hooks in seat, and more. \$179.99, summerinfant.com

Thule Sleek: Perfect for parents looking to hit the park as well as the city streets, the brand-new Thule Sleek (which is the rugged Thule brand's first four-wheeled stroller) is a smart, stylish, and safe stroller for urban explorers and their kids. It has a lightweight and contemporary design, outstanding maneuverability, and superior comfort for both parent and child. Designed for the active parent, Thule Sleek can be configured to match the needs of your family, from your baby's birth and as your little one grows. \$799.95, thule.com



UPPAbaby VISTA: The VISTA a performance stroller system that has a variety of configurations and maneuvers like a single stroller with the ability to adapt as a family grows. This stroller includes both bassinet (safe overnight sleep solution) and toddler seat. Great features include a one-button telescopic handlebar height

adjustment and a reversible toddler seat with multi-position toddler seat recline. There's also an adjustable canopy for your growing child, an extendable UPF 50+ Sunshade, adjustable footrest, and an XL basket for storage. Price varies according to fashion/color; \$839.99-899.99, uppababy.com



Urbini Omni Plus: The Omni Plus is the ultimate four-in-one travel system—its four configurations let you move from place to place without disturbing your baby. The Omni Plus also includes a rear-facing Sonti Infant Car Seat (for babies up from 4-35 lbs.) and comes complete with a reversible stroller seat, a large sun canopy with a

peek-a-boo window, an adjustable foam-padded handle, a comfort-covered five-point harness, and much more. The Omni Plus is suitable for children up to 50 lbs. \$199.99, urbinibaby.com

Valco baby Neo

Twin: Valco Baby's Neo Twin stroller is super-lightweight and all-terrain—oh, and it's a twin stroller. Weighing under 27 lbs., this sleek double stroller is one of the lightest full service strollers on the market, and it offers a full seat recline (for babies and toddlers), air-filled tires, and an adjustable handle. To top it off: Full-



coverage canopies and adjustable footrests take care of your little one's comfort and well-being. \$649.99, shop.valcobaby.com

Veer All Terrain

Cruiser: Perfect for families who love to enjoy adventures in the city and in nature, the brand-new Veer Cruiser offers the space and durability of a wagon with the safety and convenience of a high-end stroller (its Infant Car Seat Adapter is compatible with the majority of leading infant car seats). The Cruiser can hold up to two passengers (it can hold an infant car seat or



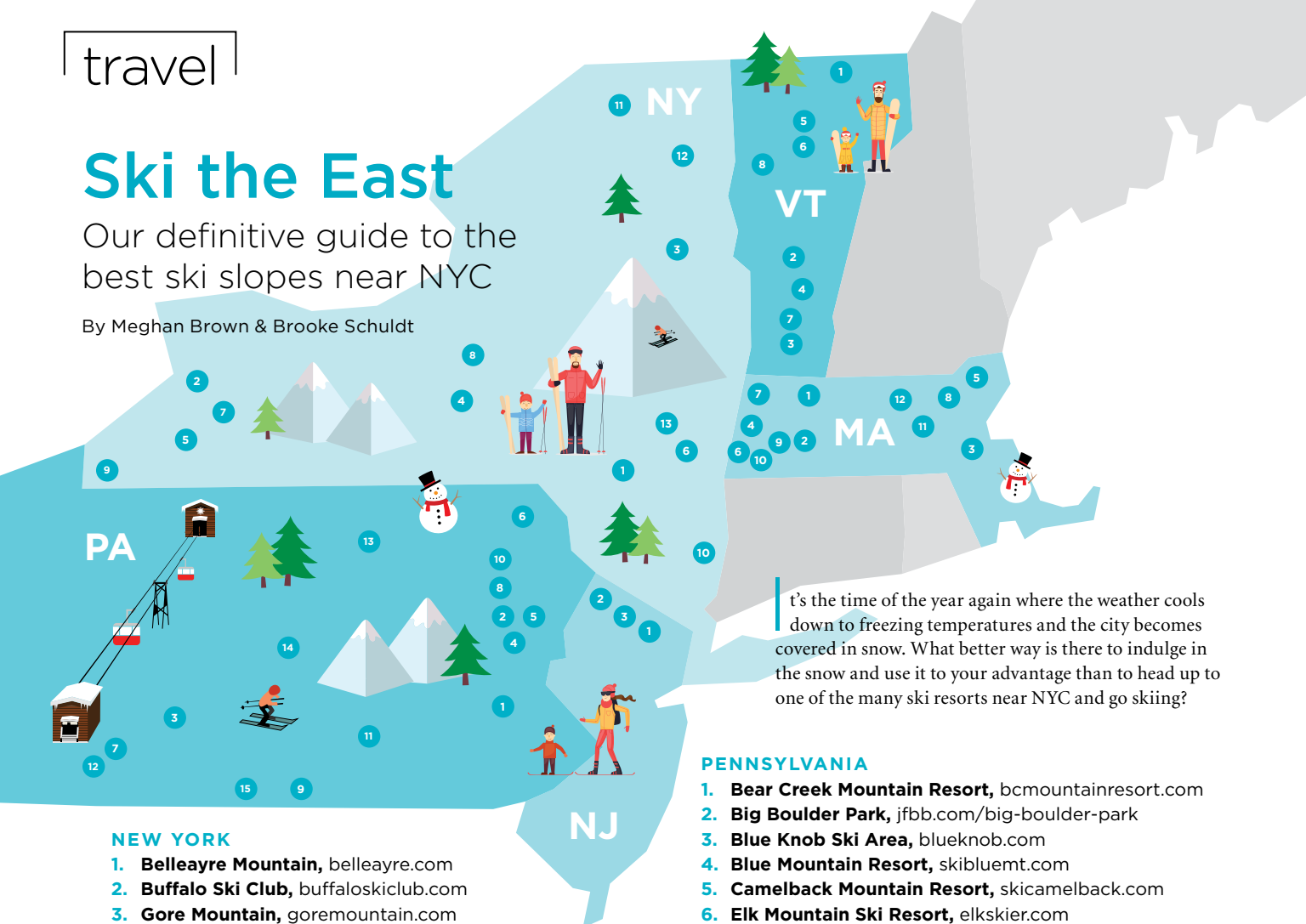
two toddlers facing each other, or any combination) up to 110 lbs of cargo. \$599, goveer.com

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Ski the East

Our definitive guide to the best ski slopes near NYC

By Meghan Brown & Brooke Schuldt



It's the time of the year again where the weather cools down to freezing temperatures and the city becomes covered in snow. What better way is there to indulge in the snow and use it to your advantage than to head up to one of the many ski resorts near NYC and go skiing?

