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## Hilaria Baldwin

on marriage to Alec,  
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## editor's note

# May Flowers

As I'm writing this the magnolia trees are in blossom, tulips are blooming on Park Avenue, and the whole summer is opening up ahead of us with plenty of opportunity to get out and about to explore the city with the kiddos.

For starters, we chatted to Hilaria Baldwin, mama of four (!) and all-round superwoman about her popular podcast Mombrain, her healthy lifestyle and the reason she decided to share news of her recent heartbreaking miscarriage on social media (page 38).

We've got 52 FREE things to do in the city, with fun ideas across all the boroughs and suitable for all seasons, so you never need to hear "I'm boooooored" again (page 60). We're also giving you the scoop on LEGOLAND New York, which is due to open in 2020 (page 38) and popping into the Harry Potter-themed Café, "Steamy Hallows" for a butterbeer (page 74)! Want to know what's hot in Hell's Kitchen for families? Check out our neighborhood guide (page 64).

If you'd like your little one to be fluent, or even conversational, in a second language, we rounded up some of the best public, private and enrichment Bilingual Education options (page 44) and also picked the brains of some experts on the Montessori approach (page 28).



Finally, if you're desperate to escape from the city and enjoy some nature this springtime, check out our Travel piece this month where we're hopping on public transport to find five awesome family-friendly destinations within easy reach of New York.

**Happy May! And Happy Mother's Day moms!**

**Hester Aba**

Acting Editor, [editorial@newyorkfamily.com](mailto:editorial@newyorkfamily.com)

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# Mom must-haves for life in the city

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

By The Buy Guide

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

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



## Babyzen YOYO+ Stroller

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## elago Airpod Case

Airpods are one of our very favorite things. Nothing beats listening to a great audio book or podcast while getting ready, cleaning, walking, or on the train. This silicone case will protect your airpods and the clip will keep them right where you want them so they don't get lost. \$12.99, [elago.com](http://elago.com)



## APL: Athletic Propulsion Labs Sneakers

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



## Marpac Dohm White Noise Machine

A must have for "the city that never sleeps". Whether your child sleeps in the closet, the bathroom, or they are privileged enough to have a real bedroom—city life means close quarters. Let the white noise drown out the sirens, the food delivery guy, and Andy Cohen on your TV, so your little one can enjoy a peaceful slumber. \$49.95, [marpac.com](http://marpac.com)



## PreparaKit

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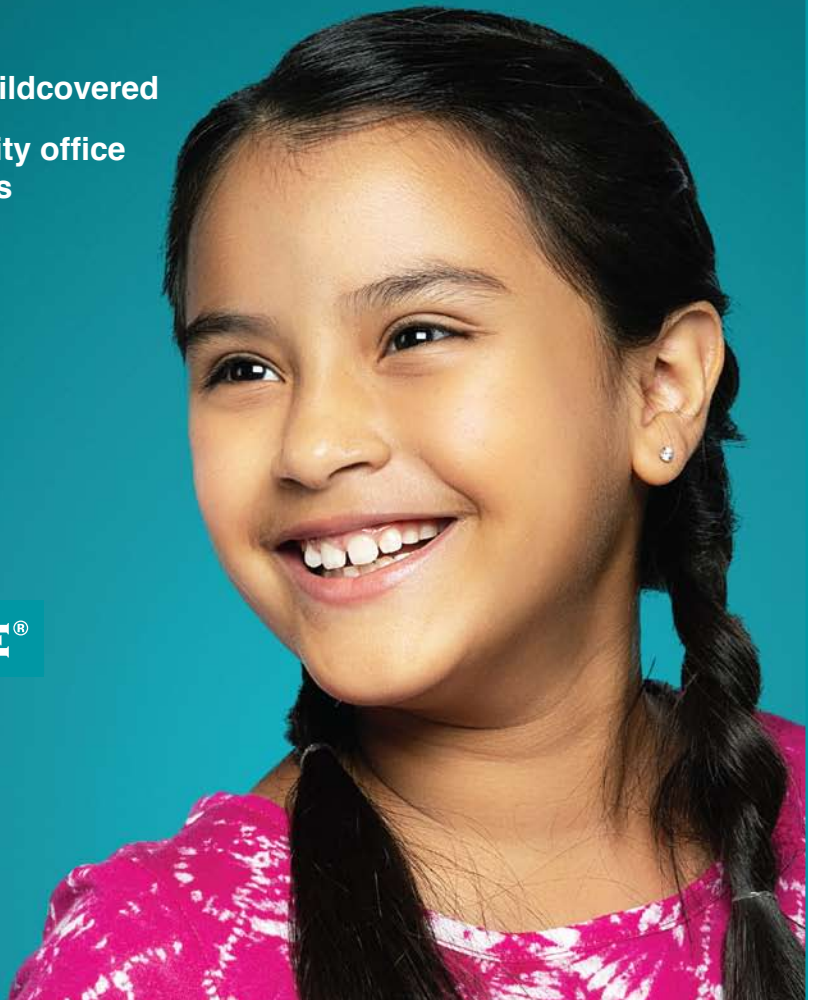
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# mom hacks

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## Boogie Board Jot 8.5 LCD Writing Tablet

A favorite trick to pull out at the doctor's office, restaurant, while waiting in line, riding on the subway- when you need something easy and quiet to help everyone survive the next 15 minutes. This writing tablet can be erased with the push of a button and never needs to be charged, making a great diaper bag staple. \$29.99, [myboogieboard.com](#)



## Travel Crib

Whether you are heading to the Hamptons or Upstate, you must pack this travel crib! Nothing ruins a vacation quicker than a baby that will not sleep. The mattress rests on the ground, meaning there is no weight limit, and the side unzips for easy access. This comes in so clutch when the baby is having a hard time falling asleep in an unfamiliar place. You can simply unzip the side and cuddle with them until their eyes close. Desperate times call for desperate measures! \$199.95, [guavafamily.com](#)

## Stroller Organizer by Ethan & Emma

The stroller is a city mom's minivan (Or Volvo or Range Rover...I guess it depends on what kind of stroller you are pushing...) This universal organizer will attach to any stroller (yes, even your double stroller!) and keep the essentials easily accessible. A spot for your phone, wallet, keys, bottle, coffee, snacks, pacifiers... the list goes on. You might get away with skipping the diaper bag altogether. \$32.99, [ethanandemma.com](#)



## Dyson V11 Torque Drive Cord-Free Vacuum

Between cheerios, sand from the park, and city dust that accumulates in every corner- you simply can never vacuum enough. This vacuum will change your life! It is lightweight, easy to use and easy to store. Simply grab it off the dock and vacuum your whole apartment in 10 minutes, without worrying about plugs, hoses, or cramming it back into your coat closet. Vacuuming will be your new favorite chore. \$526.33, [dyson.com](#)

Check out more mom hacks at [shopthebuyguide.com](#), or follow them on Instagram @thebuyguide





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## Keeping Girls in Sports

Dr. Karen Sutton talks about why young girls are dropping sports and how we can encourage them to keep playing the game

By Katarina Avendaño

Sports have always been the go-to when it comes to finding an outlet for your children to unleash their unceasing energy. But it is more than just having them run around and getting active. Sports play a key role in building your child's confidence and sets them up for success in the classroom as well. However, studies have shown that today's generation is the least active in history and girls are increasingly dropping out of sports because of some of the many obstacles

that they confront when it comes to playing the game. We caught up with sports expert Dr. Karen Sutton on why girls are dropping out of sports, how we can encourage young girls to stay involved, and the campaign "Keep Her In The Game" which helps girls feel strong and confident about getting out there and playing sports!

### What is "Keep Her In The Game" all about?

"Keep Her In The Game" is about empowering young girls to stay in sports;

either athletically or professionally. I hope that girls will gain an understanding on how sports change during adolescence: the ins and outs of sports bras, deodorant, re-training muscles and managing your period during sports. Coaches and parents need to understand that younger female athletes respond to a positive tone in coaching, understanding the "why" behind drills, and enjoy a group camaraderie. As a surgeon in a field of 6% women, sports gave me the courage and tenacity to feel confident in a typically male profession. Surgery requires



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diligence, intelligence, ability to multi-task and leadership, and I honed in on these qualities as an athlete throughout my life. Sports empowered me to push myself to succeed in my career and life.

**Studies have shown that girls are dropping out of sports at 150 percent the rate that boys do by the age of 14 and 17 years old. Why is this and what are some key factors involved?**

A study done by Refinery29 and Gatorade showed that key factors for girls dropping out of sports include: social stigma, lack of access, safety and transportation issues, costs, and a lack of positive role models. Social stigmas can exist where girls may feel less confident in sports when the spotlight is typically on the male athletes. Additionally, girls have a 2-8 times increased risk of anterior cruciate ligament injuries in pivoting and cutting sports. During adolescents there is a weakness in posterior muscles (gluteus medius and hamstrings), which can protect the ACL from injury. Girls are at higher risk for patellofemoral pain syndrome and stress fractures.

**How are these studies about girl's involvement in sports conducted?**

Surveying a diverse group of girls ranging from 8-18 and understanding what is limiting their role in sports despite the work of TITLE 9.

**How can we encourage girls to stay in sports?**

**Create nurturing environment:** It's important to remember that girls respond to their environment. They prefer a group setting with teams that offer camaraderie, support and friendships. They want to understand the whys behind certain plays or decisions. If a team has a bad practice and the players hang their heads after, having a coach criticize and curse out players will not be well received nor achieve a productive result.

**Monitor progress:** I like Oprah Winfrey's approach. Keep a journal of your progress against immediate, short-and long-term goals. This applies to sports, academics, and your career. With respect to athletics, start by working with the team to come up with a saying that all can rally around. Determine your individual and team goals then chart how you're doing, whether it's more playing time, working hard in practice, or enhancing skills. Bring your coach, trainer, and



teammates into the loop so all are vested in your goal setting.

**Why is it so important for children to be involved in sports? Aside from health benefits, do these disciplines contribute to their development of life skills?**

Being on a team helps girls build confidence in their abilities, meet challenges, overcome adversity, and connect the dots between hard work and results. On-field experiences can carry over to the classroom, among friend groups and even into the workplace. A 2017 Ernst & Young survey of high-level female executives found that 90% played sports. Among women who held C-suite titles, the proportion was even higher, at 96 %.

**The rates showing girl's participation in sports have been dropping, what can we hope to see for the future with girls in sports and what is being done now?**

We can hope to see positive role models in sports and careers and that playing sports increases success in the classroom as well. Communities have to provide positive female role models in coaching and sports leadership roles. Nonprofits such as Sporty Girls and Girls on the Run promote sport and physical activities in girls for a healthier generation.

**Do you have daughters yourself? Or nieces? If so, how do you as a parent encourage them to take up sports and stick with them?**

I have a daughter who is 3 and three sons of

6, 7, and 9 years old who are very active. My daughter likes to hang with the big boys, play in the backyard, attempt kicking soccer balls, and shooting a basket, etc. I give her developmentally appropriate skills to have fun while trying that out: lower basket, smaller basketball. It's important to pay attention to developmental milestones. I also give her verbal cues: girls are so strong, girls are fast, and her brothers encourage her too.

**How would you deal with a child who swears they hate a certain sport? How long should a kid stick with an activity before they're allowed to quit?**

We're so focused on perfection and drills. Carve out practice time each week for a fun activity. Varsity and travel teams are not the right fit for everyone; consider joining house leagues and participating in intramural sports. And as you mature and your body changes, modify your training to grow as an athlete and enjoy sports.



*Dr. Sutton is a board certified sports medicine surgeon with surgical expertise in arthroscopy of the shoulder, knee, and hip. She is an Associate Attending Orthopedic Surgeon at Hospital for*

*Special Surgery and Head Team Physician for United States Women's Lacrosse. She is also Chief Medical Officer for Federation of International Lacrosse and Team Physician for US Ski & Snowboard.*





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# The Best Mother's Day Gifts

10 gifts that Mom will cherish this Mother's Day!

