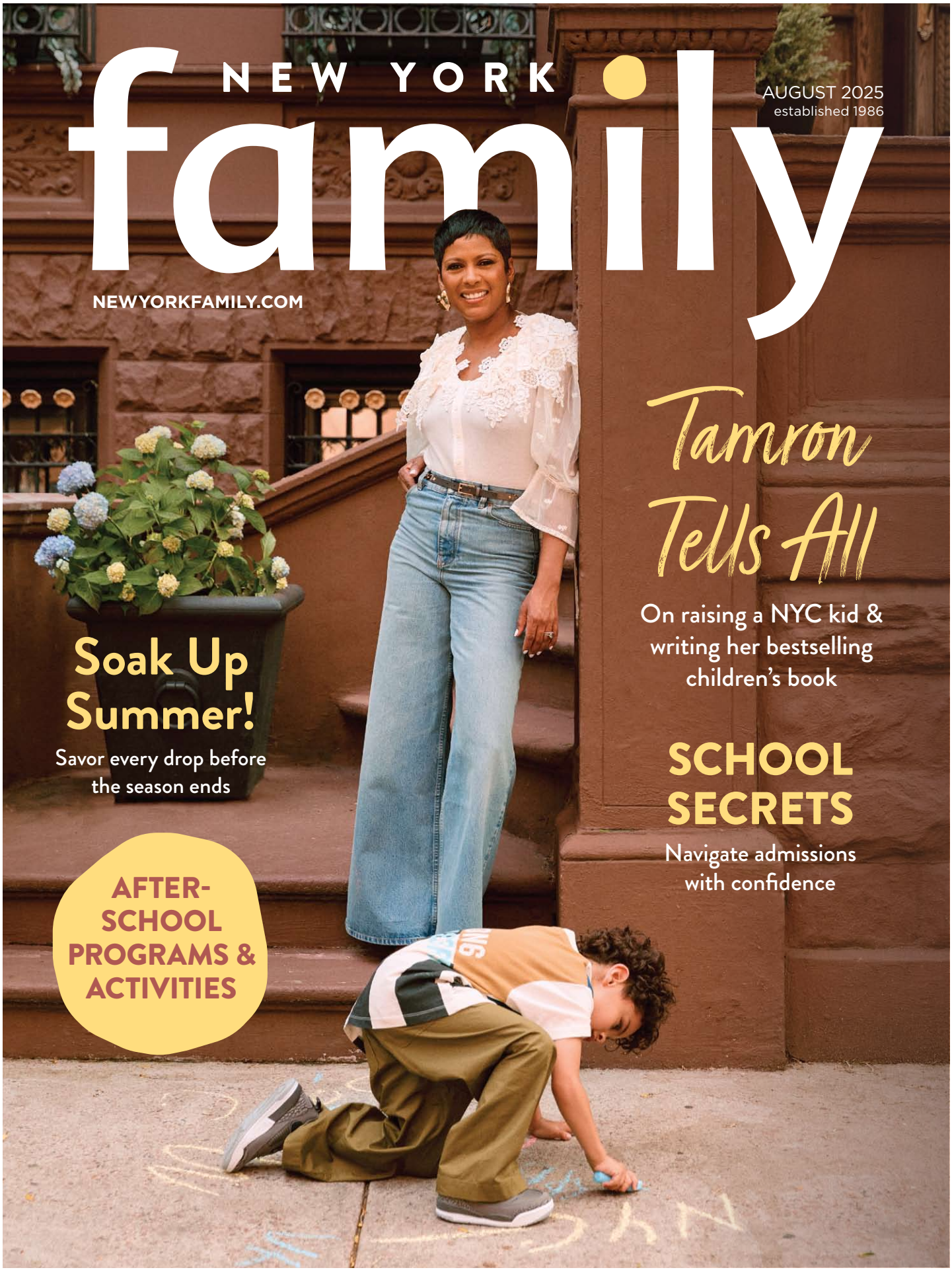

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209 Central Avenue, Westfield, NJ 07090
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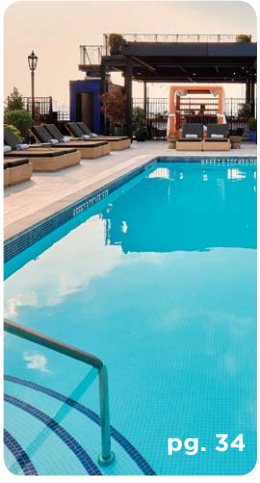

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ON THE COVER

Photography: **Allie Holloway** | aholloway.com | @aekholloway

Photo Assistant: **Chris Trigaux** | christrigaux.com | @christrigaux

Produced By: **Stephanie Kim** | @skimnewyork

Hair Stylist: **Johnny Wright** | @johnnywright220

Makeup Artist: **Tara Taylor** | @tarataylorbeauty

Wardrobe Stylists: **Tamron Hall & Harrison Crite** | @iamharrisoncrite

Tamron's Wardrobe: **Chloé** embellished lace-trimmed cotton bodysuit; **Chloé** high-rise wide-leg jeans; **Jennifer Fisher** Puffy Heart gold-plated earrings; **Louis Vuitton** belt; **Gianvinto Rossi** shoes.

Moses's Wardrobe: **Molo** shirt; **FITH** pants; **Jordan** shoes

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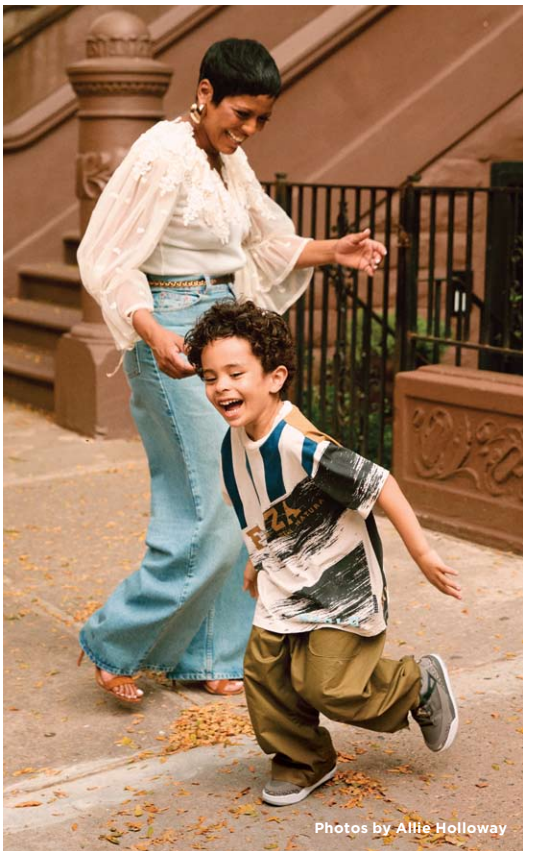
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Photos by Allie Holloway

Soaking Up the Last of Summer

New York Families,

As the last weeks of summer slip by, we're squeezing in every last bit of sunshine, splash time, and sweet treats before the school year begins. Throughout the month of August, we're dishing out the scoop on our favorite New York City ice cream shops to try (page 8), exploring rooftop pools at hotels across the city to dive into for a quick and refreshing staycation (page 34), checking out all the fun family activities and events in the area (page 40), and soaking up every fun-filled second of a New York City summer.