NEW YORK

1. **Belleayre Mountain**, belleayre.com
2. **Buffalo Ski Club**, buffaloskiclub.com
3. **Gore Mountain**, goremountain.com
4. **Greek Peak**, greekpeak.net
5. **Holiday Valley**, holidayvalley.com
6. **Hunter Mountain**, huntermtn.com
7. **Kissing Bridge**, kbski.com
8. **Labrador Mountains**, skicny.com/labrador
9. **Peek 'n Peak Resort**, pknpk.com
10. **Thunder Ridge**, thunderridgeski.com
11. **Titus Mountains Family Ski Center**, titusmountain.com
12. **Whiteface Mountain**, whiteface.com
13. **Windham Mountain**, windhammountain.com

MASSACHUSETTS

1. **Berkshire East Mountain Resort**, berkshireeast.com
2. **Blandford Ski Area**, skiblandford.com
3. **Blue Hills Ski Area**, bluehillsboston.com
4. **Bousquet Mountain**, bousquets.com
5. **Bradford Ski Area**, skibradford.com
6. **Catamount Ski Area**, catamountski.com
7. **Jiminy Peak**, jiminypeak.com
8. **Nashoba Valley Ski Area**, skinashoba.com
9. **Otis Ridge**, otisridge.com
10. **Ski Butternut**, skibutternut.com
11. **Ski Ward Ski Area**, skiward.com
12. **Wachusett Mountain**, wachusett.com

PENNSYLVANIA

1. **Bear Creek Mountain Resort**, bcmountainresort.com
2. **Big Boulder Park**, jfb.com/big-boulder-park
3. **Blue Knob Ski Area**, blueknob.com
4. **Blue Mountain Resort**, skibluemt.com
5. **Camelback Mountain Resort**, skicamelback.com
6. **Elk Mountain Ski Resort**, elkskier.com
7. **Hidden Valley Resort**, hiddenvalleysort.com
8. **Jack Frost Ski Resort**, jfb.com
9. **Liberty Mountain**, libertymountain.com
10. **Montage Mountain Resort**, montagemountainresorts.com
11. **Roundtop Mountain Resort**, skiroundtop.com
12. **Seven Springs Mountain Resort**, 7springs.com
13. **Ski Sawmill Family Resort**, skisawmill.com
14. **Tussey Mountain**, tusseymountain.com
15. **Whitetail Resort**, skiwhitetail.com

VERMONT

1. **Jay Peak**, jaypeakresort.com
2. **Killington Resort**, killington.com
3. **Mount Snow**, mountsnow.com
4. **Okemo Mountain**, okemo.com
5. **Smugglers' Notch**, smuggs.com
6. **Stowe Mountain Resort**, stowe.com
7. **Stratton Mountain Resort**, stratton.com
8. **Sugarbush Resort**, sugarbush.com

NEW JERSEY

1. **Campgaw Mountain**, skicampgaw.com
2. **High Point Cross Country Ski Center**, xcskihighpoint.com
3. **Mountain Creek Resort**, mountaincreek.com

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Feng Shui Your Child's Bedroom

A new year is a good time to make positive change, whether in our own personal lives, our minds, our bodies, or our homes. Your home reflects your inner spiritual life. You've heard it before. While all of our homes can get a little messy with small feet scampering about, there is a difference between the mess that results from a playdate vs. starring in an episode of "Hoarders." Even when our homes are not in a state of disarray, there are still ways to improve the peacefulness in a living space. Practicing the ancient Chinese art of feng shui allows us to align our minds and usher tranquility, abundance, and serenity into our homes and hearts ... and it doesn't stop with your living room.

The design and decor of a child's room can help promote better sleep and a sense of harmony within themselves. It is this positive flow of energy, also known as qi (or ch'i) that works so beautifully when not pushed out by a mound of mismatched Legos and headless dolls.

Here are some tips to balance your child's qi:

1. Place the bed in the farthest corner of the room, facing the door
It's a power of position so whenever the door

is opened, your child can see who is coming in, without having a door opened above their heads (from a powerless position).

2. Paint the room a soothing and bright, yet calming color

Color scheme can make a big difference. Soft calming colors with coordinating storage units for the books and toys can help reduce the "visual clutter." The less visual clutter, the more calming the room.

Pick plain patterns over busy designs. Think earth tones, rather neon, but let your child's personality shine through. Have your child take part in the creative process, because she knows herself better than anyone else.

3. Set up a system so the room can stay tidy

Offer several bins, baskets, or other creatively designed storage options for easy clean-up. If you want your child to be able to pick out or put away his own clothing, it needs to be at a height that he can reach, and organized in a simple, easy-to-follow order, such as pants in one drawer, shirts in another. Little kids will not distinguish between a "sweater drawer"

versus the pile of short-sleeve shirts. Just put all shirts in one drawer, and only enough for them to choose from on a daily basis. The more you stuff in a drawer (or any space) the more opportunity for disorder.

Same is true with toys. Bins are easy for kids to get toys in and out of. Keep it simple: cars and trucks in one, books in another, balls in another.

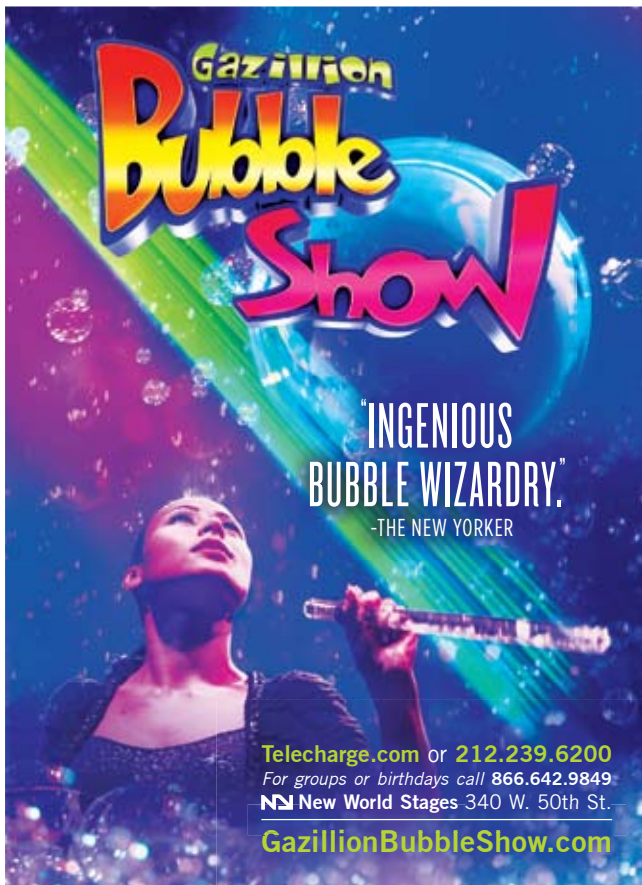
4. Make sure fresh air flows freely

A child's bedroom should have plentiful air flowing in from the window in nice weather. When it's too cold, offer an air purifier to ensure that fresh air is always circulating.