By Donna Ladd

**M**other's Day 2019 is fast approaching, and we have the best gifts for the mom in your life. Whether you're treating yourself (as you should!), gifting your mom, the mother of your sweet children or the person who means mother to you this is the day we honor the superhero who keeps it all together. From gifts that give a little self-care to something for the mom-to-be, we have you covered with our curated picks!

## Everyday Notepad Mint Birch Monarch

Gift this lovely notebook from Rifle Paper Co to your favorite mom who we all know, could use some time to herself. Whether it's writing down a to-do list or journaling her daily thoughts, a gorgeous floral-print accented with foil stamps writing pad such as this will make it extra special. \$15, [riflepaperco.com](http://riflepaperco.com)



## Daughter Of The Land Oil in Sage + Grass

Mothers keep the household together, and it can be exhausting. This self-care in a bottle will give a daily invigorating lift in minutes. Sage and mint paired with organic oils will refresh and moisturize the most tired of moms. \$48, [daughteroftheland.com](http://daughteroftheland.com)



## Jennifer Fisher Mini Charm

Designed from New York famed designer Jennifer Fisher, this is a forever gift. Designed in diamond shape this mini initial charm is available in rose, yellow or white gold. Gift mom either in her initial or the kids. Starting at \$300, [jenniferfisherjewelry.com](http://jenniferfisherjewelry.com)



## Drybar Gift Card

A good blow dry is a game changer for the weary mom. Show her some love with

a Drybar gift card that can be used any time she wants a bit of a beauty lift added into her busy routine. \$10 - \$500, [thedrybar.com](http://thedrybar.com)

## Neighbor's Fig Tree Candle

Fig trees are a bit of a treasure here in New York. Potted fig plants can be found from the corner apartment deck or patio where they thrive and exude whiffs of mint and earthy scents. Gift mom this designed and poured soy Neighbor's Fig Tree Candle that burns up to 70 hours. \$38, [catbird.com](http://catbird.com)



## CV x Every Mother Counts Tote Bag

If looking for a gift that gives back, we are huge fans of Every Mother Counts. This non-profit organization is dedicated to making childbirth safe for every mother and has partnered

with Clare V to donate 100% of profits from the sale of this double-sided tote bag. The French translation of Maman Je T'aime to English means I love you, mom. \$45, [clarev.com](http://clarev.com)

## Linked Shapes Statement Earrings In Rainbow Stripe

Mothers everywhere will be on trend with these resin linked shape earrings in fun rainbow hues. Surprisingly lightweight these earrings are designed of gold-plated brass and resin with sterling silver posts. \$38, [madewell.com](http://madewell.com)



## Hansel from Basel Tigger Crew Sock

We are a bit obsessed with the whimsical socks from Hansel from Basel and think mom will enjoy the zest they give to her wardrobe. These checkered crew socks are a fun update on the classic gingham print and perfect for Spring and Summer. \$14, [hanselfrombasel.com](http://hanselfrombasel.com)



## Love Your Mother Tee

Word to your mother. Literally. Remind mom how much you not only how much you love her but that she is appreciated every day of the week. Designed

by the Bee and the Fox in a scoop neck style this tee becomes quite soft after a few washes, buy one size up if a loose fit is desired. \$33, [wildwasmama.com](http://wildwasmama.com)

## PBK x Mark & Graham Diaper Bag, Camouflage with Navy-Red

This Pottery Barn Kids collaboration with Mark & Graham Diaper Bag is the perfect gift for the expectant mother. Made of durable nylon, it is designed to be worn as a tote or cross body, a plus when a mom needs to be hands-free. Zippered closure and roomy pockets are what mom needs to store all her daily essentials. \$189, [markandgraham.com](http://markandgraham.com)





# SUMMER MADNESS!



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# STEM-Inspired Dresses for Aspiring Scientists

Annie the Brave is an emerging company that encourages girls to explore STEM

By: Katarina Avendaño

Chelsea Coulston was frustrated at not being able to find STEM-inspired clothing for her daughter, an aspiring scientist, and so decided to create her own clothing brand!

Annie the Brave is an up-and-coming company that aims to encourage young girls to pursue STEM and follow their dreams. Annie the Brave wants to get young girls excited about STEM by creating more options when it comes to clothing and science—STEM certainly doesn't have to be exclusive to boys!

We interviewed the founder, Chelsea Coulston!

## Tell me a little bit about your company and how Annie the Brave got started?

Annie the Brave is a girls clothing brand that offers STEM-inspired dresses that encourage bravery in little girls. My oldest daughter wants to be a scientist who studies fashion. We went searching for a dress with scientists on it over a year ago and couldn't find one. It was disheartening but I was discouraged because I thought, hey I could just make one but then, we couldn't find any fabric.

That's when I knew that we could create something for girls that weren't satisfied with what was currently available.

## Why is Annie the Brave so great for little girls?

Our brand strives to encourage girls to be anything. We believe that you can love science and experimenting while also loving to twirl in a dress. By creating dresses that encourage their interest in STEM we are affirming that STEM is for girls!

## What kinds of dresses do you have for young scientists and for what ages?

When we launched our Kickstarter on April 15th and we are offering three unique designs: Scientist Girls, Ocean/Sharks, and Space. Each design will come in sizes 2T-8.

## As adults, we know that there are not a lot of science reaffirms out there for young girls (like clothing), was your daughter puzzled by this?

Unfortunately, yes. At six years old, she is a confident girl who loves science and fashion so it was surprising for her to not find a dress with scientists on it.

## After not being able to find STEM clothes for your daughter, an aspiring scientist, how did this make you feel from a mother's standpoint?

As a mom, when your child has an interest in





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something like science, you want to do all you can to foster that; so when she asked for the dress I was going to do anything I could to get it for her. As the search went on and nothing turned up, it really frustrated me because I felt as though these dresses didn't exist because science isn't supposed to be for girls. We know that's wrong—the message to send to girls.

### Why is STEM so important to children's lives and education, and how can parents get involved?

I think it's important to encourage STEM interests at a young age because it allows children an opportunity to investigate and explore. Beginning in early childhood gives children a strong platform to build upon. Data suggests that although the majority of girls have an interest in STEM at a young age, only a small number pursue STEM professions as adults. Of those girls, ones that have role models in STEM are more likely to pursue STEM professions.

### What do you hope to see in the future for girls interested in science?

I hope to see STEM as a mainstream topic for girls. I know we'll see more STEM and exploration themed clothing because Annie the Brave exists to make that happen. Additionally, I hope we continue to discuss the importance of girls in science so all girls know that science is for them.



Chelsea Coulston with her daughters Peighton and Millie.

For more about Annie the Brave, visit [anniethebrave.com](http://anniethebrave.com)



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# EVENING THE PLAYING FIELD

## The Hack laptop teaches girls coding to lessen STEM gender gap

By Tammy Scileppi

**W**hat if smart, young “HACKers” ruled the world?

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

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

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

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

Enter a new family laptop with superpowers!

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

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

“Hack is a full system that encourages

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

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

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

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

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

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

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

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

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

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

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

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

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

Current research states the following:

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

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

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

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

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

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

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





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



and creative problem solving.

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

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

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

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

**TS:** How does Hack evolve along with the child?

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

**TS:** What does the future look like?

**RA:** I believe that coding is going to be

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

### Looking forward

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

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

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

Learn more at [hack-computer.com](http://hack-computer.com).

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

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against friends in Soccer & STEM. Learn more about the fun that awaits your kiddos this summer. Various locations. Ages 3-12.

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Hustle + Groove is a 55-minute high-energy, beat-based fitness meets cardio dance class. Think of it more of a party than a dance class. It is designed for all levels—no dance experience required. The class is so much fun and if I can do it, anyone can take the class and enjoy it. I am not coordinated at all and my dance skills are not the best, however I had so much fun in this class that I forgot I was actually exercising. *hustleandgroovenyc.com*

### Nearby Weekend Travel

Looking for a wonderful weekend getaway? The Emerson Resort is inspired by the resort's location in the Catskills, as well as its namesake, poet Ralph Waldo Emerson, the boutique hotel is located 2 hours north of New York City and features 53 rooms and suites, a 6,193 square-foot destination luxury Spa, a signature restaurant, Woodnotes Grille, which serves handcrafted cocktails and Catskill-themed menu items with ingredients sourced from the local Hudson Valley area, and more. Take your mama for Mother's Day for a great #mto #mommytimeout. *emersonresort.com*

### Great Reads—Moms Only!

Memorial Day means the opening of the city beaches for many. I have a new book for you to download on your Kindle. The List Writer's Lust, written by Violette Salinger, is a hot and witty romantic comedy about a 40-year-old woman who'd rather have an elevator quickie with a stranger than settle down with the man of her dreams. Gwen is a cunning freelance writer. When Gavin, her rich, handsome, and devoted boyfriend, proposes marriage, she panics at the thought of happily ever after. Gwen puts her perfect relationship on hold for eight weeks, and instead of planning a wedding, she sets out on a provocative journey of one-night stand after one-night stand. Will she want her happily ever after when the eight weeks are up? And if she does, what are the chances that Gavin will want her back? This serial romantic comedy



"Ain't Too Proud" brings the music of The Temptations to Broadway.

brings together the boldness and humor of Sex in the City with the naughtiness of 50 Shades of Grey. What you get is fantastically sexy chick flick (and the guys think it's hot too).

### Easy Eating Healthy

With Memorial Day weekend here the motivation to want to implement healthy changes for you and your family is natural. For those in need of inspiration to eat healthy, allow personal chef service, M.M. Meals to help. In addition to creating customized meal packages for your family, they offer the option to teach your babysitter or family members how to cook wholesome, kid-friendly dishes to add to your family's meal rotation. A cooking lesson can also be scheduled with the kids to teach them the basics of cooking and to get them excited about trying new foods. Another fantastic service of theirs includes specialty cooking for children with illness & disability, including epilepsy. Wholeheartedly believing in the healing effects of food, M.M. Meals works with your nutritionist or doctor to come up with tailored meal plans for your child that are nutritious and specifically designed for them. *mmealsnyc.com*

### Family Broadway Shows

If you are looking for a new Broadway Show, the answer is AIN'T TOO PROUD, the electrifying new musical that follows The

Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. With their signature dance moves and unmistakable harmonies, they rose to the top of the charts creating an amazing 42 Top Ten Hits with 14 reaching number ones. The rest is history—how they met, the groundbreaking heights they hit and how personal and political conflicts threatened to tear the group apart as the United States fell into civil unrest. This thrilling story of brotherhood, family, loyalty, and betrayal is set to the beat of the group's treasured hits, including "My Girl," "Just My Imagination," "Get Ready," "Papa Was a Rolling Stone," and so many more. *ainttooproudmusical.com*

The Play That Goes Wrong, a hilarious family-friendly show that ran on Broadway for several years has just transferred back to a more intimate space at New World Stages on West 50th. This show is perfect for all families with kids. Your kids will have lots of laughs from this funny show. My son and his two friends never laughed so much for two hours straight. I highly recommend this show for children 8 and older. *broadwaygoeswrong.com*



Lyss Stern is the founder of Divamoms.com, author of Motherhood Is A B#tch, and If You Give A Mom A Martini, and a mom of three. Follow Lyss on Instagram @diva\_moms



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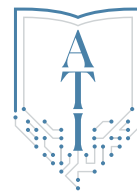


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# The Montessori Mind

## How this education approach promotes mindful learning

By Malia Jacobson

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

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

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

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

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

### Mastering mindfulness

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

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

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

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

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

### Whole body, whole mind

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

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

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

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

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

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

### Happy work: Environment, schedule, and shared focus

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

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

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

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

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

When children are motivated by their





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

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

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

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

#### **Mindful together**

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

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

naturally because their motivation comes from within.”

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

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

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

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# How Motherhood Made Me Truly Appreciate My Mom

By Sarah Lyons

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

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

## For maintaining

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

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

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

## For managing

As moms, we often feel like we live in our

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

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

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





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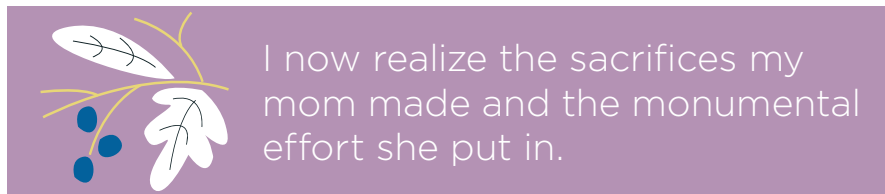
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Juggling school and activities in itself is a full-time job that my mom (and most moms) manage with ease.