We're also looking ahead to the new school year with a look at an exciting new educational program being introduced in NYC schools—one we all wish we had growing up (page 42). And if you're feeling that familiar back-to-school shift, we've got helpful resources and important tips to ease the transition into the new school year!

We caught up with daytime television queen Tamron Hall and her 6-year-old son, Moses, in Harlem, where she gives us an inside look at her New York Times Bestseller, *Harlem Honey: The Adventures of a Curious Kid*, shares what it's like to raise a strong-willed, curious child in the city, and why community and connection are at the heart of everything she does (page 36).

Here's to soaking up every last drop of summer—swimsuit on and ice cream cone in hand.

Enjoy!

Tara

GET IN TOUCH

Share your feedback and ideas about family life in New York!
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PUBLISHER: Clifford Luster
EDITORIAL DIRECTOR: Tara Lustberg
ASSOCIATE PUBLISHER: Erin Brof
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EVENTS MANAGER: Shara Levine
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ART DIRECTOR: Leah Mitch
WEB DEVELOPER: Sylvan Migdal
GRAPHIC DESIGNERS: Arthur Arutyunov, Connie Sulsenti
EDITORIAL CONTRIBUTOR: Mia Salas

CONTACT INFORMATION

ADVERTISING: (718) 260-4554
Advertising@NewYorkFamily.com
CIRCULATION: (718) 260-8336
Tina@NewYorkFamily.com
ADDRESS:
New York Family Media/Schneps Media
15 MetroTech Center, Seventh Floor
Brooklyn, NY 11201

Schneps MEDIA
PRESIDENT: Victoria Schneps-Yunis
CEO: Joshua Schneps
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Ice Cream Shops



BY BELLA KJELLEN & ALEXA LUTTER

Scoop up some summer joy and swirl in a bit of nostalgia with everybody's favorite summer treat! Ice cream is cold, creamy, refreshing, delicious, and endlessly customizable. It's the quintessential summertime indulgence; the ultimate cure for cranky moods on a sticky day and the perfect end to a balmy summer night.

Whether you're a classic vanilla cone traditionalist, a soft-serve connoisseur, a froyo fiend, or are more of a scoop seeker looking for the latest creamy concoction, we've got the scoop on spots serving up the most scrumptious sundaes in town.

16 Handles

Multiple locations throughout NYC & Long Island
16handles.com
You can choose your own adventure at this self-serve frozen yogurt spot. With seasonal and limited-time flavors and locations all over New York City and on Long Island, there's no limit to the flavors and toppings you can mix and match at 16 Handles.

Ample Hills Creamery

Multiple locations in Brooklyn, Queens, and Manhattan
amplehills.com
Check out this Brooklyn Ice Cream Shop that offers tons of delicious flavors. Can't decide on one flavor? Enjoy a flight where you can try multiple flavors! This creamery also allows customers to build their own float with their choice of soda and ice cream flavor, the perfect summer treat!

Anita La Mamma del Gelato

Multiple locations throughout Manhattan
anita-gelato.com
This family-run gelato shop offers over 150 ice cream flavors, including vegan and sugar-free options. They also offer frozen yogurt, sorbet, and various toppings—great for scooping up smiles with every visit.

Caffé Panna

Locations in Manhattan and Brooklyn
caffepanna.com
Caffé Panna is an Italian-inspired coffee bar and ice cream lab. Its rotating menu of flavors changes daily, but the Affogato Sundae remains a favorite among grown-ups. Grab a pre-packed pint to go and enjoy the sweet treat at home.

Chinatown Ice Cream Factory

Locations in Chinatown, Flushing, and the Lower East Side
chinatownicecreamfactory.com
Since opening in 1977, the Seid family has offered the community unique ice cream flavors like lychee, black sesame, and red bean alongside classics like Rocky Road and mint chip. This cozy, compact shop is perfect for a late summer's neighborhood stroll with a treat in hand.

Coney's Cones

Coney Island
Located at NYC's most famous amusement park, help yourself to a fresh cup of gelato! Coney's Cones has the gelato for you this summer. Their 12 alternating flavors are updated every week by their very own "Maestro Gelataio."

Davey's Ice Cream

Multiple locations throughout NYC
daveysicecream.com
This award-winning ice cream spot offers creative sundaes, espresso, baked treats, and custom cakes. Family-friendly and even ships nationwide via Goldbelly for events near and far.

Downtown Yogurt

Two locations in Manhattan
downtownyogurt.com
A frozen dessert wonderland with delicious frozen yogurt, Bassett's ice cream, vegan options, ice cream sandwiches, floats, edible cookie dough, and warm brownie creations—great for satisfying every craving.

Emack and Bolio's

Multiple locations throughout NYC
emackandbolios.com
If you're looking for adventure when trying ice cream, journey down to Emack and Bolio's to try one of their more than 75 flavors, vegan options, and candy and cereal-coated cones.

Heap's Ice Cream

171 7TH Ave., Park Slope, Brooklyn
heapsicecream.com
Balancing a menu of nostalgic flavors like Fresh Minty Chip and Vanilla Fudge Ripple with bold concoctions like Mango Sticky Rice and Banana Bourbon Caramel, each scoop is churned locally in the Hudson Valley using real, high-quality ingredients—ice cream is on them on your birthday!

Il Laboratorio del Gelato –

188 Ludlow Street, Lower East Side, Manhattan
laboratoriogelato.com
A flavor lab featuring 48 chef-curated, creative artisanal gelato and sorbet varieties changes their flavors throughout the day, so every visit

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Malai
268 Smith St., Carroll Gardens, Brooklyn
malai.co
Malai is known for its unique, South Asian-inspired, egg-free, seasonal, handcrafted ice cream flavors, such as Fig on Fig and Curry Leaf Creamsicle. Rich in spice and culture, Malai is a flavorful scoop adventure for epicurious families.

Max & Mina's Ice Cream
Locations in Kew Gardens Hills and Flushing, Queens
maxandminasicecream.com
For the ultimate sugar rush, check one of Max & Mina's Queens ice cream shops filled with Check out Max & Mina's for the ultimate ice cream experience: Wacky, ever-changing flavors (double-scoop of beer, anyone?) and kosher-certified options. The eclectic décor adds to the playful, family-friendly atmosphere.

Morgenstern's Finest Ice Cream
88 West Houston St., Greenwich Village, Manhattan
morgensternsnyc.com
Small-batch, texture-rich ice cream made with the finest quality ingredients. Using their innovative method of reducing butterfat and sugar, Morgenstern's stands out in taste and texture.

OddFellows Ice Cream Co.
Multiple locations throughout NYC
oddfellowsicecream.com
This small-batch, chef-led artisan shop is known for its wildly creative flavors—over 500 and counting! Dishing out innovative scoops of Miso Peanut Butter Brownie or vegan Coconut Mango Sticky Rice, seasonal flavors, and more, every visit offers something delicious and unexpected. Don't miss the signature four-scoop cone—a delightful, shareable challenge for the entire family!