By instituting these simple feng shui tips into your child's bedroom, you will help balance her harmonious feelings and keep away negativity and unbalance. The more tranquility in a home, the better, especially during those terrible twos and turbulent teen years.



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



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Is Your Child Ready for Overnight Camp?

By Jess Michaels

Thinking about overnight camp for your child? Attending overnight camp is an important experience for a child, helping them to gain independence, self-confidence and resilience, which are all skills that are needed to become successful adults. But how do parents know when the right time is to send their child to camp?

It's not only age

Many parents focus on the age of their child to figure out when the right time is for overnight camp, however, age isn't the only factor when considering readiness. While there is no specific sign that can tell you that NOW is the time, there are certain indicators that can signal that a child is ready for the experience. "I don't feel there is a specific age to begin going to overnight camp. It's more dependent on an individual child's developmental levels and maturity," says Marc Rauch, Ph.D., licensed psychologist and director of Camp Kinder Ring, a coed overnight camp in Hopewell Junction, NY. "It's important to closely examine and explore a child's overall functioning in differing environments, as well as their personality, social skills, temperament and how they handle change and different situations. Does the child have the ability to self-soothe,

display effective coping mechanisms and effectively verbalize their needs and wants? Some other readiness indicators include a child's ability to appropriately separate from parents, accept guidance and supervision from others, a desire to sleep at varying peers households, eagerness to have playdates and a child's displaying of an ability to meet new successes when challenged."

Bolstering your child's confidence

Often parents feel their child is ready to go away to camp, yet their child is hesitant. Laurie Rinke, director of Camp Echo Lake, a coed overnight camp in the Adirondacks says, "The biggest factor that determines a camper's readiness is their parents' ability to let their child borrow their confidence that they are ready for camp. If a parent says to their child 'we found the right camp for you, we trust the directors, we know you can do this, and we know you will love camp,' children can use their parents confidence to bolster their own. When a parent gives a child the sense that camp is the right place for them, that helps a child feel confident." Renee Flax, camper placement specialist for the American Camp Association, NY & NJ feels there is a big difference between gentle persuasion and pushing a child to go to camp. "Taking your child to visit the camp so they can see for themselves what camp is all about



and meeting with the camp director to have them talk to your child are both helpful tools. However, if your child is adamant about not wanting to go, you do need to listen to what their concerns are. Some of them are fixable issues that can be resolved such as they don't want to go for too long a period of time or they want to know someone at the camp."

Preparation is important

Once you make the decision to send your child to camp, preparing them for what camp will be like can help set your child up for a positive experience. "Think about the things that your child will do at camp that they may or may not do at home like



changing the sheets on their bed, combing their hair, applying sunscreen, and taking a shower independently,” commented Rinke. “Your child certainly doesn’t have to perfect these tasks and counselors will help them, but familiarizing your child with these tasks can allow them to feel more confident about doing them.” Rauch says the manner in which a parent sets the stage for camp can ultimately seal the fate of whether or not the experience is successful. “Parents shouldn’t spend the entire academic year leading up to camp talking about it. The focus needs to be incrementally introduced to a child, especially one who has some level of concern. When you talk about camp, always focus on

the positives that lie ahead and don’t harp on how much a child will be missed, on how different home will be without them or on things that can go wrong. It’s also important for parents to work hard to not put their own anxieties about their children leaving home onto their children. The more comfortable a parent is with the overnight camp experience, the more comfortable the child will be.”

Other resources

Camps also offer a lot of events and resources to help your child prepare for camp. “There are new camper events, new parent events and Big Brother or Sister programs to give you and your child the confidence that they

are going to love camp. I also encourage parents to read all emails, blogs, and parent information from your camp as there is valuable information that will help you and your child,” says Rinke.

Flax says, “The right time for a child to go to an overnight camp is when they are ready! Don’t worry what other people are doing – you need to assess how your child is doing emotionally and how mature they are before deciding to send them to an overnight program.”

Jess Michaels is director of communications for the American Camp Association, New York and New Jersey and a frequent contributor to New York Family magazines.

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**"A HEART-
STOPPING
SPECTACLE."**

NEWSDAY

**"AS THRILLING AS
ANY ACTION MOVIE."**

PEOPLE MAGAZINE

**"AN EPIC, DAZZLING
THRILL RIDE."**

VARIETY

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calendar



JANUARY

A DREAM-WORTHY PERFORMANCE

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

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

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

4 FRIDAY

“The Little Mermaid.” The Harlem School of the Arts Theater Alliance presents the classic tale from Hans Christian Anderson (so don’t come expecting the Disney version of “The Little Mermaid”). This new show, which they’ve adapted, also goes into Anderson’s process himself in writing this story. Repeats Januar 5–6 and Jan. 11-13 with multiple show times. \$20 advance, \$25 at door/day of show. *Harlem School of the Arts*, 645 St. Nicholas Ave. (212) 926-4100. hsa-littlemermaid.brownpapertickets.com.

The 42nd Annual Three Kings Day Parade. Join El Museo del Barrio to celebrate the Three Kings Day Parade, now in its 42nd year. The family-friendly parade includes live camels, colorful puppets, parrandas, music, and plenty of dancing! It’ll also honor those who have contributed to the Latino community. The parade concludes at the Museo de Barrio, where there will be live music and free entry to the museum’s exhibits. Begins at 106th Street and Lexington Avenue and ends on 115th Street and Park Avenue (212) 831-7272. elmuseo.org. 11am-1pm. Free. *El Museo del Barrio*, 1230 5th Ave., Manhattan. elmuseo.org.