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

#### For enduring

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

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

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

#### For the unseen

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

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

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

#### For loving me anyway

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

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

#### For letting me go

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

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

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

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# Going Gluten-free?

Understand the difference between the fad diet and celiac disease

By Jamie Lober

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

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

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

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

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

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

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

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



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

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

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

Being gluten-free does not have to be challenging.

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

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

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

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

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

Many are thankful for the gluten-free option.

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

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

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# The Juggle is Real for Hilaria Baldwin

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

By Katarina Avendaño

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

There is a reason why Hilaria has more than half a million followers on Instagram: despite her glamorous lifestyle, mothers everywhere can relate to her. She isn't afraid to be honest and raw about the joys and challenges of parenting, documenting the less glamorous side of motherhood on social media. By

peeling away the layers of glamour, we see a mother who is willing to be transparent. She helps parents feel that they are not alone when their kids start screaming in public or refuse to eat their vegetables at dinner.

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







Alec and Hilaria Baldwin with their four children

moments in life". For her followers who have experienced this heartbreak, many thanked her for her bravery.

According to a recent Op-ed she penned for *Glamour*, Hilaria felt it was important to share her experience to destigmatize the experience of miscarriage. Despite the fact that miscarriages are common (10-25% of pregnancies are estimated to end in miscarriage), discussing them remains taboo.

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

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

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

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

**With your hectic schedule, what are some simple ways that you stay connected to your husband?**

I am a big believer in staying connected to your body, practicing what you preach, and spending time with my husband. Once our kids are sleeping, we spend time together. This is really important for us because you hear so often how relationships (especially with so many kids) can get really disconnected. We talk a million times during the day, and as you can see, he has come in twice during this interview! When we are not talking on the phone, we are texting. We are very yin and yang, you can't find people who are more different than the two of us.

**With a full household, what is a typical day for the Baldwins?**

The beginning of the day is the same where I bathe my kids morning and night. My children mostly eat together, but I will be there and pick at [the food] with them because I heard that it is very important to have your kids feel like you are eating with them. At this age they are so small, so you can't really sit down and eat because they need to be fed, but we all sit around the table for breakfast and dinner. Then it is getting everybody out for their school and their activities. And at night time, it is dinner, bath, and then stories and bed.

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

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

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





“Doing yoga as a mom helps me take a moment before I lose my cool if my kids are driving me crazy.”

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

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

We were saying for a long time, wouldn't it be fun for our mommy group to be bigger. As we discuss topics on our podcast, you see in the comments that listeners are developing relationships between themselves, giving people support when times are hard, or exciting — it

really becomes this nice community. Also, one of the things that makes it very special is that we don't do a lot of preparation. Both Daphne and I have experience in television where there is a lot of prep. There are questions that you are supposed to ask, lines you are supposed to read, and podcasting isn't about any of that. If we were in my home and we were sitting on the couch, what would we be chatting about? I think that is one of the reasons that it has become so popular because it is really authentic.

**How did you end up launching your yoga studio, Yoga Vida?**

I was a dancer looking for something healthier for my

## Around the city with the family

**Favorite place to grab a bite to eat with the kids?** Knickerbocker (9th St. & University). This is a New York legend place where you can get everything!

**Favorite date night spots?** Baker & Co (Italian), Japonica (Sushi), Village Taverna (Greek), Nix (Vegetarian)

**Favorite ice cream/cookie/treat place?** At Amorino (multiple locations) they have these really tiny cones that are 2 inches tall for the kids. So I bring those home and make bite-sized ice creams for the kids

**Favorite park?** Washington Square Park or Union Square Park.

**Favorite spring activity with the fam?** We love being outside, and especially exploring piers near the water



body but I was afraid to try something new, even though my body was suffering. I had heard about yoga, and I decided I was going to try it since there was a studio nearby. I finally developed the courage to take a class. I loved it immediately and started teaching very soon after that. After a few years, one of my students asked me if I would open up a yoga studio with him. We wanted it to be yoga for everyone, so we kept the price point low.

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

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

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

### Tell us about what inspired you to write your book: *The Living Clearly Method*?

I struggled previously with an eating disorder, anxiety, and just trying to figure out what the 'good life' is that we're all struggling to achieve. I developed *The Living Clearly Method* method, which helps me to

feel I am a grounded and a happy person. It all starts with perspective. Then the next step is the breathing. And then you start to notice your 'grounding'. A lot of times when we get stressed out we are not present in our bodies. When we bring our awareness to our bodies, we are in the present. Next I focus on my core, and then finally breathing.

The techniques that are part of *The Living Clearly Method* help me to deal with small situations, like being late, but you can also use them for bigger things, like when you're considering who am I going to marry? Should I stay in my marriage? Should I take this class in school? It takes practice, but little by little, you become an expert. I also have exercises and recipes in the book.

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

To learn more about Hilaria Baldwin, follow her [@hiliariabaldwin](#) and get the podcast *Mom Brain*, by Gallery Media Group at [podcasts.apple.com!](#)



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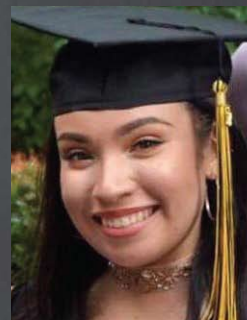
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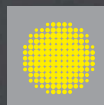
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# A Second Language Opens Doors

New York City kids have many options for a bilingual education

By Jean Sheff

It's a global world and parents today are opting to expose their children to a second (or third) language as soon as they can say mama and dada. Educators contend that speaking a second language can improve problem solving and decision-making. Bilingual education advocates say studies reliably show being bilingual has positive effects on the brain. Where better than the melting pot of New York City to find excellent bilingual programs?

### LET'S GO PUBLIC

For students that speak a language other than English at home and are not yet proficient in English the New York City school system offers educational services. If the school your child attends does not have a bilingual program you may select another school in the same district that does have such a program. New York City has several programs for English Language Learners (ELL) to choose from:

- **Transitional Bilingual Education:**

Instruction is given in two languages. As the student gains proficiency in English the percentage of instruction in English increases.

- **English as a Second Language (ESL):** Instruction is given in English with the support of the student's native language.

- **Dual Language:** Dual language programs include both English speakers and English Language Learners. The students learn in both English and their home language. Students get half of their instruction in their home language and the other half in English. The goal of the program is for students to learn how to speak, read, understand, and write in two languages, and also learn about and appreciate other cultures.

Students who speak another language at home must take the New York State Identification Test for English Language Learners to determine if they are entitled to support and services in learning English.

But many parents with English speaking children enrolled in the New York City School System are selecting Dual Language programs for their children for a variety of reasons. In our global world many parents feel the additional exposure to another culture and language is helpful, while some

critics have claimed that parents whose children do not place in the Gifted and Talented (G&T) schools select Dual Language schooling as just another way of getting a leg up. Generally speaking in New York City children must enroll in schools in their neighborhood, these are called Zoned Schools, but parents can make application to have their child attend another school outside of their district.

According to the City of New York there are some 545 Dual Language programs for students in grades K-12 in the New York City public school system, which includes the boroughs. In February of 2019 Mayor de Blasio and School Chancellor Carranza announced the opening of 47 new pre-K Dual Language programs across the boroughs. A statement from the City of New York indicated that the new programs include the City's first French, Haitian-Creole, Hebrew and Japanese pre-K Dual Language programs. "By offering even more dual-language pre-K programs across the five boroughs, we're readying our children for the global economy of the future," says Mayor de Blasio.

The New York City Department of Education encourages parents to check with their assigned school for possible dual language options. You can also visit, [schools.nyc.gov](http://schools.nyc.gov) for more information. The current list of New York City dual language programs ([cfn107.org/uploads/6/1/9/2/6192492/dual\\_language\\_programs](http://cfn107.org/uploads/6/1/9/2/6192492/dual_language_programs)) is currently being updated and should be available soon.

Here are a few to get your research started.

#### **P.S. 145 The Bloomingdale School**

150 W 105th St., New York, NY  
212-678-2857; [ps145m.org](http://ps145m.org)

District 03; Grades pre-K to 5

Application: Priority given to students in District 03 but if seats are available students from other districts can apply. Call the school directly.

Well known for its music and dance program, this school that had a Spanish dual language program recently added a Russian dual language program.

#### **P.S. 242 The Young Diplomats Magnet Academy**

134 W 122nd St., New York, NY  
212-678-2908; [ps242.com](http://ps242.com)  
District 03; Grades K to 5

Application: Contact the parent coordinator, Celeste Ortega, [cortega2@schools.nyc.gov](mailto:cortega2@schools.nyc.gov) or 212-678-2908, ext.1074 to schedule an appointment to visit the school.

This Magnet school has a dual language program in Italian. The school offers students an International Baccalaureate (IB). The school reports that "students are encouraged to be open-minded towards acquiring a global perspective."

#### **P.S./I.S. 218 Rafael Hernandez Dual Language Magnet School**

1220 Gerard Ave., Bronx, NY  
718-410-7230; [schools.nyc.gov/schools/X218](http://schools.nyc.gov/schools/X218)

District 09; Grades K to 8

Application: Priority give to students in District 09. Find more information about how to apply on their website.

In this Dual Language school students send half their time learning in English and the other half in Spanish. As a Magnet School P.S./I.S. 218 Rafael Hernandez is held accountable by the state and local school board and is funded by the state. Sports and other extracurricular activities are offered.

#### **P.S. 75 Emily Dickinson**

735 West End Ave., New York, NY  
212-866-5400; [schools.nyc.gov/schools/M075](http://schools.nyc.gov/schools/M075)

District 03; Grades K to 5.

Application: Priority is given to students living in District 3. Find a form to fill out on their website to learn about seat availability.

This well-regarded school is known for their Dual Language program and their expansive art offerings. This school was the first in New York to join the immersion program, International Spanish Academies in 2012.

#### **P.S. 311 Amistad Dual Language School**

4862 Broadway, New York, NY  
212-544-8021; [amistadschool.org](http://amistadschool.org)  
District 06; Grades: K to 8

Application: Priority is given to students living in District 06 if seat availability is open students from other districts can be accepted. Go to [myschool.com](http://myschool.com) to create an account and fill out an application form.

This Dual Language School provides that its graduates are bilingual in Spanish and English. Call for information on school tours.





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[info@leapuplearning.com](mailto:info@leapuplearning.com)

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## spotlight: bilingual education



### **P.S. 184M Shuang Wen**

327 Cherry St., New York, NY  
212-602-9700; ps184m.org  
District 01; Grades pre-K to 8  
Application: For Elementary School admissions call 718-935-20009, for Middle School admissions call 718-935-2398.  
A bilingual elementary and middle school located in Manhattan's Chinatown. The school serves mainly Asian families who have a strong desire that their children be proficient in Mandarin and English.

### **M.S. M247 Dual Language Middle School**

100 West 77th St., New York, NY  
212-496-1050; duallanguagemiddleschool.org  
District 03; Grades: 6,7 and 8  
Application: Priority is given to students living in District 03. Find a form to fill out on their website to learn about seat availability.  
The Dual Language Middle School offers a strong academic program in English and Spanish. Sports and other extracurricular activities are also offered.

### **POSITIVELY PRIVATE**

Some families select to enroll their children in dual language programs in a private school setting. While this requires a financial investment many parents say it is well worth

the investment. Luckily New York City boasts some excellent options.

Here are a few to consider:

### **The École**

The 206 Fifth Ave., New York, NY  
111 East 22nd St., New York, NY  
646-410-2238; theecole.org  
Grades: Nursery to 8  
At The École, the goal of education is to develop agile minds and open students' hearts, to give them a bright future in a world filled with possibilities. This belief is at the heart of their uniquely-designed bilingual program, in which students learn to not just speak, read, and write in French and English, but also to think, feel, and act in ways that are informed by two cultures.