Salt & Straw
Locations on the Upper West Side and the West Village
saltandstraw.com
Artisanal scoops range from bestsellers Double Fold Vanilla to limited flavors like Arbiquina Olive Oil. Small, handmade batches of ice cream are made with cream from local, grass-fed dairy farms and thoughtfully sourced ingredients.

Sugar Hill Creamery
Multiple locations throughout Manhattan and Brooklyn
sugarhillcreamery.com
Sugar Hill Creamery serves handmade, small-batch ice cream and non-dairy frozen desserts in seasonal and classic flavors inspired by Harlem, Caribbean, and Midwestern traditions.

Van Leeuwen Ice Cream
Multiple locations throughout NYC
vanleeuwenicecream.com
Known for its classic and vegan ice cream and ice cream bars made with the best ingredients. Customers who can't get enough of Van Leeuwen's Ice Cream can visit their local grocery store and take their favorite flavors home. Van Leeuwen Ice Cream Shop also offers event catering and ice cream trucks.



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The **TRAUMA** App

How trauma can override our better parenting instincts

BY DR. ROBYN KOSLOWITZ

It's a familiar scenario. You wake up thinking: *Today, I'm going to parent differently. Today, Bluey's parents will have nothing on me.* And then, the battle over the shoes begins. Your toddler doesn't believe they serve a useful function, so he keeps taking them off. The middle-schooler is angry — she's not sure what she's angry about, but she's sure it's your fault. The teenager says he hates you. The toast burns, the milk spills, and you're all running late. And then…we know what happens.

When we wake up expecting to do X, but Y happens, we feel a sense of shame. It feels like it's our willpower, our laziness, or some essential flaw within us. But what if it's not you? What if it's actually your trauma? What if it's not about who you are, but what you've learned? Many of us begin each day with the best intentions—to be patient, responsive, and present with our children. But for trauma survivors, those intentions are often overridden by something stronger than willpower.

Post-traumatic stress disorder (PTSD) doesn't always show up as nightmares or flashbacks. Sometimes, it looks like snapping at your child, feeling numb during bedtime stories, or spiraling into guilt after a day of parenting in ways you never meant to. These aren't signs of being a "bad parent." They're signs of a protective mechanism—one that was once lifesaving but now overrides your values.

The Brain's Survival Coding

Trauma reshapes the nervous system. When something overwhelming happens—especially in childhood—the brain installs a survival protocol. I call it the "trauma app." Like an app on your phone, it has a specific function: to detect threats and respond instantly.

The trauma app doesn't ask whether the threat is real, current, or even dangerous. It just sees patterns. Raised voice? Withdraw. Eye roll? Attack. A child ignoring you? Flood with shame or rage. These responses aren't conscious. The trauma app overrides your thoughtful, intentional self in the name of survival.

How It Shows Up in Parenting

The trauma app is installed at the point of trauma, and its algorithm is set to protection mode by responding with Y when it experiences X. This means you may find yourself parenting with reflexes rather than reflection:

- *If my child backtalks, I react immediately, because the trauma app warns me that defiance means I'm unsafe or powerless.*
- *If they cry, I rush to fix it—because the trauma app remembers how unbearable it felt when no one comforted me.*
- *If they seem ungrateful, I spiral—because the trauma app equates their ingratitude with proof that I'm not enough.*
- *If things feel out of control, I either get too harsh or completely give in—because the trauma app tells me that control equals safety.*
- *If they need connection when I feel overwhelmed, I shut down—because the trauma app learned long ago that emotional closeness in chaos isn't safe.*

These reflexes aren't parenting strategies—they're trauma responses. They override your current reality with outdated

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scripts. And because they're so fast and automatic, they often feel like truth.

The Trauma App Is Fast. Your Values Are Slow

The trauma app runs on instinct, not intention. It's fast, rigid, and based on past experiences. On the other hand, your values—your belief in connection, in gentle correction, in letting kids feel big feelings—are slow. They require reflection, presence, and calm. But when the trauma app activates, it overrides those values. It doesn't wait for your higher self to weigh in. It just acts.

That's why you may yell when you meant to coach, shut down when you meant to engage, or overcompensate when you meant to hold a boundary. The app has taken over—and it's working off a threat assessment that's no longer accurate.

Trauma Doesn't Know Time

One of the trauma app's quirks is that it can't tell time. It doesn't know that the threat is over. It doesn't realize you're now the adult, safe in your own home, with a child, not an aggressor, in front of you.

That's why your child's eye roll might trigger a flood of shame. Your brain isn't responding to your child—it's responding to a teacher who mocked you, a parent who dismissed you, or a time when eye rolls meant emotional danger.

To the trauma app, it feels like history is repeating itself. So it reacts with urgency, even when none is needed.

Discomfort ≠ Danger

The trauma app also confuses discomfort with danger. Whining, defiance, anger—these are uncomfortable. But they're not threats. Still, the trauma app can't tell the difference. It reacts as if your child is unsafe, or as if you are. That's why you may find yourself overexplaining, people-pleasing, snapping, or withdrawing. Your brain is trying to regulate a sense of threat that isn't actually present.

These moments aren't failures. They're notifications from the trauma app, trying to protect you from a threat it doesn't realize isn't happening anymore.

Reclaiming the Controls

The goal isn't to delete the trauma app—it once kept you alive. The goal is to notice when it's running and gently take back the controls. To pause, breathe, and ask: *Is this about now, or is this about then?*

You don't have to parent perfectly. You just have to parent consciously. The more often you can recognize the override and reorient toward your values, the less frequently the trauma app will run the show.

And when it does? Repair is always possible. Parenting isn't about perfection—it's about presence.

Robyn Koslowitz, PhD, has been a licensed child psychologist since 2017 and now houses her practice at The Center for Psychological Growth of New Jersey, focusing on trauma-informed psychotherapy for children, adolescents, and families. She is the educational director of the Targeted Parenting Institute and the host of the popular Post-Traumatic Parenting podcast and YouTube channel. Her work is regularly published in Psychology Today*, and she has appeared on Fox, NPR, CNN, NewsNation, and other national television outlets. Her new book,* Post Traumatic Parenting*, is now on sale. She lives in New Jersey, where she practices post-traumatic parenting with her own children and family.*



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New Year, New Gear!

Head back to school with these picks for all ages

BY SHARA LEVINE

As summer begins to wind down, back-to-school season revs up with store shelves lined with everything from backpacks to pencil cases. It can be overwhelming to wade through all the choices, especially when you factor in budget and what your child wants vs. what your child actually needs. We've rounded up our favorite supplies and gear, spotlighting what we love for the new school year.

Backpacks are not a one-size-fits-all purchase. Preschoolers have significantly less to carry than high schoolers, so here are three bags we love to get you through every stage.