5 SATURDAY

“The Little Mermaid.” See Jan. 4

“World Famous Popovich Comedy Pet Theatre.” This family show features physical comedy, juggling, acrobatics, and trained pets in a European-

SUBMIT A LISTING

This calendar is dedicated to bringing our readers the most comprehensive list of events in your area. But to do so, we need your help! Send your listing request to 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!



Give your regards to Broadway

Broadway babies of all ages can get their theater fix in the coolest way the weekend of January 11-13! BroadwayCon is coming to town and it’s going to be epic. Any Broadway-bound of musical-loving kid will find plenty to do at this three-day convention. Events include live performances, singalongs, and workshops alongside panels that

preview upcoming shows and hold discussions between Broadway stars and creatives. There’s a look at lots of behind-the-scenes work too! The convention runs 10am-11pm on Friday, 10am-10:30pm on Saturday, and 10am-5:30pm on Sunday. Tickets start at \$80. *New York Hilton Midtown* [1335 6th Avenue, broadwaycon.com]

style circus performance. Popovich leads the animals, who he’s rescued from shelters, in their feats. It’s a wonderful opportunity to get your little anima-lovers engaged with a fun and age-appropriate theatrical experience. 11:30am, 2pm, and 5pm. Repeats January 6 at 11:30am, 2pm, and 5pm. \$40–50. *Tribeca PAC, Borough Of Manhattan Community College*, 199 Chambers Street. (212) 220-1459. tickets.tribecapac.org.

Easel with Whiteboard Workshop at the Home Depot.

Infuse your New Year with some DIY fun for the whole family. It’s time to get handy! Bring the kids over to Home Depot for an age-appropriate building project. They’ll be able to construct an easel that they can use to display their own art, and after they build it, it’s time to decorate. Kids will also receive a Workshop Apron, certificate of achievement, and commemorative pin. 9am-12pm. *Home Depot*, 980 3rd Avenue. (212) 888-1512. homedepot.com.

Camels and Kings: A Gift Giving Workshop. The season of giving doesn’t have to end just because Christmas has come and gone. Kids and their parents can craft gift boxes, costumes, and crowns by hand after they learn about the Biblical journey of the three wise men. 10am. For ages 4-8. \$10 per child. *The Cathedral*

of Saint John the Divine in the City and Diocese of New York, 1047 Amsterdam Avenue. (212) 316-7540. stjohndivine.org.

Skyscrapers: Past and Future. This upcoming event will have the whole family feeling like they’re on the top of the world! The Skyscraper Museum hosts this super-fun workshop where kids can learn about how skyscrapers have changed in appearance throughout history and then imagine what the tall buildings will look like in the years to come, designing their own vision of the buildings’ future. It’s perfect for your little budding architect. Pre-registration is required. For ages 6 and up. \$5. 10:30am-11:45pm. *Skyscraper Museum*, 39 Battery Place. (212) 945-6324. skyscraper.org.

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Just Kidding: The Okee Dokee Brothers at Symphony Space.

Have a young music-lover in your family who also has a passion for the great outdoors? Join this jamming band at Symphony Space so you and the kids can hear stellar Americana bluegrass tunes that are all about exploring nature and the world around us. \$14 members, \$17 non-members. 11am. *Peter Jay Sharp Theatre at Symphony Space, 2537 Broadway. (212) 769-7406. symphonyspace.org.*

Sewer in a Suitcase at the Cooper Hewitt. In the course of a day, NYC uses over one billion gallons of water. Kids can learn about where it comes from and goes using CUP's Sewer in a Suitcase, a working model of New York City's sewage system. The hands-on activity is sure to teach them about the city's infrastructure in a fun and age-appropriate way. Free. (Session 1 is 11am-12:30pm; Session 2 is 1:30-3pm). For ages 5 and up. *Cooper Hewitt, Smithsonian Design Museum, 2 East 91st Street. (212) 849-8400. cooperhewitt.org.*

FURTHER AFIELD

Moving Image Studio. Moving Image Studio is the Museum's drop-in space where visitors of all ages can create media and other projects. Families are welcome to stop by and experiment with puppet making and animation inspired by The Jim Henson Exhibition and the core exhibition Behind the Screen. Ages 4 and up. Free with museum admission. 11am-4pm. *Museum of the Moving Image, 36-1 35th Avenue, Queens. movingimage.us.*

6 SUNDAY

"The Little Mermaid." See Jan. 4

"World Famous Popovich Comedy Pet Theatre." See Jan. 5

Story Time with Mallory



Viva Cuba

Calling at dance moms, dance kids, and dancer-lovers in general! Come to the Family Matinee on January 12 for the Malpas Dance Company's *iBaile!*, where trained dancers will perform the work *Tabula Rasa* (with choreography by the acclaimed Ohad Naharin) as well as other

work by a variety of notable Cuban choreographers, both established and on the cutting edge. Tickets to this vibrant production at the Joyce Theater start at \$10 and run through \$41-56. The matinee starts at 2pm. *The Joyce Theater [175 8th Avenue. (212) 691-9740. joyce.org]*

Kasdan at the Museum of the City of New York. Join our special guest Mallory Kasdan for a cozy story time planned in conjunction with the exhibition *A City For Corduroy: Don Freeman's New York*. Mallory Kasdan is the author of "ELLA," a professional voice actor for television and radio, and the host of the popular podcast "MILK: Getting in there with Moms I'd Like to Know." Listen to Mallory read her book aloud as you enjoy a special treat, then visit the exhibition for a scavenger hunt! Mallory will be available for autographs. Each family will take home a free copy of Don Freeman's "Corduroy." 11am-2pm. *Museum of the City of New York, 1220 5th Avenue. mcny.org.*

Fort Tryon Kids Art: Birdfeeder Workshop. Kids can learn how to identify the birds native to Fort Tryon Park and all about the plants that

sustain them. Afterwards, they'll craft bird feeders to take home. For ages 5-12. Pre-registration is required. Payson Center in Inwood Hill Park, Payson Avenue and Dyckman Street. nycgovparks.org. 11-11:30am. Free. *Fort Tryon Park, Fort Tryon Park, from Riverside Drive to Broadway. (212) 795-1388. nycgovparks.org.*