### **HudsonWay Immersion School**

175 Riverside Blvd., New York, NY  
212-787-8088; hws.org  
Grades: Pre-K through elementary grades  
Application: See their website for a guided, step-by-step application process.  
HudsonWay offers Mandarin and Spanish Immersion programs. There's a Day School as well as an after-school and camp program. All subject matter is taught in the target language as well as English in all major content areas including language arts, literacy, mathematics, science and social studies.

They also offer music, visual arts and physical education classes.

### **International Academy of New York**

2018-19 School Year: 150 W. 83rd St., New York, NY  
2019-20 School Year: 4 E. 90th St., New York, NY  
212-641-0260; ianyc.org  
Grades: Pre-nursery (age 2) to grade 4  
Application: Submit the application for admission found on their website. Once it is received you will be contacted to schedule a meeting with the Head of School. Financial aid is offered.  
This school offers Dual Language education in Spanish and Mandarin. The school includes music and art lessons on a daily or three-time a week basis. Physical education is also required. Lunch is served.

### **La Escuelita Preschool**

225 West 99th St., New York, NY  
212-877-1100; laescuelitanyc.org  
This dual language preschool serves children ages 2 to 5. Founded in 2003, the school is committed to early acquired bilingualism, diversity, and the belief that children learn best when they are allowed to explore their interests with a teacher to guide them. La Escuelita is accredited by the National Association for the Education of Young Children and is globally recognized as a leader in







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(Ages 2-4)
- **Girotondo Giallo e Rosso:**  
Italian Playgroup  
(Ages 2-3, 4-5)
- **Girotondo Blu e Viola:**  
Reading and Writing In  
Italian (Ages 6-8, 9+)
- **Workshops on Saturdays**
- **Private tutoring**

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# spotlight: bilingual education

early childhood bilingual education. The school offers half, full and extended day programs.

## La Scuola d'Italia

12 E 96th St., New York, NY  
406 E 67th St., New York, NY  
212-369-3290; 212-452-4813  
lascuoladitalia.org

Students learn both English and Italian from pre-K through the 12th grade. French is taught in Preschool and Kindergarten, and continued from 6th grade as a third language. Latin is taught in grades 9-12. They offer a strong foundation in liberal arts, mathematics and science as well as an in-depth study and appreciation of American, European and Italian civilization and culture. The school's curriculum fosters intellectual stimulation and personal growth and is open to innovation and new technologies. La Scuola also offers the International Baccalaureate Diploma Program.

## Lower East Side Preparatory High School

145 Stanton St., New York, NY  
212-505-6366; lesnyc.com

Students learn best when engaged in academically rigorous lessons that demand thinking at a variety of cognitive levels, and when they feel supported, encouraged and challenged with curriculum that is relevant to their lives. Teaching practices are collaborative, interactive, differentiated and adaptive to ensure maximum student participation. Success in high school leads to success in the all post-secondary experiences.

## Lycée Français De New York

505 E. 75th St., New York, NY  
212-369-1400; lfnyc.org  
Grades: Nursery (age 3) to grade 12  
Application: The process begins one year in advance in the fall before the start of the next school year. Families are encouraged to attend open houses or schedule a school visit. See their website for a step-by-step process and application form. Lycée Français is an independent bilingual, college prep, day school. Students are - or become - bilingual in French and English. The school provides opportunities as well for student's artistic and athletic pursuits through a variety of co-curricular and after-school programs.

## Lyceum Kennedy French American School

225 E. 43rd St., New York, NY  
212-681-1877; lyceumkennedy.org  
Grades: Pre-K to grade 12  
Application: See their website for a step-by-step application process including an



online application form.

This private international school offers a bilingual program in French and English. The school curriculum follows the guidelines of the French Ministry of Education. They are recognized by the New York State of Regents and are an authorized International Baccalaureate (IB) school for the Diploma Programme (DP). There is a school uniform and dress code and several lunch program choices.

## Pine Street School

25 Pine St., New York  
212-235-2325; pinestreetschool.com  
Grades: Preschool (age 2) through middle school  
Application: Reviewed on a rolling basis. Attending a school tour is part of the admission process. Visit [pinestreetschool.com/visit-pine-street-school](http://pinestreetschool.com/visit-pine-street-school) to book a date for a school tour. Start the application process at [pinestreetschool.com/apply](http://pinestreetschool.com/apply).

This Green Ivy School offers a dual language immersion program for native Spanish or Mandarin speakers and English speakers that helps students maintain and develop their first language as they learn daily communication skills and literacy skills in a second language. Pine Street offers an International Baccalaureate (IB) as well as the IB program Primary Years Program (PYP) for early childhood and elementary school students. The middle school program is new for fall 2020.

## Pustebblume International Preschool

244 W 14th St., New York, NY  
212-206-1137; pustebblumenyc.org  
A German and Spanish immersion program for ages 2 to 5 combining

the best of international and American teaching methods in a nurturing setting that cultivates the growth and development of your child. The licensed native-speaking faculty teaches music, movement, literacy and visual arts in a fun and warm learning environment.

## The VHG Group

Arc En Ciel Preschool  
1656 Third Ave., New York, NY  
212-410-0180; arcencielnyc.com  
Petits Poussins Too  
2235 Frederick Douglass Blvd, New York, NY  
212-663-7777; petitspoussinstoo.com  
Bilingual Nest  
300 Manhattan Ave., New York, NY  
212-665-3354; bilingualnestnyc.com  
VHG Group Day Cares and Preschools, welcomes students from all cultures and background. Their French, Spanish, and English speaking teams motivate and guide infants, toddlers, and preschoolers to become independent, confident, and caring in a bilingual setting.

## OTHER CHOICES

Not every family is looking for a dual language program but they would like to offer their child increased exposure to another language and culture. There are several programs in New York City that can provide comprehensive language and cultural instruction.

Here are a few to consider.

## China Institute

40 Rector St., 2nd floor, New York, NY  
151 E. 65th St., New York, NY



# NYC Immersive Summer Day Camp Program

Kids ages 2 to 14 years old



Make your child's summer a fun-filled and educational experience by enrolling in Children's Summer Day Camp Program at China Institute!

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Session 1: 7/8-7/19

Session 2: 7/22-8/2

Session 3: 8/5-8/16

Learn More & Register Now! ↓

[www.chinainstitute.org/school](http://www.chinainstitute.org/school)

or call 212.744.8181 ext. 143

40 Rector Street, 2nd Floor, New York, NY 10006

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## MATERNELLE - 8TH GRADE

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*Cœurs ouverts*

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*Avenirs brillants*

Contact us at [bonjour@theEcole.org](mailto:bonjour@theEcole.org) to schedule a private tour.



theÉcole

111 East 22nd Street  
New York, NY 10010  
646.410.2238  
[bonjour@theEcole.org](mailto:bonjour@theEcole.org)  
[www.theEcole.org](http://www.theEcole.org)

# spotlight: bilingual education

212-744-8181, ext. 143; chinainstitute.org  
Grades: Mandarin Munchkins, ages 18 months to 2 years. After-school programs and Sunday courses for ages 2 to 17  
Application: Limited enrollment on a rolling basis. Schedule an appointment for a 15-minute assessment.

Children are taught the Mandarin Chinese language and culture through songs, stories, games and art projects in a student-centered classroom environment. Classes follow the academic year and are divided into two semesters from September to June.

## **Collina Italiana**

1556 Third Ave., Suite 603, New York, NY  
212-427-7770; collinaitaliana.com  
Ages: Classes divided in to age groups: 2 to 3; 4 to 5; 6 to 8; and 9+  
Application: Registration is ongoing.

This Italian language and cultural center offers year-round comprehensive language learning and hands-on instruction in the arts. There are four levels of childhood instruction starting at age 2. The school also offers workshops, tutoring and private classes for children. Homework help is available.

## **German-American School**

Liederkrantz Club, 6th floor  
6 E. 87th St., New York, NY  
212-787-7543; german-american-school.org

Grades: K to 10  
Application: School year enrollment. See registration form on their website.

This is the only German-American after-school program accredited by the New York State Board of Regents. They offer once-per-week after-school German language programs beginning with basic alphabet and phrases through comprehensive grammar, culture, history and conversation

## **Instituto Cervantes New York**

211 E. 49th St., New York, NY  
212-308-7720; nyork.cervantes.es  
Ages: 4 to 17

Application: Call for registration details.  
A wide variety of comprehensive Spanish courses for kids and teens taught either after-school, on the weekends or in summer camp programs.

## **LeapUp Learning**

1751 2nd Ave., Suite 103, New York, NY

646-870-0560; leapuplearning.com

Grades: K to 5  
Application: Call for enrollment information.

Three different programs are offered to teach children who may or may not be fluent in Mandarin. Classes meet once a week. A Mandarin Immersion Summer Day Camp is also offered.

## **Planet Han Chinese**

401 West End Ave., New York, NY  
1556 Third Ave., New York, NY  
212-742-2421; planethanchinese.com

Ages: From infants to teens  
Application: Call for enrollment information.

Classes are given in Mandarin for all ages of all backgrounds. They offer immersion classes in a variety of age levels from Mommy & Me to teens for fluent and non-fluent speakers, as well as a preschool alternative program. Classes are held once to twice a week.

*Jean Sheff, editor of Westchester Family magazine, is passionate about language and culture.*

## Early Acquired Bilingualism - Diversity - Inquiry-Based and Emergent Curriculum



Dual Language Preschool - Limited Spaces Available for 2019-20  
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# 52

# Free Things To Do in NYC with Kids

Who says that you need to spend tons of money when it comes to having fun?

By Danielle Sullivan

Who says you have to spend a fortune to have fun with the family in NYC? There is actually a plethora of free kids events, performances, exhibits, and activities going on every month of the year. Read on for 52 free things to do with your kids in Manhattan, the outer boroughs, and beyond!

## MANHATTAN

- Explore **The Highline**, one of the hands-down most fun-filled outdoor spaces in NYC. This elevated park, built on top of abandoned train tracks, features child-based programs, camps, festivals, art shows, and nature tours with the most offered in the spring and summer months.
  - It wouldn't be summer without **Bryant Park** movie nights. Each week features a new movie to snuggle with your kids and watch beneath the stars of NYC. Lawn opens at 5pm and movie starts at sunset (8-9pm).
  - **Hester Street Fair** outdoor community market is a bevy of activity on Manhattan's Lower East Side every Saturday and some Sundays from spring to fall. Check out handmade goods, girls' club, ice cream socials, music and art performances, creative products and artisanal food at this popular NYC fair.
  - Summon up anticipation for **Macy's Thanksgiving Day Parade** the night before and be a kid again while watching the giant balloons inflate! Watch SpongeBob, Angry Bird, Charlie Brown, Snoopy & Garfield, Hello Kitty, and Shrek get all the helium they need to make the long trek down Sixth Avenue.
  - There is nothing better to get you in the holiday mood than a visit to the **Holiday**
- 
- Staten Island Ferry**
- Junior chefs won't be able to pass up the **Chelsea Farmers Market** with fruits, vegetables, meats and eggs from regional farms and a wide variety of foods from local food makers. The market is open every Saturday from May through November.
  - Count on your local library for fun when it's rainy, too cold, too warm, or just any old day! The Children's Center at 42nd Street at the main branch of the **New York Public Library** near Bryant Park, the Central Branch of the **Brooklyn Public Library** in Prospect Heights, and the Children's Library Discovery Center in the **Queens Library** have phenomenal children's events like reading, story time, arts & crafts, and more.
  - Inspired by the landscapes of Central Park, the **Billy Johnson Playground** is one of the Park's most distinctive play spaces. Constructed primarily from natural materials, the playground includes bucket swings, a granite slide set into a hill, and a stone bridge. Lush plantings create ample shade and divide up the space, creating small play "rooms."
  - Children and adults can learn to swim in the **Learn to Swim** program. Beginner and advanced swimming lessons are offered for all ages in all boroughs. Registration is conducted through a free online lottery.
  - **play:ground NYC** is a 50,000 square foot playspace on Governors Island where kids can imagine a world of their own making and experience self directed play. Modeled after a junkyard, the adventure playground lets children shape their environment using an assortment of materials, tools, water, and dirt. A family play area, open to all ages, is adjacent to the Junkyard play area.
- Train Show** at Grand Central. See a 34-foot-long model train layout of trains and subways that run on eight loops of track inside the New York Transit Museum Store.
- Kids learn about fire safety while also climbing on genuine fire trucks and trying on official gear at **FDNY Fire Zone** at Rockefeller Center. Children enjoy activity books, coloring pages, and puzzles while learning everything they need to know about staying safe from real firefighters.