The **Skip Hop Little Kid Backpacks (1)** have always been a favorite and the perfect "first backpack." Besides being just the right size to bring home the day's coloring sheets, these adorable designs offer a variety of choices for your little one to choose from, including Sesame Street characters and a slew of members of the animal kingdom (real and imaginary). *$25. skiphop.com*

As your kids get bigger, so will their backpacks and their opinions. We love this **Nike Big Kids Elemental Backpack (2)** because not only does it look cool, but it's got a large interior pocket big enough to hold a laptop and notebooks, plus it has an expandable side pocket perfect for a water bottle and a fun pencil case that clips to the side of the bag in a bold contrasting color. There is also a smaller front pocket perfect for storing items your kid may want quick access to. *$39. macys.com*

And then they grew some more. The **Herschel Classic XL Backpack (3)** is ready for the big time. This bag has an inner sleeve for a laptop, padded straps, and is large enough to hold essentials like a binder, notebooks, and more. It also has a side pocket for a water bottle and a front





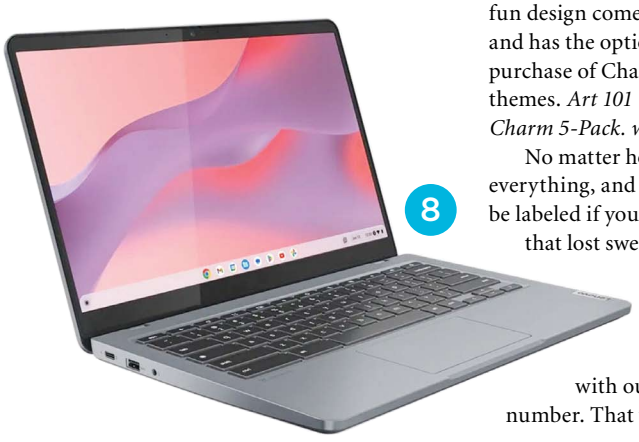












zipper pocket for smaller go-to items. Plus, it comes in various cool colors and two limited edition LEGO prints! *$65-$75. herschel.com*

A **composition notebook (4)** is a classic school supply essential. Though we are all familiar with the black and white marble design, Five Below has brought us a new take with bold colorblock and fun checker pattern designs. *$3. fivebelow.com*

Function and style come together with the **Art 101 Charm Pencil Pouch (5)**. This fun design comes in a variety of colors and has the option to customize with the purchase of Charm 5-Packs in various themes. *Art 101 Charm Pencil Pouch, $9; $8 Charm 5-Pack. walmart.com*

No matter how old your child is, everything, and I mean everything, needs to be labeled if you ever have hopes of seeing that lost sweatshirt again. For this, I rely on **Mabel's Labels (6)**. They have been my label of choice for years, and I always customize them with our last name and my phone number. That way, they can be used for multiple children, and if someone finds a lost item, hopefully they'll call to return it. I've gotten many random calls from people who have found our lost items. I put them on everything from notebooks to clothes to lunch bags. Your kids can help choose the colors, fonts, and designs. *Labels start at $21.50 for 80. mabelslabels.com*

You're not supposed to play with your lunch, but no one said anything about not playing with your lunch bag! The **Arctic Zone Pop-it Kids Lunch Bag (7)** has a built-in pop-it handle for a little extra pop of fun. Older kids will like the sleek Chrome Lunch Box with more room for extra fuel throughout the day. Both come with a food storage container and reusable ice pack in an exclusive bundle. *Pop-it Kids Lunch Bag, $22; Chrome Lunch Box, $22. arcticzone.com*

Is your student ready for their first laptop? Light, portable, with an exceptional battery life, we like the **Lenovo IdeaPad Slim 3 Chromebook (8)**. This budget-friendly PC is ideal for homework, web browsing, basic apps, and catching up with your favorite YouTubers. *Starting at $260. lenovo.com*

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NYC School Admissions

Breaking down the process at both public & private schools

BY MIA SALAS



Choosing a school for your little one is no easy task. Between open houses, online research, and more, it can be stressful (and exhausting!) to find the right fit. That's why we're here to help with an overview of what you can expect from the private and public school admission process in NYC.

PRIVATE SCHOOLS

Individualized attention: Unlike public schools, which are funded by the government, private schools have the flexibility to create their own educational guidelines. This allows them to tailor their teaching methods to better suit individual students. They can adjust the pace of instruction, taking time to focus on each student's unique needs. Additionally, private schools typically have smaller class sizes. With fewer students in each classroom, teachers can more easily recognize each student's learning pace and ensure that everyone has the support they need to succeed.

Emphasis on Leadership: Private schools provide students with opportunities to take on responsibilities. Through various assignments, such as leading groups, serving as club presidents, or presenting projects, students can develop their leadership skills on a daily basis. Private schools encourage accountability, which is an important value we all want to instill in our children.

Outstanding resources: Thanks to the robust alumni networks that many private schools in NYC maintain, your children will have access to excellent opportunities and resources. This includes funded travel and trips, extended language programs, tutoring, college counseling, advising programs, and summer internships. Your kids will receive the support they need to succeess.

What should I consider when applying to a private school?

Do the advantages of private school education, mentioned earlier, resonate with your family? When researching schools, take into account the school culture and environment, academic programs, extracurricular activities, and the school's mission. The mission statement can reveal much about the school's values and help you determine whether they align with your own. While the prestige of some schools may be tempting, it's important to look beyond that and focus on what will be the best fit for your child.

When should I apply?

Typically, the official application process kicks off in September, although it doesn't hurt to start looking around during the summer.

How long are the applications?

We won't sugarcoat it—you should set aside some time. You will need to complete an online application, and you will likely participate in a parent interview and a tour or open house.

Is there financial aid?

Many, if not most, private schools in NYC offer financial aid programs, but this can vary by school. If financial assistance is important to you, be sure to explore this information on the school's website before applying. Some schools may also provide scholarships or other funding resources to help families cover tuition costs.

What are private schools looking for?

There isn't one specific quality that schools look for in your family, so just be yourself! Show the schools who you are and what your family represents. Remember, this process is about YOU finding the right fit for your child, not about private schools selecting you. Be sure to ask any questions you have and be honest about what you're seeking.

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Testing: Testing is essential in the NYC public school system to monitor student progress and determine eligibility for programs. In elementary school (grades K-5), students take various New York State and local tests. In middle school (grades 6-8), they continue these assessments with additional tests reflecting their advancing skills. High school tests serve a similar purpose while also facilitating opportunities for college credits and admissions. Accommodations are available for students with disabilities.

After school: After-school programs play a crucial role for working parents. NYC public schools offer over 900 after-school programs throughout the city. Most of these programs are free, allowing your children to explore their interests and discover new activities.

Clear expectations by grade: New York City public schools have a well-organized system that outlines specific goals and expectations for students at each grade level. For instance, in first grade, your child will learn how to subtract numbers up to 20, describe shapes, tell time, understand place values and whole numbers, recognize the properties of liquids, solids, and gases, and explore music and rhythm, among other topics. As a parent, you will have a clear understanding of what to expect for each grade your child enters.

Do I have to apply to a public school?

All NYC children are guaranteed a seat in NYC public schools; however, you still need to apply because there are various programs available. Schools are categorized as district or zoned, based on your residential location. Additionally, there are non-zoned, boroughwide, and citywide programs that are open to a larger number of students.

How do I apply?

You can apply online through MySchools. You will be able to select up to 12 programs that your child is interested in attending. Including more options increases your chances of receiving an offer from any of your preferred programs. Remember, the order you rank the programs is important, so be sure to arrange them accordingly!

What factors go into my application?

In addition to your child's rankings, the available seats and demand at each school are considered when determining the school offer for your child. Other factors, such as priority batches, are also important; these include students and residents of the district, as well as applicants who qualify for free and reduced lunch.