Mayers Consulting All-Ages Music Showcase. Families with children of all ages are invited to DROM for the Mayers Consulting All-Ages Music Showcase! This year's show will feature top children's music acts including Lard Dog & The Band of Shy, Billy Kelly, Falu's Bazaar, The Pop Ups, Gustafer Yellowgold, Michael and the Rockness Monsters, and JoJo & The Pinecones. eventbrite.com. 12-4pm. \$5. *DROM, 85 Avenue A. eventbrite.com.*

January Sundays at the Rubin Museum: Sprouting Sculptures. Head to the Rubin Museum's Family Sundays this month to ask: "What kinds of growth and change do you want to spark in 2019?" Get inspired by creating dynamic sculptures with floral foam, which can be used to nurture plant life and hold together intricate arrangements. Ages 3 and older with accompanying adults. Free for children and accompanying adults. Repeats every Sunday in January. 1-4pm. Free with museum admission. *The Rubin Museum, 150 West 17th Street. rubinmuseum.org.*

Teddy Bear Tea. Enjoy high tea with your favorite stuffed animal or doll at Mount Vernon! After meeting Mrs. Woodhull, the proprietor's wife, kids can imagine that they are living in the 1830s and experience a typical day during that time

period. This is sure to be an unforgettable experience for your little ones—and their teddy bears! Registration required. mvhm.org. 1pm. \$10. *Mount Vernon Hotel Museum & Garden, 421 East 61st Street. (212) 838-6878. mvhm.org.*

Reading Into History: “The Apprentice Of Lucas Whitaker” by Cynthia DeFelice At New-York Historical Society. Join Cynthia DeFelice through Skype as she discusses her novel about a boy in 1849 who explores a cure for an aggressive disease that spreads across his town. After, learn about medicine and disease before germ theory was discovered! 2-4 pm. Free with museum admission. *New York Historical Society, 170 Central Park West. (212) 873-3400. nyhistory.org.*

Bring Ya Mamma to the Village Lantern Comedy Club. Ready to laugh out loud (for real)? This family-friendly, clean comedy show is perfect for a group outing this winter. There’s also brunch available if you want to nosh while some of New York City’s favorite comics take the stage for jokes galore. For all ages. \$10. 2pm. *Village Lantern Comedy Club, 167 Bleecker Street. (718) 986-9871. eventbrite.com.*

Three Kings Day. Looking for a family outing fit for the royal family? Join Teatro SEA’s Three Kings Day celebration! Visitors will have the opportunity to meet the Three Kings and receive a complimentary gift. All ages welcome. 3-5 pm. Free. *Teatro SEA at The Clemente, 107 Suffolk Street. (212) 529-1545. teatrosea.org.*

Just Kidding: “Stam-Pede” at Symphony Space. This sound explosion ties in to a variety of dance, from Irish step dance to tap to body percussion. It’s sure to show kids the precision of dances that involve human



Tristan Cook

Horse sense

In “Meet the Music! The Girl Who Loved Wild Horses” audiences at Alice Tully Hall will enjoy equal parts music, mysticism, and much more. Perfect for children ages 6 and up. This musical experience is based on the story of the same name by Paul Goble. Showing on January 13, the plot tells of a Native American girl who

runs away from home to be with horses, whom she understands mystically. The performance is preceded by a musical petting zoo at 1-1:45pm, which is free for ticket holders. The show start at 2pm, and tickets go for \$10-30. *Alice Tully Hall [1941 Broadway. (212) 875-5788. chambermusicsociety.org]*

body percussion. For ages 5 and up. \$17, \$14 members. *Peter Jay Sharp Theatre at Symphony Space, 155 West 65th Street. (212) 769-7406. symphonyspace.org.*

FURTHER AFIELD
The Rock And Roll Playhouse: The Music Of ABBA For Kids. All ages are invited to Brooklyn Bowl this Sunday for an ABBA concert! The Rock and Roll Playhouse series introduces young audiences to classic rock through games, movement, stories, and much more. Babies under the age of 1 are free. Doors open at 11am; show begins at 11:30am. \$12. *Brooklyn Bowl, 61*

Wythe Avenue, Brooklyn. ticketfly.com.

8 TUESDAY

Children’s Film Screening: “Storks.” Tune in every Tuesday for another fun children’s movie screening at the Hudson Park Library that the whole family can enjoy! This time around, the Hudson Park Library will screen “Storks,” the journey of a package-delivering stork who suddenly has to race to deliver a baby. Free. 3:30pm. *Hudson Park Library, 66 Leroy Street. (212) 243-6876. nypl.org.*

FURTHER AFIELD
Unbound: Malala Yousafzai at BAM. On Tuesday, January 8, the Brooklyn Academy of Music (BAM) will welcome super-inspiring Nobel Peace Prize laureate Malala Yousafzai to its stage in celebration of her latest book *We Are Displaced: My Journey and Stories from Refugee Girls Around the World*. *New York Times* journalist Rukmini Callimachi will moderate the evening’s conversation concerning the displacement of girls who have lived in refugee camps and cities worldwide. Please note: There is limited ticket availability for this event

so be sure to reserve your tickets in advance. The author's net proceeds will go to the Malala Fund. 7:30-8:45 pm. Tickets start at \$20. *BAM Opera House, 30 Lafayette Avenue, Brooklyn. bam.org.*

9 WEDNESDAY

Storytime Fun! In this class, Lex will lead children and their parents in a series of activities, including fingerplays, singalongs, interactive stories, and more at the Webster Library. The program is limited to 15 children and their caregivers; tickets are handed out morning-of the program. Two sessions are approximately 11am and 11:30am. Free. For infants and toddlers up to 3 years old. *Webster Library, 1465 York Avenue. (212) 288-5049. nypl.org.*

11 FRIDAY

"The Little Mermaid." See Jan. 4

BroadwayCon. Any Broadway-bound of musical-loving kid will find plenty to do at this three-day convention. Events include live performances, singalongs, and workshops alongside panels that preview upcoming shows and hold discussions between Broadway stars and creatives. There's a look at lots of behind-the-scenes work too! Tickets start at \$80. 10am. *New York Hilton Midtown, 1335 Avenue of the Americas. facebook.com.*

12 SATURDAY

Just Kidding: Beats, Rhymes and Breaking. Join Symphony Space for the best breakdancing your kids have ever seen! Manzana City Crew, dancers based in NYC, will perform traditional moves and invite kids on stage to try them out for themselves. For ages 2 and up. \$17, \$14 members. 11am and 2pm. *Leonard Nimoy Thalia at Symphony Space, 2537 Broadway. (212) 864-5400. symphonyspace.org.*