# PS 567 Linden Tree

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**Wednesday, May 15th:**  
Art & Music Showcase -  
"We are the World"

**4pm-5pm:**

K thru 2nd grade music performance,  
3rd-5th grade art show

**5pm-6pm:**

3rd thru 5th grade music performance,  
K thru 2nd grade art show



**Friday, May 17th:**  
International Day

9am - Tour the world as Linden Tree  
transforms into countries such as  
Bangladesh, Puerto Rico, Alaska, Bolivia,  
Ireland, Ukraine and many more!

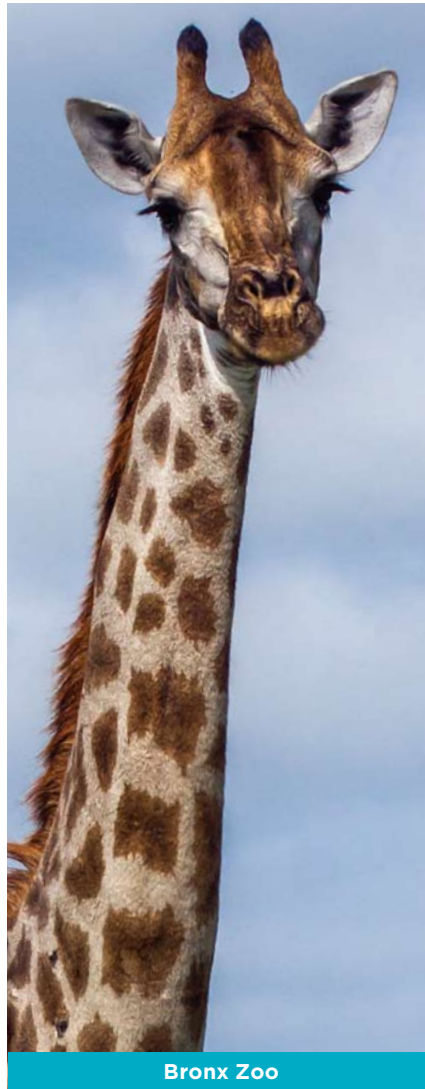
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**For more information, give us a call at 718.239.7401**  
Address: 1560 Purdy Street Bronx, NY 10462    Web: [LindenTree567.com](http://LindenTree567.com)



**Bryant Park**

- Little architects in the making can embark on a mini model build or take part in a free class at the **Lego store**. Register online for these monthly offerings. Just walking around and seeing the immense selection of Lego bricks and kits (including just about every shape and size) is sure to fill up an afternoon!
- Children wearing crowns join real camels, sheep, a donkey, colorful puppets, musicians, and community leaders dressed as kings in the festive **Three Kings Day Parade** and celebration in East Harlem.
- Kids 16 and under are always free at the **Metropolitan Museum of Art**. Children can take part in tours, art workshops, enjoy interactive spaces, hands-on activities, art labs and family films.
- **Apple Camp** enables kids ages 8 to 12 to get creative and learn through hands-on projects across three tracks ranging from moviemaking to coding robots. Kids attending Apple Camp in summer 2019 can choose from coding and robotics, moviemaking, or musical storytelling.
- Sure, you can practice, practice, practice



**Bronx Zoo**

- ... but you can also just take your child and go to **Carnegie Hall** any old day. The prestigious hall offers family programming families with children ages 3-10 in the form of interactive musical activities and performances.
- Celebrate the spirit of community at the **Rubin Museum's Annual Block Party** each June. Hands-on activities and for children and adults include museum tours and meditation spaces.
  - Each summer, **Hudson River Park** offers Big City Fishing for kids as young as five to learn how to fish while also learning all about the Hudson River environment. Rods, reels, bait and instruction provided. The program also provides participants with a first-hand opportunity to learn



**Macy's Thanksgiving Day Parade**

- about river ecology and the many fish species that can be found in the river.
- Learn how Native people were the original innovators of the Americas and explore Native scientific discoveries and inventions at the **National Museum of the American Indian**. Solve puzzles, perform experiments, and play state-of-the-art computer simulations.
  - Hudson River Park brings out all of your favorite New York City family performers. From music to magic to interactive storytelling, **Hudson RiverKids** will keep your family entertained all summer long, in two locations: Chelsea and Tribeca.
  - Enjoy Free Fridays at the **Seaport Museum** where kids can learn about the rise of New York as a port city, see its historic buildings and ships, and participate in interactive exhibits.
  - The Delacorte Theater transforms into the most enchanted forest in all of theater in Shakespeare's beloved comedy, **A Midsummer Night's Dream** with special celebrity actors along the way. It's a regular special summer treat,



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**Rapunzel:** May 4 & 5 at 2pm

**Princess and the Pea:** May 11, 12, 18, 19 at 2pm

**The Frog Prince:** May 25, 26, June 1, 2 at 2pm



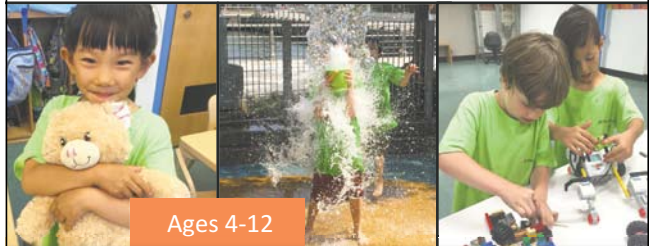
**Galli Theater**

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☎ 212.731.0668 ✉ galliny@gmail.com

➡ www.gallitheaternyc.com

## VILLAGE KIDS DAY CAMP



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## BROOKLYN

- Every kid deserves at least one summer trip to **Coney Island**, to swim, lounge on the beach, visit Luna Park, Deno's Wonder Wheel, and the infamous Cyclone. Top it off with bumper cars, arcade, boardwalk games, and lunch at Nathan's Famous hot dogs.
- **The Prospect Park Alliance** offers nature education programs in "Nature Exploration" at Prospect Park's Audubon Center including Radical Raptors, Climate Clues, and Incredible Invertebrates.
- The Environmental Education Center at Brooklyn Bridge Park The Ed Center is open to the public with free, on Tuesdays and Thursdays from 3-5 pm, and weekends from 1-5 pm. Explore a 250-gallon aquarium filled with sea animals straight from the East River, and a 10' scale model of Brooklyn Bridge Park, while engaging in art & crafts and a reading corner.
- Take a walking tour along the **Salt Marsh Nature Center** and take in a hike, go bird watching or paddle a boat along Gerritsen Creek in this 530-acre grasslands ecosystem.
- Kids jam with Dan the Music man every first Sunday of the month at Feed in DUMBO. RSVP required.
- Visit the Earth Rocks exhibit at **Brooklyn Children's Museum** where kids can explore our planet's ecosystems through art-making, animal encounters, science demos, and live music. Free admission every Thursday from 2-6pm and Sunday from 4-7pm.
- Learn about the Battle of Brooklyn at the Old Stone House, the location of the largest battle of the American War for Independence. View interactive maps and then stroll through Prospect Park where the battle was fought.
- Tee off at the City Parks Foundation Junior Golf Center in Dyker Heights. Enjoy weekly lessons for ages 6-17 on a 6-hole par 3 course, putting and chipping greens, a driving range, clubhouse and classroom.
- Take part in a beginner lacrosse clinic with



Coney Island

Brooklyn Crescents Lacrosse is offered for children and teens.

- Rock out with favorite children's performer Suzi Shelton and other beloved children's musicians at Brooklyn Central Library. Times/days vary.

## STATEN ISLAND

- Visit the Sahara or get up close and personal with a leopard habitat without leaving Staten Island! **The Staten Island Zoo** offers animals big and small: ostriches, a southern ground hornbill, and scimitar-horned oryx along with birds of prey, foxes, kangaroos, farm animals, reptiles and an aquarium. Free admission after 2pm on Wednesdays.
- Check out the many exhibits and programs at Staten Island Children's Museum, including Big Games, Block Harbor, Portia's Playhouse, Bugs and Other Arthropods, and Sea of Boats. Free admission on Wednesdays from 3-5 pm (September – June) and from 5-7 pm (July & August).
- Spend an active day at Clove Lakes Park



The High Line

and take part in their baseball diamonds, basketball courts, football field, soccer field and multiple playgrounds. Or sign up for the Outdoor Skills: Fire Making class and fine-tune your child's camping skills.

- It's a rite of passage for every New Yorker, big and small, to take a round trip on the Staten Island Ferry. The ferry runs from St. George on Staten Island and Whitehall Street in lower Manhattan, and provides service for 22 million people each year.
- Junior food aficionados can rise and shine early to get first dibs on the goods at St. George Greenmarket, where you'll find fresh seasonal fruit, produce, cheese, meat, seafood and baked goods.

## QUEENS

- Drop in for Saturday Sculpture Workshops at Socrates Sculpture Park from May through September. Kids can enjoy a



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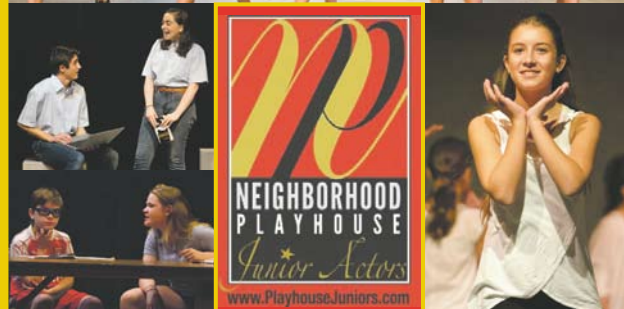
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- The Hong Kong Dragonboat Festival is an annual treat at Flushing Meadows Corona Park. Each August, kids and parents gather at this family oriented festival to watch boat races, cultural performances, foods, arts and crafts, and more.
- The latest innovations in art, film, television digital media are all at your fingertips at the Museum of Moving Image. See the popular Jim Henson Exhibit, a collection of 400 artifacts from the family of Jim Henson including puppets, original artwork, and rare film and television footage. On Free Friday Nights, admission is free from 4-8 pm.
- Take your little science buff to the New York Hall of Science for free from September through June, on Fridays, 2 – 5 pm; Sundays, 10 – 11 am. Live daily science demonstrations take place such as cow's eye dissection, cool chemistry, and air play. Learn to how make ice in just seconds, crush a can without touching it, and how hot air balloons really work.
- Visit the Animal Room at Alley Pond



**New York Hall of Science**

Environmental Center and see over 80 animals of all kinds including mammals, reptiles, birds, insects, arachnids, and more. Then walk the center's Yellow Trail which spans 2.2 miles.

- The annual Arthur Ashe Kids' Day features musical performers, celebrities and tennis pros, and offers interactive games and family activities including net generation tennis, face painting, juggling workshop, hair beading and braiding, balloon artists, roving entertainers, and more.