Who can I reach out to for help or advice?

If your child is already enrolled in a public school, you can reach out to your school counselor for help or advice regarding your options. Additionally, MySchools allows you to easily explore various options and programs. You may also contact a Family Welcome Center for further assistance.

Navigating NYC school admissions can be challenging, but with the right information and thoughtful research, you can find the best fit for your child and family.

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bardacademy.simons-rock.edu; simons-rock.edu
admit@simons-rock.edu
Bard Academy and Simon's Rock at Bard College are designed for students ready to enter college early. Complete ninth and tenth grade at Bard Academy, then start college early at Simon's Rock to earn an A.A. degree, then matriculate to Bard College to earn a B.A. degree. In fall 2025, Bard Academy and Simon's Rock will relocate and open the doors to its new campus adjacent to Bard College in Barrytown, NY.

Broome Street Academy Charter High School
121 Avenue of the Americas, Hudson Square
332-330-1149
admissions@broomestreetacademy.org
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Broome Street Academy Charter High School, a public charter high school in SoHo, provides a dynamic environment with comprehensive resources, including arts, college, and career programs. Co-located with The Door, we offer individualized support from social workers and dedicated teachers who guide students toward graduation. BSA also features athletics, clubs, and AP courses. We are still accepting applications for the 2025-2026 school year!

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1 Cardinal Spellman Place, Bronx
718-881-8000
cardinalspellman.org
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George Jackson Academy
104 St. Marks Place, East Village
212-228-6789
admissions@gjacademy.org
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Gillen Brewer School
410 E 92nd St., Upper East Side
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gillenbrewer.com
Gillen Brewer School supports pre-K—8th grade students with language-based learning disabilities through an integrated academic-therapeutic approach and strong family partnerships. It helps them progress, engage with the world, and explore with pride.

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Lycee Francais de New York
505 East 75th St., Upper East Side
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lfny.org/admissions
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The Montessori School of New York International
347 East 55th St., Sutton Place
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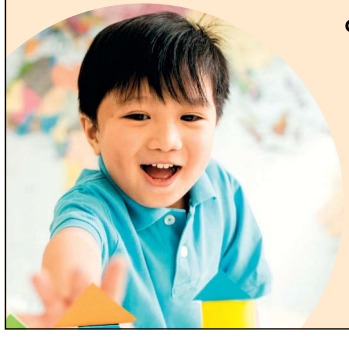
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rodephsholomschool.org
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24 W. 74th St., Upper West Side
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It Takes a Village

The growing trend of multigenerational living in New York City

BY TARA LUSTBERG

Multigenerational living — where two or more adult generations share a living space — is resurging in New York City as economic pressures, housing shortages, and shifting cultural values encourage more families to live together. Multigenerational households often include grandparents, adult children, and school-aged kids, all sharing responsibilities, expenses, and emotional support.

Nearly one in four Americans now lives in a multigenerational household, and New York City is at the forefront of this trend due to its high cost of living and diverse immigrant populations, where living with extended family has long been the norm. Though rates of multigenerational living situations are increasing across the board, the most significant increase is in the number of young adults, ages 25 to 34.

Benefits of Multigenerational Living

For many NYC families, combining resources across generations helps offset soaring rent and mortgage costs, especially as child care and elder care expenses continue to rise. Having grandparents in the home can provide built-in child care, emotional stability for kids, and an opportunity for stronger intergenerational bonds. Likewise, older adults benefit from reduced isolation and increased daily support, which can help them age in place more comfortably and safely.

For older adults, living with family can be a far more economical alternative to institutional care or independent living. According to Genworth's 2024 Cost of Care Survey, the average monthly cost of assisted living in New York is nearly $6,000, with some nursing homes charging upwards of $15,000 a month. The average rent of a two-bedroom apartment in NYC is just over $5,000 a month — but the maximum monthly Social Security honor payout is under $5,000 — so living on alone is not an option for many New Yorkers. Sharing a household can significantly reduce or eliminate those costs, while providing daily companionship, safety, and support from loved ones. Sharing responsibilities in a multigenerational home can ease the burdens of daily life for the entire family. Grandparents may help with school drop-off, after-school pickups, and homework, while parents provide health care support or manage household finances. Children may contribute by helping with chores or offering tech assistance to older relatives. This cooperative dynamic fosters mutual respect, interdependence, and a sense of purpose across all ages.

37-year-old single mom Natalie Meade moved into her mother's Queens condominium with her two children, ages 8 and 5 and says the decision was a no-brainer. "After [the kids'] father left, I couldn't afford the rent on my own. I have lived in New York my whole life, but moving in with my mom was our only option to stay in New York."

Meade and her daughters moved in last summer and says she couldn't do it without her mother's help. "Grandma picks the girls up from school every day, so I don't have to rush from the office to pick them up or paying for additional child care, "The peace of mind it gives me to know my girls are cared for while I work is priceless."

Multigenerational living can foster a deeper sense of cultural continuity, especially in immigrant families who maintain strong ties to heritage and tradition. Sharing a home with grandparents offers children a unique opportunity to absorb family traditions, languages, and stories firsthand. Grandparents can pass down rituals, recipes, and values that might otherwise be lost over time, cultivating a sense of identity and belonging. This everyday exposure to cultural

heritage enriches children's understanding of their roots and strengthens intergenerational connections that form a lasting foundation for resilience and pride.

Children who live with a grandparent may also learn about their family's journey — how previous generations overcame hardship and persecution, migrated, or built a community in a new city. Hearing about these lived experiences can shape a child's worldview and help develop empathy, perspective, and a deeper appreciation for their heritage. Whether learning a language, observing a holiday ritual, or hearing bedtime stories from another era, these shared experiences provide rich, meaningful lessons that go far beyond any classroom.

Challenges of Multigenerational Living

While there are many benefits to living in a multigenerational household, it's not without its challenges. In dense urban environments like NYC where square footage is scarce and privacy is limited, space constraints may cause tension.

Differing parenting styles, lifestyle habits, or generational values may lead to conflicts, especially when boundaries are unclear. While parents who are sandwiched between their aging parents and growing children may find respite from stressful caregiving responsibilities with additional help, those caregiving responsibilities — both for children and aging relatives — can become emotionally and physically taxing, especially without access to outside support systems.

Even when sharing household expenses, financial strain can occur if contributions are not equally distributed. Additionally, unspoken assumptions about these contributions can lead to resentment if not discussed openly. Successfully navigating these challenges requires intentional planning, ongoing communication, mutual respect, and a willingness to adapt as family dynamics evolve.

Families who thrive in multigenerational homes often establish clear expectations and flexible boundaries to help each family member feel heard and valued. A shared commitment to cooperation and adaptability makes it easier to evolve together as needs change over time.

To successfully navigate these challenges, families should plan ahead, maintain ongoing communication, and foster mutual respect. They should also be willing to adapt as family dynamics change. Families that thrive in multigenerational homes often establish clear expectations and flexible boundaries, ensuring each member feels heard and valued. A shared commitment to cooperation and adaptability makes it easier to evolve together as needs change over time.