Honoring activism

Monday, January 21, is Dr. Martin Luther King Jr. Day. In the spirit of honoring the great work that Dr. King did, stop by the Museum of the City of New York from 11am-2pm to take in the Museum's special exhibit devoted to great feats of activism in our fair city: "Activist New York." Visit the exhibition "Activist New York" at the Museum of the City of New York and take inspiration from the Civil Rights Movement to create your own protest poster for an issue that you wish to see improve. The event is free with Museum admission. *Museum of the City of New York [1220 5th Avenue at 103rd Street. mcny.org]*

BroadwayCon. See Jan. 11

★ **MulchFest 2019.** Wondering how to do your part for the environment this New Year? Dispose of your Christmas tree the eco-friendly way during the Parks Department's MulchFest 2019. You can drop off your tree to have it chipped into mulch for city parks and gardens at select locations throughout the five boroughs. Families can also take home their mulch for their backyards or street trees (which

makes for a great opportunity for some DIY gardening fun later on). Daily, through January 13, 10am-2pm. Free. *Various NYC parks, including Central Park. nycgovparks.org.*

Music Across Borders: "The Cunning Little Vixen." Join the New York Philharmonic for another of their Young People's Concerts, this one subtitled "Animals into Song—The Cunning Little Vixen." Kids will enjoy two operas: Janáček's

"The Cunning Vixen," which examines the animal kingdom, and Dvořák's "Rusalka," which takes us to a mermaid's world. For ages 6-12. \$15-42. 2pm. *Lincoln Center for Performing Arts, 10 Lincoln Center Plaza. (212) 721-6500. lincolncenter.org.*

Malpaso Dance Company: "¡Baile!" Who's ready to start dancing up a storm? Come to the Family Matinee for this performance, where trained dancers will perform the iconic work *Tabula Rasa* as well as other work by a range of Cuban choreographers, both established and on the cutting edge of the dance world. \$41-56. 2pm. *Joyce Theater, 175 8th Avenue. joyce.org.*

"CHALK" (a silent comedy). A playful and poignant homage to classic silent-film era comedians, "CHALK" invites audiences into a hand-drawn world where imagination is made real and anything can happen. Charlie Chaplin meets *Harold and the Purple Crayon* in this feel-good romantic romp sure to "Draw You In." For ages 3 and up. 2:30-3:30pm. \$15 general, \$12 parent, \$5 children. *Frigid New York, East 4th Street. tinyurl.com/ChalkPlay.*

13 SUNDAY

BroadwayCon. See Jan. 11

MulchFest 2019. See Jan. 12

January Sundays at the Rubin Museum: Sprouting Sculptures. See Jan. 6

Snow Sculptures. Talk about snowy, seasonal fun! Find out how kids all the way in Japan play with snow in the wintertime. At this super-cool event, children can craft their very own sculptures with special snow (that doesn't melt!) and decorate them with lights that are inspired by the Sapporo Snow Festival. For ages 3-5. \$15, \$8 members. 1-2 pm. \$15, \$8 members. *Japan Society, 333 East 47th Street.*

japansociety.org.

Meet the Music! The Girl Who Loved Wild Horses.

This musical experience is based on the story of the same name by Paul Goble. It tells of a Native American girl who runs away from home to be with horses, whom she understands mystically. The oh-so-special theatrical performance is preceded by a musical petting zoo from 1-1:45pm, free for ticket holders. \$10-30. For ages 6 and up. 2 pm. *Alice Tully Hall, 1941 Broadway. (212) 875-5788. chambermusicsociety.org.*

FURTHER AFIELD

The Botanical World of Harry Potter Tour Series: Herbology.

Calling all Harry Potter fans and those who love the natural world (kids and parents alike)! The study and use of herbs for healing, health, and beauty go far back in the history of humankind and continue in the present. Join us for an interactive tour about these plants and the ways wizards (and Muggles) use them. All ages. Free with garden admission. 2:30-3:30pm. *Brooklyn Botanic Garden, 990 Washington Avenue, Brooklyn. bbg.org.*

19 SATURDAY

Odd Day Rain. It's time to blast into the future with the power of music! Bring the kids to this futuristic rock musical set in the world 2211. There are no adults, technology, or running water in this world for Aurora and her friends. Meanwhile, a girl named Claire wonders if there's anyone else out there on the planet. Runs through February 24, Fridays at 7pm, Saturdays and Sundays at 2pm and 4pm. \$15 kids, \$30 adults. *TADA! Youth Theater, 15 West 28th Street. (212) 252-1619. tadatheater.com.*

Carnegie Hall Family Concert: "My City, My Song." Join Carnegie Hall for the next in its ongoing Family Concert series. This rendition of "My City, My

Song" brings music from all over the world to one stage, including Greek folk music, traditional Malian music, and Indian classical music. Carnegie Hall also offers pre-concert activities an hour before the show that are perfect for music-loving kids and parents alike. For ages 4-8. \$10. 12pm and 3pm. *Zankel Hall, 881 7th Avenue. (212) 938-0001. carnegiehall.org.*

Just Kidding: Go Home Tiny Monster. It's always a perfect time for a puppet show! In this silly performance, put on by the Gottabees, kids help

the handmade monsters find their way home with audience participation. \$17, \$14 members. 11am-4pm. *Leonard Nimoy Thalia Theater at Symphony Space, 2537 Broadway. symphonyspace.org.*

Crafting for Corduroy with Project K!D. Join Amanda Kingloff, founder of PROJECT K!D (as well as the former lifestyle director at *Parents* magazine), for a crafty program inspired by the exhibition "A City For Corduroy: Don Freeman's New York." Visit the exhibition at the Museum of the City of

New York for inspiration, then get hands-on with Kingloff to learn a DIY project to decorate your home with. Each family will take home a free copy of Don Freeman's beloved children's book *Corduroy*. Free with museum admission. 11am-2pm. *Museum of the City of New York, 1220 5th Avenue. mcnyc.org.*

"Little Red Riding Hood / La Capercucita Roja." In this bilingual rendition of Little Red Riding Hood's story, there's a little bit of a surprise twist—she and the wolf trade places! Check out the show to see what