## THE BRONX

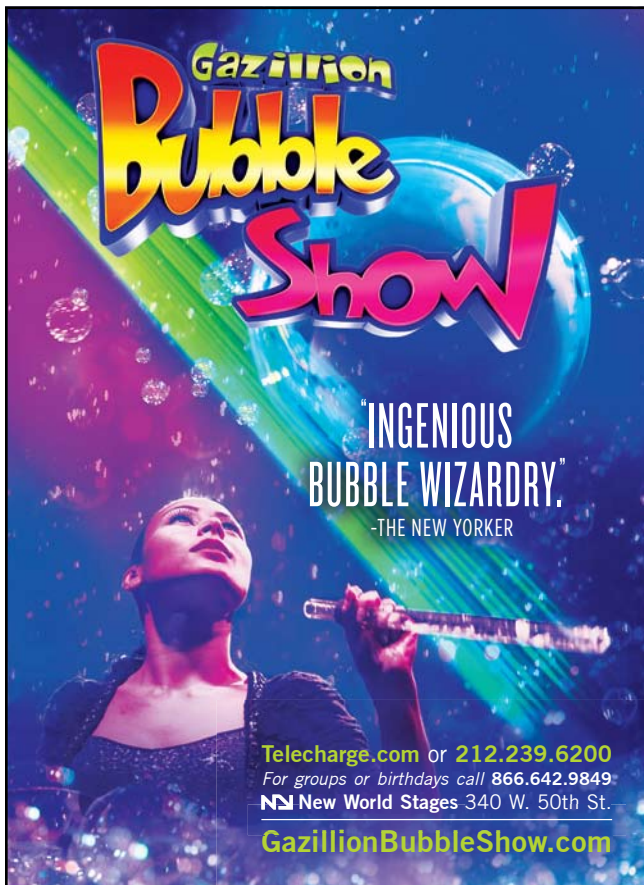
- You won't think you're still in New York City once you step into Wave Hill, a spectacular 28-acre public garden and cultural center overlooking the Hudson River and Palisades in the Bronx. Family Art Project lets kids draw, write, and play together. Admission is free Tuesdays and Saturdays, 9am-noon.

- Make it a "Family Affair" at the Bronx Museum. This program helps kids and adults enjoy and learn about art through hands-on art-making and exhibition tours. Family Affair includes hands-on activities, performances, guided tours, screenings, and more.
- It might take than one day to fully see everything there is to see at the Bronx Zoo! From the most popular exhibits like Tiger Mountain, Himalayan Highlands, Congo Gorilla Forest, and World of Reptiles to Treetop Adventures and the Children's Zoo (with more animals than you can imagine spread across its 265 acres), the zoo is free every Wednesday.
- Spend an afternoon at the City Island Arts & Crafts Fair which features paintings, photography, jewelry, stained glass, native crafts, bath & body products, clothing, face painting, fishing trophies and more.

## WESTCHESTER

- You can't really go wrong with a museum that refers it itself as "Hudson Valley's best place for little kids". While the Mid-Hudson Children's Museum does normally have an admission fee, it offers free admission on monthly family nights on the third Saturday of the month.
- Learn about over 83 species of butterflies Trailside Nature Museum, one of the oldest museums of its kind. Then view their large collection of mounted animals, American Indian artifacts, educational exhibits, child-friendly interactive displays, and nature-oriented artwork.
- Take your preschoolers for some library fun. Enjoy great stories, sing alongs songs, LEGO and TinkerToy tables at the Rye Library.
- Take a trip to Muscote Farm to visit our 50+ animals including cows, horses, donkeys, sheep, goats, chickens, turkeys, ducks, and pigs, and then visit historic buildings such as the milk house, the ice house, the brooder house, and the carriage house.
- Go on one of over 20 Spring Bird Walks offered by Saw Mill River Audubon and witness the spring bird migration across the Lower Hudson region.





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# LEGOLAND: What to Expect

LEGOLAND is coming to New York in the Spring of 2020

By: Elizabeth Winn

LEGOLAND New York, the highly-anticipated LEGO amusement park set to open in the Spring of 2020 will be located 60 miles Northwest of New York City in Goshen, NY. LEGOLAND New York will be spread across 150 acres of land and surrounded by a further 150 acres (that's seriously big!) containing 7 LEGO-themed lands, a LEGOLAND New York Resort, and 50 kid-centric attractions that aim to entertain you and your kids as they play in worlds that they have built on their own living room floors!

New York families no longer have to board a plane bound south for amusement park fun. With LEGOLAND New York family fun can be found in our own backyard. Who knew New Yorkers had a backyard!? Only a hop, a skip, and a short hour drive or 90-minute Shortline Coach USA bus ride away, NYC families can have all the amusement park fun without the hassle of flying.

## What's the hype about LEGOLAND New York?

LEGOLAND New York promises to become a destination location, similar to Pennsylvania's Hershey Park. Bringing this unique theme park to families from New York as well as New Jersey, Connecticut, Pennsylvania, and even Massachusetts, LEGOLAND New York is collecting the best features of their sister parks, LEGOLAND California and Florida, and uniting them in LEGOLAND New York.

"We've been building them for 50 years," public relations manager Matt Besterman says, "Every time we open a new LEGOLAND it gets a little better, we learn a little more, add newer and cooler stuff so what we're doing for LEGOLAND New York is we're going to take everything that we've learned and we're really going to up our game for LEGOLAND New York. We're going to have rides and attractions that have never been seen before at any other LEGOLAND park."

The minute families step through LEGOLAND New York's iconic, multi-colored arch and onto Factory Street, LEGOLAND New York's first world, they will feel like they have been transported into the world of LEGO imagination.



"All of our themed lands are built from our popular LEGO toys," Besterman says.

## A Guide to the Seven Lands at LEGOLAND New York

**Factory Street**, a world that makes kids and parents alike feel just as small as a LEGO Minifigure!

Home to The Big Shop, a shop containing the largest selection of LEGO toy sets under one roof, as well as introductory rides that aim to amaze, Factory Street is the first stop for families when they embark on their journey through LEGOLAND!

**Bricktopia** is a world that knows no bounds where anything can happen.

"Bricktopia is where you can work with our master model builders to build any LEGO creation you want," Besterman says.

Families can magically shrink to the size of a mini-figure on the Big LEGO Adventure ride, or end up at the Brick Party, riding on a carousel of tigers, motorcycles and Duplo Chickens made of LEGOs, or take part in the Imagination Celebration, getting lost amidst the spinning lights and music. Here, kids can let their creativity run wild. They can craft robots at the Robotic Play Centre, become

a Master Builder at the Lego Creative Shop, make race cars and skyscrapers at the Build & Test, or opt for a musical train ride!

**Ninjago** puts kids Ninja skills to the test.

Moving on to Ninjago, a world that focuses on building determination and courage. Ninjago encourages kids to hone their skills, test their abilities, and have fun doing it! Here, young Ninjas can learn to master the ancient art of Spinjitzu, test their skill on NINJAGO The Ride, tackle high speeds and G forces on a high-tech Ninjago vehicle at Jay's G Force Trainer, or learn how to control their Spinjitzu Vortex on Lloyd's Spinjitzu Spinners.

**LEGO Castle** is home to dragons, royalty and heroic quests.

LEGO Castle is a place where kids can become royalty, and magic becomes more than a figment of the imagination! Here, families can embark on important quests to help Merlin test his new magical flying contraption, teach baby dragons how to fly, or retrieve the good wizard's stolen staff for the King and Queen. At the LEGO Castle, whether young knights want to compete in a climbing tournament or young princesses





want to build a castle, there will be something for every member of the family to enjoy.

**LEGO City** is a land where kids can learn to drive and save the world on the same day!

At LEGO City trade chivalry for team spirit. Guests can learn to drive an electric car or team up to save a burning building! With park attractions like Rescue Academy, Coast Guard Academy, and Driving School kids can learn to save the world. When they tire of being heroes they can hang out in LEGO City's Palace Cinema to see the latest blockbuster in 4D from LEGO City Studios.

**Pirate Shores** transforms kids into pirates, allowing them to fight battles on land and the high seas!

Visit Pirate Shores, a port town swarming with LEGO pirates filled with swashbuckling activities and rides that will force visitors to find their sea legs. Kids can battle against the Blue Coat soldiers for the LEGO Pirates' booty or set sail on the high seas with rides like Rogue Riders, Anchor's Away, and Swabbie's Schooner. When sea battles lose their luster, little Pirates can explore Pirate Shores at Castaway Camp or help redecorate the Harbor's old jail with Buccaneer Builders!

**Miniland** shrinks all of the USA's landmarks down in size!

Having experienced shrinking to the size of a Mini-figure, now kids can grow giant-sized in LEGOLAND's Miniland. Families can traverse the entire United States of LEGO America with only a few steps! Miniland is a 3D atlas of U.S. Cities that holds interactive features, amazing city skylines. Kids can even build a LEGO boat to float with Build-a-Boat.

### LEGOLAND's Kid Reporters

Along with their limited edition First to Play Passes and LEGO Oculus model, LEGOLAND New York Resort has introduced its team of 6 kid reporters.

"All LEGOLAND Parks are built for kids and we've got so much going on at LEGOLAND New York, we knew we were going to need a team of people to tell this story so, who better to do it than the kids themselves?" Besterman says.

LEGOLAND New York's team of kid reporters were chosen from a contest on social media and are responsible for reporting for LEGOLAND New York's website and social media channels from now on through the opening.

We asked kids who live within a hundred

miles of Goshen, ages 6 through 12, to send us a one-minute video, explain to us why you would be the best choice for a kid reporter, we got more than 450 entries from 5 states. I watched every single one of them," Besterman says, "It was a real challenge for us to choose our final team of 5 kids to join our original kid reporter, Waverly Winchester, Kiditor-in-Chief of Kids News NYC."

Each member of the kid reporter team was presented with a LEGO built microphone and 4 First to Play Passes for themselves and their families, and will report on LEGOLAND New York from now on until the opening.

"They are so enthusiastic about LEGO, about LEGOLAND, they are thrilled to be part of this and we're thrilled to have them," Besterman says.

New Yorker's are excited about LEGOLAND New York's arrival and LEGOLAND is excited to open one here!

"We've got a lot going on at our spot in Goshen and we've got a lot planned," Besterman says.

### Quick Facts About LEGOLAND New York:

#### When is it opening?

Spring 2020 (we'll get more specific with the exact opening date as soon as it's released!)

#### How much will tickets be?

Ticket prices will be released closer to LEGOLAND New York's opening. Right now the First to Play Passes are \$94.99.

#### Will there be ride restrictions?

Rides throughout the park will have height limits and some attractions will have two versions, one for older kids, and one for littles. Specifics regarding riding restrictions will be released closer to the park's opening in Spring 2020.

#### How can people get there?

You can either drive or take a coach. The drive will be anywhere between an hour to an hour and 30 minutes (traffic depending) OR visitors can take the Shortline Coach USA Bus from the Port Authority Bus Terminal in Manhattan directly to LEGOLAND New York.

#### How big will it be?

The park will be built upon 150 acres containing 7 lands, 50 rides, and just a few steps from the park will be the LEGOLAND New York Resort.

**Want press updates from the Kid Reporter team?**

**For more information, visit [legolandnewyork.com](http://legolandnewyork.com)**

# Help Feed Kids in Need

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

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

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

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

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

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

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

"I founded

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

## Real help for New Yorkers

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

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

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

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

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

Visit [www.cityharvest.org/skiplunch](http://www.cityharvest.org/skiplunch) to join or lead a team, and to make donations online.

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

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







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The Atlas School is a non-profit, non-public school serving children and young adults aged 7-21 years diagnosed with Autism Spectrum Disorders. A truly individualized full-day educational program is developed for each student. The program uses a multi-strategic approach, data analysis as well as evidence-based and cutting-edge interventions and techniques.

Atlas School honors and embraces students' unique minds, spirits, and voices. Empowered communication and respect for student's passions and abilities ease them into rich social and emotional relationships and experiences. Self-identity, growth and joyful engagement join with academic learning and choice-driven community integration to aid students in pursuit of their own life goals and happiness.

Atlas strives to have each child meet their unique potential as effective communicators and expert navigators of our world. An individualized (and multi-disciplinary) therapeutic program will be developed for each student to ensure success.