Still, for many families — especially Millennials and Gen Z parents navigating the dual responsibilities of raising children and caring for aging parents with little support or resources — multigenerational living offers a powerful solution. It creates a built-in support network that reduces financial strain, redistributes caregiving duties, and deepens emotional bonds across generations.

In a society with limited infrastructure for caregiving and rising living costs, this model of family living is not just practical — it's essential.





Advantages of After-School Activities

BY STACEY EBERT



As a kid, I loved after-school extracurricular classes. Whether summer camp, gymnastics, or high school clubs – regardless of the time of year- I embraced the energy that came with all activities. As a young adult, I led youth groups, ran after-school classes at the local community center, and taught many kids to swim. I felt lucky to have teachers and counselors who chose to share their time, energy, expertise, and talents.

As the kids return to school, it's time to ensure those young minds have extracurricular classes, activities, or sports to engage, foster, and energize their spirits. Parents should know something exists for all kids – it might take time, effort, trial and error, thinking outside the box, recruiting experts, and listening to your child's voice. It might mean investments in energy, money, community, and heart. However long it takes to find the thing that lights them up – it's worth it.

Here are four tips to help find an engaging extracurricular class or activity for your child.

Listen actively to the kind of activity or class your child needs

Kids have a way of sharing their thoughts. Young children might not have the words yet, but they know how they feel. Those with the words might not have the meaning flushed out, and some kids may be shy and might need coaxing to try something new. Listen to what seems to interest them and provide options, give them the tools to research, keep an open line of communication, remind them they've got a support system, encourage giving it a try, and help them see that the nervous excitement of expanding that comfort zone is worth both the risk and joy.

Know what sorts of classes, sports your child gravitates towards

There is something for everyone in New York – offering many enriching activities encompassing diverse arts, including painting, sculpting, dancing, drawing, poetry, writing, music, theater, and more. Engaging in the arts fosters talent and expands your child's understanding of the world, nurturing a heightened sense of self-awareness. For those passionate about sports, tailor-made winter classes are available after school or on weekends, providing the ideal outlet for children to expend their boundless energy.

Don't overextend your child's extracurricular schedule

Parent tip: If you're overextended, your child is overscheduled, or your child (or you!) is about to experience sensory overload, then less is more. One meaningful activity is more than enough.

If one day a week or a few hours each is sufficient, it will work for your child and, most importantly, the family.

There is an activity, class, or sport out there for every child

In families with more than one kid, you may run around and do different activities for your children, as only all of your kids will want to do the same sport or class.

So, lead them to what they will thrive in or take a mild interest and turn it into a full-on hobby.

For example, If your child has an ear for languages, steer them towards an international culture or language club. If they're pulled towards teams, leadership, and exercise, see what types of sports or club teams are out there for them. If they crave connection and want to learn creative pursuits, consider opening their world towards what's possible in arts, community service, or learning something new. They want to practice swimming midwinter, there's a club for that. They want to learn chess and build their interpersonal skills simultaneously; there's a class for that. They want to learn marketing, debate, and business skills – there's an organization for that. They want to learn survival skills and embrace the goals of scouts and leadership; there's a space for that.

Give them a safe, non-judgemental space to share their interests and thrive.

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www.German-American-School.org

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MANHATTAN'S 10 BEST After-School Programs & Activities



While academics lay the foundation for a child's education, the learning doesn't stop when the school day ends. Afterschool programs offer valuable opportunities for kids to explore new interests, develop hidden talents, and build confidence outside the classroom. Whether it's dance, music, theater, sports, or STEM, extracurricular activities can help children discover what truly excites them. With the new school year fast approaching, now's the perfect time to explore the many programs available across New York City. To help you get started, we've rounded up some of our top picks for after-school programs and activities—each thoughtfully designed by experienced educators to foster growth, creativity, and plenty of fun.



Alvin Ailey

The Joan Weill Center for Dance
405 West 55th St.
ailey.org/training/junior-division

The Ailey School's Junior Division offers a highly structured curriculum for conservatory training. Students in the Pre-Professional program (ages 7-17) participate in after-school and weekend classes during the school year. All levels include training in ballet and at least one other technique. As students progress, more techniques such as jazz, Ailey Horton, modern, pointe, tap, and West African are added to their training. In First Steps and Bounding Boys (ages 3-6), children develop an understanding of dance, rhythm, and music through a weekly series of fun exercises.



Atlantic Acting School

76 Ninth Ave., Suite 313
212-691-5919, education@atlantictheater.org
atlanticactingschool.org/kids-and-teens/fall-classes

Atlantic Acting School's Fall Classes for ages 4–18 are now enrolling! Atlantic invites young stars to play, create, and form lifelong friendships in after-school and weekend theater classes. In addition to creating characters and scripts, young actors have opportunities to produce their own work. Atlantic's exciting acting classes offer unique focuses, from musical theater to sketch, improv, scene study, film/TV, and more, all rooted in the Atlantic Acting Technique! Plus, save $50 when you register early by using the discount code EARLY-FALL2025. Visit atlanticactingschool.org for yearlong class offerings.



Ballet Academy East

1651 Third Ave.
212-410-9140, info@baenyc.com
balletacademyeast.com

Ballet Academy East is home to aspiring dancers of all ages. The Young Dancer Division, designed for children ages 18 months-6 years, focuses on nurturing individual potential and creativity through structured, age-appropriate classes that emphasize the joy of dance. The Primary Division for first graders focuses on developing strength, musicality, coordination, and flexibility. The Pre-Professional Division, designed for serious dancers ages 7-19, offers comprehensive ballet training alongside professional-caliber performance opportunities, preparing students for success in the dance world. The Children + Teen Division offers inspiring and enriching ballet classes for ages 7-15, and no audition is required for participation. For adults, the Open Adult Division features ballet classes at all levels, introductory to advanced, as well as excellent fitness classes.



Collina Italiana

1556 Third Ave., Suite 602-603
212-427-7770, info@collinaitaliana.com
collinaitaliana.com/children

From the artwork and literature to the cuisine and culture, the Italian language connects children to a world of beauty. Collina's immersive after-school programs for kids and teens ages 2-16 and morning drop-off for toddlers ages 2-4 are the perfect way for students to start their journey with the Italian language. Collina Italiana also offers special events, workshops on Saturdays, and all-year-long language mini-camps for kids ages 3-10.



German Language School of Greater New York

Manhattan and Long Island
212-787-7543, kidslearngerman@aol.com
german-american-school.org

The German Language School of Greater New York (dba German-American School Association) has taught German to children since 1892 and welcomes children of all backgrounds. Lower grades receive bilingual instruction while upper grades are taught in German. Accredited by NY State Regents since 1911, the school's students complete the FLAC exam. College-bound students take AP training and are encouraged to take A1/A2 exams.



Greenwich House Music School

46 Barrow St., West Village
212-242-4770
greenwichhousemusicschool.org

This fall, Greenwich House Music School offers music and dance classes that nurture creativity, confidence, and focus in children ages 0 to 13. Early childhood programs include. Music Together®, Intro to Piano, Music Makers with small, supportive classes led by experienced teachers. Children ready for more can enroll in private lessons in piano, voice, guitar, drums, and more, with monthly performance opportunities. In ballet classes from beginner to advanced levels, kids build confidence and strengthen coordination through expressive movement in a fun environment. Located in Greenwich Village, GHMS provides a welcoming space for young artists to explore music and dance at every stage of their journey. Fall classes begin September 8.