A New Year sprouts

Need some help with your New Year's resolutions? Head to the Rubin Museum's Family Sundays this month to ask: "What kinds of growth and change do you want to spark in 2019?" Plus, go home with a lovely handmade sculpture to boot! Get inspired by creating dynamic sculptures with floral foam, which can be used to nurture plant life and hold together intricate arrangements. The

activity is great for adults and kids to do together because it fosters creativity, a care for the world around us, and is fun and educational. This event is perfect for ages 3 and older with accompanying adults. Free for children and accompanying adults. This event repeats every Sunday in January, and runs from 1-4pm. *Rubin Museum [150 West 17th Street. rubinmuseum.org]*

calendar JANUARY

surprises will come from this mixup. Repeats every Saturday through February 9. For ages 2-9. \$10 kids, \$20 adults. 11am. \$10 kids, \$20 adults. *Teatro SEA, 107 Suffolk Street. (212) 529-1545. web.ovationtix.com.*

“My City, My Song” Family Concerts At Zankel Hall. This family concert will involve the whole family with a performance of singing and dancing. With songs from around the world, featuring Greek folk from Magda Giannikou, traditional Malian music from Yacouba Sissoko, and classical Indian music from Falu Shah. 12-3pm. \$10. *Zankel Hall, 881 7th Avenue. carnegiehall.org.*

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

20 SUNDAY

Odd Day Rain. See Jan. 19

January Sundays at the Rubin Museum: Sprouting Sculptures. See Jan. 6

21 MONDAY
“The Snowy Day and Other Stories By Ezra Jack Keats.” Who doesn't love a good old-fashioned snow day? Celebrate what it feels like to experience your very first snowfall of the winter season. Four of Keats' best-known stories are brought to life on the stage, all them encompassing the great joy of new experiences and the wonder



Welcoming winter

Head over the river to Brooklyn on Saturday, January 27, for a super-fun musical celebration of the winter season with Mil's Trills. Become a songwriter and join the Mil's Trills community as they celebrate their ninth birthday (fun fact: Since 2010, Mil's Trills has created more than 725 inter-generational live performance experiences in four countries around the world) with a collaborative music-making experience led by Amelia Robinson and a host of budding kid composers. All ages are welcome (though the event is especially suitable for children 0-12). Stroller parking and refreshments available. The festivities start at 3pm. \$10 online, \$15 at door. *ShapeShifter Lab [18 Whitwell Street, Gowanus, Brooklyn. shapeshifterlab.com]*

of the changing seasons. For ages 3-8. \$35. 11am and 3pm. *St Luke's Theater, 308 West 46th Street. (212) 246-8140. thesnowydayplay.com.*

Honoring Dr Martin Luther King Jr. This year, celebrate MLK Day in the coolest way! Visit the illuminating exhibition “Activist New York” at the Museum of the City of New York and take inspiration from the Civil Rights Movement to create your own protest poster for an issue that you wish to see improve in your community. It's a great way to educate children

about the importance of standing up for what they believe in. Free with museum admission. 11am-2pm. *Museum of the City of New York, 1220 5th Avenue. mcny.org.*

FURTHER AFIELD
The 33rd Annual Brooklyn Tribute To Dr Martin Luther King, Jr. Pay tribute to Dr. King at the Brooklyn Academy of Music's (BAM) annual celebration honoring the iconic civil rights leader. New York City's largest public celebration features #MeToo founder and activist Tarana Burke, as well as a host of additional world-

renowned activists, intellectuals, civic leaders, musicians, and other performers. There's also a full day of free events, including a movie screening, a talk, and an art exhibition that's sure to keep Dr. King's message alive. Tickets distributed on a first-come, first-serve basis. Doors open at 8am. 10:30am. Free. *Peter Jay Sharp Building, 30 Lafayette Avenue, Brooklyn. bam.org.*

25 FRIDAY

Odd Day Rain. See Jan. 19

26 SATURDAY

“Mouth Open, Story Jump Out” At Clark Studio Theater. Polarbear intertwines his masterful storytelling with interactive, theatrical experiences, creating a show that both serves as his personal monologue and a creative writing workshop for his viewers. Both his and their own stories will come to life in a very cool way. Repeats on January 27 at 11am. For ages 8-11. Times vary. Prices vary. *Clark Studio Theater, 165 West 65th Street. (212) 875-5456. lincolncenter.org.*

Odd Day Rain. See Jan. 19

Winter Jam. Think that winter means no more outdoor family fun? Think again! Get your kids moving with this fun annual winter sports festival that will make a snow field by blowing snow all over the area. Kids can learn to ski, take turns sledding, and so much more. The whole family is sure to have a winter fun experience they'll never forget. For all ages. 11am. Free. *Central Park, Sheep Meadow, 1802 65th Street Transverse. (212) 360-8213 nycgovparks.org.*

“Emily Brown and the Thing.” The Thing is being so loud that Emily can't sleep, but all he wants is to find his Cuddly. She sets out to help him be reunited with his friend so they can all go to sleep. Repeats on January 27, February

2, and February 3 at 11am, with a special talk-back performance on February 2 at 3pm. For ages 4-7. Tickets start at \$25. 11am. *New Victory Theatre, 209 West 42nd Street.* newvictory.org.

"Little Red Riding Hood / La Caperucita Roja." See Jan. 19

Meet The Remarkable Renaldo. Prepare to LOL!

The Remarkable Renaldo will perform on Saturday, January 26 at Symphony Space! His amazing one-man show will feature juggling, magic, pranks, humor for the whole family, and so much more. Families with children of all ages will delight in this one-hour, classy clown act. 11am-12pm. \$17. *Leonard Nimoy Thalia Theatre at Symphony Space, 2537 Broadway.* symphonyspace.org.

Living History: Meeting Harriet Tubman At New-York Historical Society. Meet the Living Historians who portray Harriet Tubman, a 19th-Century woman who defied racial oppression and made her mark on history forever. Learn about her great accomplishments and the impacts that she had made. Explore and ask questions about how she and her associates

were able to escape through by the Underground Railroad to reach freedom. Also, discover how Tubman and her associates were able to avoid capture and head North. 12-4 pm. Free with Museum Admission. *New York Historical Society, 170 Central Park West.* (212) 873-3400. nyhistory.org.

27 SUNDAY

"Mouth Open, Story Jump Out" At Clark Studio Theater.

See Jan. 26

Odd Day Rain. See Jan. 19

"Emily Brown and the Thing."