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(M - 4:00 - 6:30 PM)

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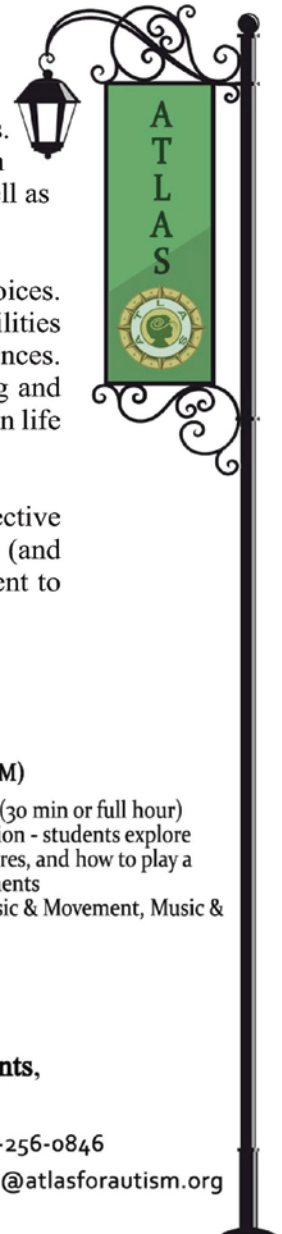
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Little Pie Company



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Pip's Island

## HELL'S KITCHEN

This West Side neighborhood is packed with options for families

By Lambeth Hochwald

Once upon a time, maybe just maybe, Hell's Kitchen was rough around the edges. How could it not be, given that this neighborhood was the inspiration for West Side Story and teetered right on the edge of the far seedier Times Square. Thankfully, those days are over and families are flocking to this part of town precisely because it offers the best of all worlds with access to virtually every subway line, an assortment of restaurants that will give your kids a trip around the world without even leaving Ninth Avenue and culture galore. So ignore the tourists slowly strolling down the streets and go out and have fun! Here's what we love about this West Side jewel:

### If your family loves culture

While many New Yorkers only venture to this neighborhood for a matinee or evening show whether on Broadway or Off, Hell's Kitchen residents have the advantage of having a very short walk home after whatever theatrical offering is the talk of the town. If you have a budding theater or science kid in your family or just want to revel in some immersive entertainment, read on for the places we think are musts to experience:

At the New Victory theater, you'll get to see shows and partake in family-friendly activities in a space that launched the revitalization of 42nd Street when it opened in 1995. If tickets to *Frozen* a musical theater experience that has transformed the Disney film to much acclaim are your jam, visit this neighborhood, hop on

line at the TDF discount booth as soon as it opens and see what deals are in store for the day. At Nat Geo Encounter, your kids will want to spend hours. This under-the-Pacific experience that counts among its attractions an up-close tech-created view of a life-sized humpback whale will prompt your kids to ooh and ahh. Another fun must-do: A walk through a kelp maze. A recent addition to the neighborhood is the newly opened Pip's Island, a one-stop-shop for storytelling, interactive games, animation and music that's just right for kids ages 4 to 10. If you have tweens and teens in your family, not to worry as older kids will want to spend hours at Spyscape, a museum located right on Eighth Avenue, that's packed with interactive activities and ultimately will offer clues as to which member





**Gotham West Market**



**Ample Hills Creamery**



**Intrepid Sea, Air & Space Museum**

of your family is the likeliest to become a secret agent one day.

### **If your family lives to eat**

There are almost too many yummy places to mention in this part of town that's known for its innovative international cuisine from literally every corner of the globe. However, we did our best and picked out a few of the most family-friendliest for a tasty meal or sweet snack. Let's begin with Joe's Pizza, a family-owned restaurant churning out the pies since 1975. Here, you can pop in for a masterful slice of cheese pie or a topping of your choice. If comfort deli-style food is more up your alley, venture to the newly opened Midtown location of Pastrami Queen for a steaming bowl of matzo ball soup paired with a knish and an overstuffed sandwich pastrami or corned beef anyone? A new addition to the buzzing Ninth Avenue food scene: Westville, which at this location (and all of the Westvilles in town), makes sure to stock a diaper changing station in the bathroom and serves endlessly tasty dishes like their buttermilk fried chicken sandwich, burgers and hotdogs so there's something for even the pickiest of eaters in your fam. Pop

into Mom's for an expansive menu promising everything from chocolate-chip pancakes to gooey grilled cheese on Texas toast with fries or a salad. Venture over to Gotham West Market on Tenth Avenue where there are so many food stalls, from Shanghai-inspired street food to ramen and Ample Hills Creamery ice cream, that everyone in the family will be happy. The Sullivan Street Bakery is the place to go for hot-from-the-oven artisanal breads and pastries (there's room to sit here, too). And, whatever you do, save room for a homemade cookie at Schnackery's, which has been keeping the theater crowd on a sugar high since 2012, or a slice of goodness at Little Pie Company, serving out homemade slices of such favorites as old-fashioned apple pie and Mississippi mud pie since 1985.

### **If your family loves being outside**

With Central Park just to the north as you edge towards Columbus Circle, there are endless ways to spend the day there. However, when your home base is Hell's Kitchen there are loads of hyper-local options right outside your lobby. The biggest one draw is the Intrepid, which offers your aviation-hobbyist

kids the chance to climb aboard a real aircraft carrier—it's the only museum where visitors can do just that in the U.S. Plus, visitors to this epic museum can check out the first space shuttle Enterprise up close and take a look at one of the world's fastest jets while they're aboard this massive ship. There's truly enough to do for the entire day. Next up while you're on the Hudson River: Pier 84, which opened in 2006, where you can pretend you're at the beach or hop in a kayak or just stretch out and take an everyone-in-the-family nap. Locals make it a point to spend outdoor time at Hell's Kitchen Park, which features playgrounds (there are distinct areas for toddlers and older kids), basketball courts and picnic tables for al fresco snacking. Further west, DeWitt Clinton Park is a nearly six-acre park that features the Erie Canal Playground that's equipped with swings, play spaces and a frog spray shower, perfect for a hot afternoon cool-off.

Now that you've gotten a taste for this part of town, we hope that the next time the subway rumbles by the 50th Street station, that you'll consider hopping off the train so you can experience what locals have known for years, this neighborhood rocks for families!



Clockwise from top left: Beacon, Long Branch, Long Beach, Providence and Portsmouth.

## A Train Ride Away

### 5 places to visit from New York City this spring

By Lambeth Hochwald

As a New Yorker, sometimes owning a car just isn't worth the aggravation of getting stuck in traffic or having to pay exorbitant prices for parking (let alone paying the upcoming congestion charge). At the same time, it can be challenging to think of places to escape to if you're minus a vehicle. Not to worry—we put our explorer hats on and found five very interesting places to venture to without ever having to get behind the wheel.

#### #1: For an Artsy Getaway: Beacon, New York

One of the coolest places to visit in the Hudson Valley? Beacon, New York, an easy 90-minute train ride via Metro North from Grand Central. In this eminently walkable former mill town, you can spend hours

poking around the cute boutiques and vintage shops, have a picnic in Waterfront Park, nestled along the Hudson River, or just head straight to DIA: Beacon, a 300,000 square foot museum located in the former Nabisco box printing factory located just adjacent to the train station and immerse yourself in contemporary art. While not all of the installations are just right for little kids, there's plenty for kids of all ages to enjoy here and best of all at Homespun Dia: Beacon, the on-site café, there are high chairs and a yummy kids' menu with such choices as a simple turkey sandwich on brioche or a fruit and cheese plate for the unfussiest of eaters.

#### #2: For a Beach Day at an Oceanfront Park: Long Branch, New Jersey

Ever wonder why we grit our teeth in bumper to bumper traffic on a warm summer day when we can just hop on New Jersey Transit

(which leaves from Penn Station) and, 90 minutes later, arrive at one of the best beach towns around? We wonder that, too. In Long Branch, head right to Seven Presidents Oceanfront Park, named for the U.S. presidents who vacationed here, with its 38 acres of ocean beach, fishing and more. You'll find tasty eats at such places as Surf Taco and fun ice cream creations at Coney Waffle plus endless options at Pier Village, a beachfront shopping center filled with restaurants and shops.

#### #3: For a Beach Day without Traffic: Long Beach, Long Island

If taking the LIRR is more your speed, this town (AKA LBNY) located one hour from Manhattan, offers all the R&R you need on a gorgeous spring or summer day. Best of all, the train drops you off right in town so you don't need to schlep anything from the city.





Instead, stop at Diner by the Sea for a creative milkshake or pick up your picnic fixings at Brand's Deli located right across from the LIRR station and take it all to the beach—located just three short blocks away.

#### **#4: For a Weekend of Kid-Friendly Attractions: Providence, Rhode Island**

While you have to commit to a three-hour Amtrak train trip from Penn Station, the capital city of Rhode Island (AKA Providence) and the home of Brown University and the Rhode Island School of Design, does not disappoint. You can venture over to the Roger Williams Park Zoo, which just unveiled a new \$10 million rainforest section or spend the day at the Providence Children's Museum, located in the city's

jewelry district. A third option for endless entertainment: Big Nazo, a performance group featuring circus family contortionists, a giant three-eyed robot percussionist and so much more. While you're in town, pop into Sydney, an Australian inspired all-day café that's just a two-minute walk from the Amtrak station

#### **#5: For a Weekend in a Charming Historic Town: Portsmouth, New Hampshire**

An even further Amtrak ride away, clocking in at six hours from Penn Station, Portsmouth is a charming historic town settled in 1623 that serves as the hub of New Hampshire's Seacoast region and is the perfect spot for a long weekend getaway. The nation's third-oldest city offers a vibrant downtown full of

cute shops and restaurants—we're big fans of The Friendly Toast thanks to its exhaustive breakfast menu (don't miss the Egg-in-a-Hole goodness) and cultural offerings such as Strawberry Banke, a 10-acre outdoor living history museum staffed by costumed interpreters and artisans that's perfect for kids ages five and up, who showcase the skills of an era gone by and teach visitors all about the Granite State's rich colonial history.

Now—aren't you excited to head right to Penn Station or Grand Central and hop on the next train to adventure? I am!

*Lambeth Hochwald is a writer in New York City who focuses on lifestyle stories for a wide variety of publications. After spending her early years in the suburbs, she's a big fan of quick train rides out of town with her husband and teenage son.*



MUSEUMS



MUSIC



THEATER



ATTRACTIONS



FOOD



Olive and Pearl features puppetry and dance at the Ailey Studio Theater.

# 10 Great Kid-Friendly May Events in Manhattan

By Elizabeth Winn



## ART, CULTURE, & FUN (TOT PROGRAM)

May 3

Your child can become an artist with some help from award-winning animator and published illustrator, Max Cohen! In this interactive program for Tots, Cohen will put the kids' team skills and creativity to the test. Throwing the kids together to collaborate and create, Cohen will teach them how to create something from almost nothing! Free, 10 am. **Tony Dapolito Recreation Center 1 Clarkson St, New York, NY 10014, [nycgovparks.org](http://nycgovparks.org)**



## MOMA A CLOSER LOOK FOR KIDS PROGRAMS

May 4, 5, 11, 12

Take a closer look at today's masterpieces with MoMA's Kids

Program, "Places, Spaces, and Installations." This May, unpack how spaces impact the art they hold. With MoMA your child can learn why modern art lives where it lives. Incorporating contemporary art with fun activities, kids and parents will leave with a greater understanding of modern art than they had when they came in. Free, 10:20 am. **The Museum of Modern Art 11 West 53 Street, New York, NY 10019, [moma.org](http://moma.org)**



## THE AILEY STUDIO THEATER: OLIVE & PEARL

May 9 - 11

Centered around the home, "Olive and Pearl" is a show for every imaginative 2 to 5 year olds. Telling the story of a young girl, Olive, raised by her Granny, Pearl, "Olive and Pearl" reveals how home is more than just a house, it's

where one belongs. With musical scores and imaginary trips to the moon, Olive and Pearl is a play that shares simple moments at home that uses puppetry, song, and dance to tell this poetic tale. \$23.76, showtimes vary. **The Ailey Studio Theater 405 W 55th street, New York City, NY 10019, [brownpapertickets.com](http://brownpapertickets.com)**



## VICTORY THEATRE: AROUND THE WORLD IN 80 DAYS

May 10 - 19

Can one circumnavigate the earth in just 80 days? Find out when Phileas Fogg and his silly sidekick, are told they'll lose everything if they don't! With slapstick humor and book-style action scenes, this theatrical adaptation of Jules Verne's novel, Around the World in 80 Days, takes