Kids 'N Comedy

152 W 25th St., 10th Floor
212-877-6115, info@kidsncomedy.com
kidsncomedy.com

Got a teen who loves to make people laugh? Kids 'N Comedy offers stand-up comedy classes for ages 10–18, where young comics write and perform their own material while building confidence and community. Taught by professional comedians, the classes help students find their voice—whether they're shy, silly, or somewhere in between. Over eight weeks, kids sharpen their comedic chops, form friendships, and finish the session with a live performance at NYC's iconic Gotham Comedy Club. It's more than an after-school activity—it's a chance to connect, create, and take the stage. Founded by Jo Ann Grossman and Stu Morden, Kids 'N Comedy is where future comics begin their journey.



NY Kids Club

Multiple Locations Throughout NYC
nykidsclub.com

NY Kids Club enrichment classes empower young learners and ignite lifelong passions. From dance to art, music to gymnastics, sports to STEM, and more, enrichment classes foster a lifelong love for learning. Their unique, state-of-the-art gym spaces keep children active, help develop motor skills, and teach the importance of teamwork, while our classrooms inspire curiosity, encourage creativity, and spark passions. With highly trained instructors and a thoughtfully crafted curriculum, each class is designed to support children's growth, both socially and intellectually. At NY Kids Club, every child has the opportunity to discover new interests, develop their talents, and learn to love learning in a fun, nurturing environment. Limited spaces are available—learn more and enroll today!



Peridance

126 E.13 St., Manhattan
212-505-0886, sap@peridance.com
peridance.com/sap

Peridance, the East Village's leading dance school since 1983, builds a warm, inspiring community where young dancers thrive. Serving students ages 18 months to 17 years, Peridance blends top-notch technique with creativity across ballet, jazz, hip hop, tap, modern, and more. Classes are designed to support dancers of all levels, from beginners exploring movement for the first time to advanced students refining their craft. Families trust Peridance for its nurturing environment, passionate instructors, and vibrant programs that foster growth, confidence, and joy both on and off the dance floor. With a long-standing reputation for excellence and inclusivity, Peridance remains a cornerstone of youth dance education in NYC. Fall registration is now open. Discover more at peridance.com.

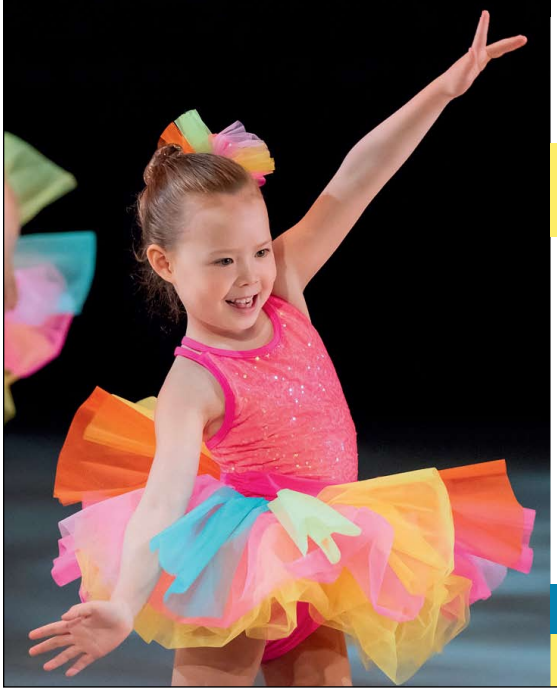


Play On! Studios

263 West 86th St., Manhattan
3477094149, info@playonstudios.com
playonstudios.com

Play On! Studios provides engaging theater classes after school and on Saturdays on the Upper West Side, offering children an unforgettable experience filled with acting, music, and enjoyment. Young actors rehearse and perform in a showcase or full production, collaborating with professional NYC actors/teaching artists. They develop skills in a supportive, non-competitive setting while participating in various drama games. Classes cater to all skill levels, from beginners to those ready for Broadway. Creative Drama, Theater Lab, Musical Theater Revue, and Musical Theater Performance classes offer varying levels of commitment for children in grades PreK-8, available after school or on Saturdays.

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Soak Up Summer!

Family-friendly hotel pools for an NYC staycation

BY BRIAUNNA MALONE


ARLO WILLIAMSBURG

Are you soaking up every last second of summer and want to spend a day—or a weekend—pretending to be on vacation? A local hotel pool might be just what you need. While beach trips and far-off getaways aren't always possible, these NYC hotels offer a chance to cool off, unwind, and enjoy a family-friendly staycation without leaving the city. From rooftop pools with skyline views to relaxing indoor escapes, these spots offer just the right mix of fun and recharge time. Be sure to confirm age policies when booking, as some pools have time restrictions for kids.

1 Hotel Brooklyn Bridge

60 Furman St., Brooklyn
1hotels.com

With its unbeatable waterfront views and calm, natural aesthetic, this is a great option for families looking to recharge without leaving the city. The rooftop pool—open to hotel guests only—is a serene, beautifully designed space overlooking the East River and Manhattan skyline. Kids are welcome during the day (until 6:30 pm), and families can reserve lounge chairs in two-hour blocks through the hotel app. While day passes aren't available, overnight guests have full access to the pool, and the location can't be beat: right next to Brooklyn Bridge Park, Jane's Carousel, and Dumbo's kid-friendly spots. Parents looking for a relaxed, elevated stay with a touch of luxury will appreciate the thoughtful design, quiet vibe, and easy access to plenty of local adventures.

Arlo Williamsburg

96 Wythe Ave., Brooklyn
arlohotels.com/williamsburg

In the heart of Brooklyn's trendiest neighborhood, Arlo Williamsburg offers a lively and stylish staycation option with a rooftop pool overlooking the Manhattan skyline. Hotel guests receive complimentary pool access, with limited hours available for families. Children are only permitted during designated morning time slots and must be supervised. For those planning a kid-free escape, adult-only day passes are available starting at $85, which include access to the pool, lounge chairs, towel service, and rooftop bar. With its upbeat vibe, prime location near Domino Park and Williamsburg's best restaurants, and stunning city views, Arlo is an excellent pick for parents looking to recharge, either with the kids in tow or on a quick grown-up-only getaway.

The Dominick Hotel

246 Spring St., Manhattan
thedominickhotel.com

For a sleek downtown staycation that feels like a true escape, The Dominick's rooftop pool offers a calm, family-friendly spot to cool off with city views to match. The pool is open daily from 9 am to 8 pm, and kids are welcome with adult supervision, making it a solid choice for a low-key afternoon in the sun. Hotel guests have access included in the daily resort fee, and non-guests can book day passes through ResortPass, starting at $175 for lounge chairs and $425 and up for cabanas (with an additional food and drink minimum). With plenty of space to spread out, shaded spots for relaxing, and a location near SoHo's shops and restaurants, it's a great option if you're looking to hit pause without leaving the city.