See Jan. 26

Living History: Meeting Harriet Tubman At New-York Historical Society. See Jan. 26

Monster Puppets. Inspired by its production of "Emily Brown and the Thing" (also running this season for theatre-going families), the New Victory Theatre is holding a 90-minute workshop that will let children make puppets of their very own to take home and play with. Each family participating needs at least one adult. For ages 4-7. \$19, \$14 members (up to four

people in each family). 12:30pm. *New Victory Theatre, 209 West 42nd Street.* (646) 223-3010. newvictory.org.

January Sundays at the Rubin Museum: Sprouting Sculptures. See Jan. 6

CMS Kids "Who is Beethoven?" The Rose Studio is an intimate space for young ones to experience music; in this concert experience, they'll hear the oeuvre of Beethoven and learn about the man behind the iconic music. Plus, all shows are Relaxed Performances, designed for children with autism or other special needs to enjoy comfortably, creating a less formal environment. For ages 3-6. \$25. 3pm. *Daniel and Joanna S. Rose Studio, 165 West 65th Street, 10th floor.* (212) 875-5788. chambermusicsociety.org.

29 TUESDAY

Rick Riordan Presents: The Making Of A Myth. Join authors Rick Riordan, Roshani Chokshi, J.C. Cervantes, and Yoon Ha Lee for an evening of literary discussion at Symphony Space! In celebration of his new imprint Rick Riordan Presents, the acclaimed author of the oh-

so-popular Percy Jackson series, will moderate a conversation concerning mythology and global folklore. Following the event, Roshani Chokshi, J.C. Cervantes, and Yoon Ha Lee will sign books on stage. Pre-signed Rick Riordan books will be available for purchase. Reservations are required. 6:30-7:45 pm. \$17. *Peter Jay Sharp Theatre at Symphony Space, 2537 Broadway.* symphonyspace.org.

LONG-RUNNING

"Yeti, Set, Snow!" An original story and production from the Swedish Cottage Marionette Theatre in Central Park, "Yeti, Set, Snow!" is the seasonal story of a young girl named Widget, and her friend, Twig, who encounter a yeti named Pascetti on the first snow day of the winter season. Despite being a Yeti, Pascetti, who lives high up on a mountain top nearby, dislikes the snow. Through songs and snow day activities, Pascetti discovers that not only that snow can be really fun but also the value of friendship. Daily, through February 24, 11:30am-6pm. \$8-12. *Central Park, Sheep Meadow, 1802 65th Street Transverse.* cityparksfoundation.org.

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The Recipe for Parenting Success

A mom's culinary adventures in the midst of new motherhood

By Laraine Perri

Once cooked lamb chops in my bra, not wanting to risk splashing port on a favorite top, but daring even less to grab a T-shirt and wake my baby, asleep at last, in our bedroom.

The lamb chops had been something of a stretch, but were evidence of my determination to eat well, even with the wondrous, all consuming new being under our roof. My husband and I had enjoyed years of great dinners, but we'd never been as deserving of them as we were in those thrilling but exhausting first months as new parents.

I'm a serious cook. Bouillabaisse and duck confit never daunted me. What did was wondering how I'd ever be able to make anything approaching those things again with the needy little dreamboat who'd entered my world. It wasn't long before I realized the culinary bar would need to be lowered a wee, and that naptime would be showtime. But those brief hours soon proved to hold no guarantees, and mighty competition for my attention.

I'd fully expected that life with a baby would offer little chance for standing at the stove, lazily stirring the makings of a wild mushroom risotto, and I'd planned accordingly. I felt smart, even smug, about the freezer I stocked as my belly swelled, filling it with homemade soups and stews and such. Clever me, ready to host a mid-winter dinner for six with the short ribs I'd braised in September. I'd hold my beatific babe in one arm as I passed the polenta with the other.

Somewhere around the time my son turned 6 months old, I realized I could barely close the freezer. Boxes of gyoza and ravioli and spanakopita had managed to insinuate themselves - the result of my strolling the

grocery aisles, Baby Bjorn'd and blissful, and thinking them splendid purchases for my busy new life. Home from the market, I'd shimmy my biryani and wedge the osso buco, ending up frazzled and nearly frostbitten, but still not sure about what we would eat.

For we never actually did eat any of the contents of that packed sub-zero drawer. The fact was, though my days brimmed with new motherhood and a trimmed down but demanding career, I still almost always had the nightly urge to cook, and that was an urge the freezer couldn't satisfy. On evenings when dinner from scratch just wasn't an option, we'd call up our favorite Asian noodle joint or bring in chicken souvlaki and a big Greek salad. My frozen assets remained in a kind of no-man's land - too treasured for a quick solution on a harried Tuesday, and too unfulfilling to serve up for dinner when what I really wanted to do was cook.

But, let's get back to the bra. It felt weird.

It felt thrilling. It felt weirdly thrilling to be standing in my kitchen, wood blinds drawn at 2:30 p.m., stripping rosemary from its stems, racing the clock, and exhilarated from the novelty of it all. There are, in this world, some iconic images of women, Madonna with child and the pin-up among them. At this moment I was nearly but hardly both - an unexpectedly racy new mom, sautéing shallots in a pair of jeans and a 34C.

I quickly finished the sauce and set it aside, then dove into some work in preparation for an upcoming meeting. I had just turned my attention back to the chops and a rosemary and olive oil paste when I heard my son's cry. Maternal synapses fired. I'd finish the dish later. It had been an oddly sequenced and hardly perfect plan, but still a plenty good one. We'd eat well tonight. I darted to the bedroom, warmed by the sight of my sweet boy.

Years have passed, and with them, meals. By the time my baby was a first-grader, he was enjoying food with the kind of relish rarely encountered in a small child, savoring dishes like tandoori chicken, roasted asparagus, and smoked salmon with capers the way others swoon over cupcakes.

I began cooking six lamb chops instead of four, and couldn't have been more thrilled to do so. Taking a bite of one, Timothy would close his eyes, as he has seen my father do when tasting something wonderful my mother has cooked - a very quiet, almost involuntary "mmm" escaping from him. Eyes still closed, my little boy lovingly mimicked his grandpa, but with an appreciation of his own, saying: "This is not just lamb - this is a beautiful delicacy." He is a beautiful delicacy. Life is a beautiful delicacy.

Laraine Perri is an editor at the 92Y, a freelance writer, and an NYC mother.





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