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audience members on a wild ride through Europe, Asia, America, and back but, the question remains, will they make it back to England in 80 days? Find out at the play! Tickets start at \$17, showtimes vary. **The Victory Theater 229 W 42nd Street, New York, NY 10036, newvictory.org**



## CARNEGIE HALL FAMILY CONCERTS: MY CITY, MY SONG

May 11

In a city as diverse as New York, there's culture on every corner. However, this month don't just see different parts of the world, experience them! At Carnegie Hall's family concert, "My City, My Song," adults and kids immerse themselves in culture with soulful Jazz solos, Puerto Rican rhythms, and Brazilian beats! Let the music move you and learn a little bit more about the cultures you see everyday! \$10, 12 pm, 3 pm. **Zankel Hall 881 7th Ave, New York, NY 10019, carnegiehall.org**



## TOLKIEN: MAKER OF MIDDLE EARTH

Throughout May 12

Beloved by both adults and children alike, Tolkien transports readers to an entirely different world with his words. Complete with its own fantastical creatures, languages, and histories, over the years Tolkien's Middle Earth has become a literary masterpiece. Get a glimpse of the man behind these literary masterpieces at the Morgan Library and Museum. With everything from family photographs to drafted manuscripts on display. Learn about who Tolkien was and how his work has left a lasting imprint on society. Tickets: \$22, Senior Tickets: \$14, Student Tickets: \$13, exhibit hours vary, adult. **The Morgan Library & Museum 225 Madison Avenue at 36th Street, New York, NY 10016, themorgan.org**



## 13TH ANNUAL DANCE PARADE & FESTIVAL

May 18

New York City closes its streets to cars and opens them for dancers! For the 13th Annual Dance Parade and Festival, over 80 unique groups will dance down Broadway. Being



The 13th Annual Dance Parade and Festival takes over the East Village on May 18.

the world's largest display of cultural diversity, Dance Parade New York celebrates cultures from every part of the earth through costume and performance. Starting at Broadway and 21st street, dancers will work their way downtown. Making their way through Astor Place, the parade will end with a dance fest at Tompkins Square Park! Free, 1 pm. **21st & Broadway - Tompkins Square Park, New York, N.Y., danceparade.org**



## NEW YORK CITY BALLET FAMILY SATURDAY

May 25

Get the inside scoop about the choreographers that have been dazzling audiences for decades. Learn about the imagination and footwork that has shaped dance at New York City Ballet. Your aspiring dancers can see how the New York City Ballet Company has evolved. Pulling from the Company's key choreographers, past and present, your child will get to learn about ballet and maybe even try a few fancy ballet moves! \$22 - \$32, 11 am. **David H. Koch Theater 20 Lincoln Center Plaza, New York, NY 10023, nycballet.com**



## MEMORIAL DAY PARADE

May 27

Honor the people who have sacrificed, served, and died for national freedom this Memorial Day. With parades going on throughout New York, Manhattanites can come to commemorate the noble lives of soldiers and sailors who have sacrificed so much for their country. This last Monday in May, show your appreciation for the men and women who have fought for you and the rights you exercise every day. Free, 10 am. **Begins at Dyckman Street & Broadway, nycgo.com**



## PALATE & PALLET

Throughout June 21

Cook and craft with Fresh Made NYC. Your little chef or petit artist can put their palate and palette to the test. Learning to cook healthy foods and create fun craft-projects, tots can explore in and outside the lines through these interactive classes and acquire new food skills. Drop in: \$42 & Semester: \$350, 10:30 am. 636 **Broadway 5th Floor, Suite #516, New York, NY 10012, freshmadenyc.com**



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family fun

# Events Around the City



## CIRQUE DU SOLEIL - LUZIA

May 3 - June 9

Bringing the faces, places, and sounds of Mexico to New York City, Cirque du Soleil transports audiences to a dreamy Mexico with dazzling acrobatics and stunning surprises on stage. Quenching both the spirit and soothing the soul, Luzia is a performance that feels like a waking dream. With talent from all over the world, Cirque du Soleil - Luzia is a show that juxtaposes Mexican tradition with modernity in a whimsical way.

**Times vary, \$54. 123-01 Roosevelt Avenue, Flushing Meadows NY 11368, [cirquedusoleil.com](http://cirquedusoleil.com)**



## HOLI HOORAY

May 4

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



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

May 4

The premiere literary event of the borough, the Bronx Book Fair showcases everything from writing workshops to keynote speeches. An event that uses its influence to feature diverse and intergenerational voices, the Bronx Book Fair is designed for young adults, parents, and children alike. With special programs for families of all ages, children and parents are sure to have a blast with



## FEATURED EVENT

## The World's Fare

May 18-19

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

culture. An event meant to advocate for equality and diversity in the food industry, come out to experience the incredible spread of cultures that New York City's 5 boroughs have to offer! Ticket prices vary, 12 pm.

**Citi Field 123-01 Roosevelt Avenue, Queens NY 11368, [eventbrite.com](http://eventbrite.com)**

the Bronx Book Fair's schedule of interactive and informative activities with authors, book vendors, and other intellectuals! **Free, 11am - 7 pm. Bronx Library Center 310 East Kingsbridge Road, Bronx NY 10458, [bronxbookfair.com](http://bronxbookfair.com)**



## INVENTGENUITY FESTIVAL 2019: FLIP NYC

May 5

Help create two of the world's largest mechanical, solar-powered flip books with Flip NYC! With activities involving art, animation, storytelling, and electronics, kids ages 8 and up have the opportunity to participate in the creation of these lifesize flip books. Projected to be installed in DUMBO Brooklyn this summer, spend time drawing and inventing to craft an attraction that will touch the lives of locals and tourists alike in DUMBO Brooklyn. **Free (required registration), 11 am - 4 pm. Dock Street School 19 Dock Street, Brooklyn NY 11201, [beamcenter.org](http://beamcenter.org)**



## THE YOUNG ARTISTS' SHOWCASE

May 5 and 11

Save the date and mark your calendars — It's the Art Show and Open House at ARTstudio on May 5th and May 11th from 10am to 3pm. Artist Kimmy Ma provides art instructions for all ages — including illustration, pastels, charcoal, watercolor, and painting all year long. Throughout the year, students learn technique and perfect their craft, and now get to showcase their works of art that they have diligently worked on. Visitors can also meet with the instructors and view the studio. **Free, 10 am - 3 pm. Kimmy Ma ARTstudio 190-19 Union Turnpike in Fresh Meadows, 646-209-9352, [kimmyma-artstudio.com](http://kimmyma-artstudio.com)**



## CARNEGIE HALL FAMILY CONCERTS: MY CITY, MY SONG

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month don't just see different parts of the world, experience them! At Carnegie Hall's family concert, "My City, My Song," adults and kids immerse themselves in culture with soulful Jazz solos, Puerto Rican rhythms, and Brazilian beats! Let the music move you and learn a little bit more about the cultures you see everyday! **\$10; 12 pm, 3 pm. Zankel Hall 881 7th Ave, New York, NY 10019, [carnegiehall.org](http://carnegiehall.org)**



### LIFT OFF: A WATERFRONT KITE FESTIVAL May 11

Maybe your family has very different interests. Maybe your son enjoys flying kites while your daughter likes to play by the water and you would just like to go out to hear some good live music. Well, with the Waterfront Kite Festival maybe you don't have to choose! With live music, tasty food truck food, and a whole festival dedicated to flying kites and learning about the science of flight right at Brooklyn Bridge Park's Pier 5, your whole family can have a good time. Grab your kite, sunscreen, and sneakers for this family fun afternoon by the river! **Free, 12 - 3 pm. Brooklyn Bridge Park Pier 5 Sports Fields, [brooklynbridgepark.org](http://brooklynbridgepark.org)**



### MOTHER'S DAY WEEKEND GARDEN PARTY May 11 - 12

Come out to the New York Botanical

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



### 13TH ANNUAL DANCE PARADE & FESTIVAL May 18

New York City closes its streets to cars and opens them for dancers! For the 13th Annual Dance Parade and Festival, over 80 unique groups will dance down Broadway. Being the world's largest display of cultural diversity, Dance Parade New York celebrates cultures from every part of the earth through costume and performance. Starting at Broadway and 21st street, dancers will work their way downtown. Making their way through Astor Place, the parade will end with a dance fest at Tompkins Square Park! **Free, 1 pm. 21st & Broadway - Tompkins Square Park, New York, N.Y., [danceparade.org](http://danceparade.org)**



### INVINCIBLE MICHAEL JACKSON TRIBUTE May 25

Experience Michael Jackson with Invincible, the world's Number One Michael Jackson Tribute in the world. Showcasing talent from all over the world, Invincible gives audiences a show that is as close to the real deal that people can get. Capturing the essence of Michael Jackson on stage, you and your kids will get an unrivaled tribute concert experience with Invinceable. **Ticket prices vary, 8 pm. LEHMAN CENTER for the Performing Arts 250 Bedford Park Boulevard, West Bronx New York 10468, 718-960-8833, [lehmancenter.org](http://lehmancenter.org)**



### MEMORIAL DAY PARADE May 27

Honor the citizens who have given so much to their country. Come out to salute those that have served and died in the service of America's freedom. With Memorial Day Parades going on throughout the whole of New York City, there's a parade convenient for every New Yorker to pay their respects. Come commemorate the noble lives of soldiers and sailors who have sacrificed so much for their country on the last Monday in May. Take the train out to Little Neck-Douglaston in Queens to pay your respects to the men and women who have fought for you and the rights you exercise everyday. **Free, 2 - 5 pm. Northern Boulevard, Little Neck, NY, 11362, [nycgo.com](http://nycgo.com)**

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## Wizardly Wonders

Harry Potter pop-up café Steamy Hallows opens in East Village

By Jana Beauchamp

Step inside Steamy Hallows, the new Harry Potter-themed East Village popup café, for wizardly wonders! They'll even supply the wand. Harry Potter fans, Halloween enthusiasts, and witches and wizards of all ages will feel the magic. The smoking cauldron in the window will catch your eye and then wander inside for charmed coffee, cocoa, and cookies.

Steamy Hallows is serving up an enchanting and enticing menu and the beauty is in all the details. From carefully curated décor (think smoking cauldrons, Harry Potter mirrors, and bats and brooms) to gold foil stamped signature owls on the cups, you are transported from NYC to this magical world. The menu boasts intriguing



drinks like Love Potion #9 ¾, El Diablo, Butter Beer, and Basic Witch coffee drinks. Bonus: they can all be made sans coffee for the littlest witches and wizards.

Our barista, Essence, is the hostess with the mostest and vividly walked us through the menu on our visit to help us navigate the experience. The Love Potion combines mocha, rose, and raspberry and made us fall in love with its fantastic flavors and sparkly pink glitter in the shape of a heart on top. El Diablo packs a punch with its chocolate, cayenne, and fire (yes, there is real fire!). The Basic Witch features sweet notes of sea salt and caramel with a green whipped topping. The fan favorite and signature Butter Beer

has homemade butterscotch flavor and is topped with gold glitter. These specialty drinks are a feast for the eyes and the mouth.

There is also a Muggle Menu with coffees, teas, and hot chocolates. These delicious hot chocolates are most popular for little ones. You can create your perfect cocoa concoction with flavored syrups, whipped cream, and glitter toppings that can be added. They also pair perfectly with the homemade butter beer and coffee chip cookies which are packed with flavor, star sprinkles, and edible glitter. Harry Potter would certainly approve. Yum!

Parents should take note that strollers are allowed but the space is quite small. There is limited seating but you can go at opening or after school and usually snag a seat (weekends tend to be busiest). Also, there is no restroom inside but were told there are facilities at neighboring businesses. All transactions are cashless.

Visitors will enjoy the outstanding oddities and savory and sweet sips and bites. The store is a pop-up through June so come for the fun and magic while it lasts.

### Steamy Hallows

514 3/4 East 6th Street, Manhattan.  
Opening hours: Monday to Friday  
10-7pm and Saturday and Sunday  
11-7pm





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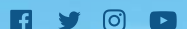
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