Margaritaville Resort Times Square

560 7th Ave., Manhattan
margaritavilleresorts.com

For families looking to stay right in the heart of the action, Margaritaville Resort Times Square offers a rooftop escape with a heated outdoor pool that welcomes kids of all ages. It's a fun, laid-back spot to take a break from sightseeing—or enjoy a full day of city views, swim time, and bites from the poolside LandShark Bar & Grill. Hotel guests have complimentary access to the pool, and non-guests can purchase a day pass for $100, which includes lounge chairs and pool amenities. Cabanas are also available for an upgraded experience. With its central location, family-friendly atmosphere, and everything you need on-site, this is a solid option for a NYC staycation that doesn't require much planning.

The Marmara Park Avenue

114 E 32nd St., Manhattan
park.marmaranyc.com

For a refined and low-key family staycation, The Marmara Park Avenue offers an elegant escape in the heart of Manhattan. Housed in a restored 1927 building, this boutique hotel features a serene, subterranean indoor pool perfect for unwinding after a busy day in the city. The pool is open to overnight guests and welcomes children with adult supervision, making it a peaceful, family-friendly amenity that feels tucked away from the Midtown bustle. Parents will appreciate the calming atmosphere, spacious suites with kitchenettes, and proximity to family attractions like the Empire State Building and Madison Square Park. Day passes start at $80, or book an overnight stay with access to the





TWA HOTEL

pool and wellness center, adding a touch of luxury to your family's city getaway.

ModernHaus SoHo

27 Grand St., Manhattan
modernhaushotel.com

ModernHaus SoHo offers a calm, design-forward escape in the middle of downtown—complete with a seasonal rooftop pool that's surprisingly family-friendly. Kids are welcome with adult supervision, and the atmosphere is relaxed enough for a low-key afternoon splash with sweeping city views. Pool access is included in the hotel guests' daily facilities fee. Day passes are available through ResortPass starting at $295, consisting of a private day room, pool access, and in-room dining credit. It's a splurge—but still far less than a flight to the Caribbean, and just about as nice. If you want to stretch out, stay cool, and spend a day pretending you're on vacation, this downtown spot is a great way to go—no passport required.

The Peninsula New York

700 5th Ave., Manhattan
peninsula.com

For a luxury family staycation in the heart of Midtown, The Peninsula New York offers a peaceful escape just steps from Central Park, top museums, and Fifth Avenue shopping. The hotel's glass-enclosed indoor pool on the 22nd floor is open daily and welcomes children, making it a relaxing, family-friendly spot to unwind year-round. While pool access is complimentary for hotel guests, non-guests can purchase a weekday spa day pass for $250 (includes access for two), which gives access to the pool, fitness center, and thermal suite. With spacious rooms, thoughtful amenities, and sweeping city views from the pool deck, The Peninsula is a refined and restful option for parents looking to recharge without leaving the city.

The Rockaway Hotel

108-10 Rockaway Beach Dr., Queens
therockawayhotel.com

Just steps from the sand, The Rockaway Hotel offers a breezy, beachside staycation with a heated outdoor pool that's open seasonally. Hotel guests enjoy full access to the pool, with the option to rent cabanas for an additional fee. While the pool area is primarily geared toward adults, day passes for non-hotel guests are available for $100 per person; families staying overnight can enjoy pool time with children under adult supervision. With views of the ocean, on-site dining, and easy access to the boardwalk and beach, it's a great choice for parents looking to combine city convenience with a laid-back coastal vibe.

Royalton Park Avenue

420 Park Ave S., Manhattan
royaltonparkavenue.com

Royalton Park Avenue boasts a chic year-round 20th-floor rooftop pool, featuring a 40-ft heated indoor/outdoor swim space, plush lounge chairs, daybeds, poolside service, and a lifeguard. Children are welcome with adult supervision during morning and early afternoon hours before the 6 pm 21+ restriction kicks in, making it a solid choice for families seeking a stylish city daycation. You can book a day-pass via ResortPass for as little as $25 (plus any resort fees) or inquire at the hotel directly. Parents will appreciate the convenient Midtown location near the Empire State Building, attentive poolside service, snack bar, and fitness center access — plus, booking an overnight stay includes pool privileges as part of the nightly resort fee (around $55/night).

TWA Hotel

JFK Airport, One Idlewild Drive, Queens
twahotel.com/thepoolbar

The TWA Hotel's rooftop infinity pool is one of the most unique swim spots in the city, with panoramic runway views and a heated beach-entry pool with underwater seating that doubles as a "pool-cuzzi" during the colder months. The kids will love the thrill of watching the planes take off while they splash, making it a fun and memorable outing for the whole family. Day passes are available through ResortPass.com or directly through the hotel, starting at $25 for adults and $10 for kids (ages 5–12) on weekdays, with weekend pricing around $50 for adults. Children under 5 are free. Early morning access before 10:45 am is complimentary for overnight guests. With plenty of retro flair, food and drinks from The Pool Bar, and access to the hotel's observation deck and mid-century exhibits, it's like going on vacation without ever leaving the airport.

The William Vale

111 N. 12th St., Williamsburg, Brooklyn
thewilliamvale.com

The William Vale features Brooklyn's longest outdoor rooftop pool, a 60-ft heated oasis on the fourth-floor terrace, with lifeguards, chaise lounges, cabanas, daybeds, a full food and cocktail menu, and skyline views. Children under 16 are welcome with an adult from 8 am until 12 pm daily. Hotel guests can reserve complimentary chaise lounge chairs in 3-hour slots and upgrade to premium seating, while non-guests can purchase limited day passes via ResortPass—prices start around $99 on weekdays and $149 on weekends, with cabanas and daybeds available for an additional fee. Early birds may consider a daycation here for a morning full of family fun at this serene, chic pool, with its vibes and family-friendly amenities. Booking an overnight stay with complimentary pool access may be worth the splurge.

Tamron Hall

on Motherhood, Her Son Moses, and the Magic of Harlem

WRITTEN BY DANIELLE RAMOS

Tamron Hall has been a familiar face on daytime TV since 2019, known for her honest conversations and down-to-earth style. That's why so many moms across the city and beyond tune in while managing the daily juggle of family life, from prepping meals to feeding babies and everything in between.

Now, the Emmy-winning TV host and bestselling author is adding a new title to her busy career: children's book author. Her debut picture book, *Harlem Honey: The Adventures of a Curious Kid*, was just released this spring and has already made its way onto The New York Times Best Sellers list.

Inspired by her 6-year-old son Moses, *Harlem Honey* is a sweet story about family, identity, and what it means to feel at home, even when you're in a new place. Seen through the eyes of a curious little boy walking through Harlem, the story reflects the everyday moments of growing up, figuring things out, and trying something new.

We caught up with Tamron to hear about the personal inspiration behind her book, what it's like to parent a strong-willed child, and her favorite family moments in Harlem. She opens up about raising her son, Moses, in New York City, handling the challenges of parenting a shy, curious kid, and why curiosity and community matter so much to her.

Congratulations on your first children's book, *Harlem Honey: The Adventures of a Curious Kid*. What inspired you to tell this particular story, and why now?

My son is now in grade school, and I've seen him blossom in so many ways. I feel that cultivating curiosity not only helped him grow but also helped me parent a very shy child. I could see in real time how curiosity can help kids handle change and face their fears when going to new places and meeting new faces. And now that he's older, I feel comfortable sharing this story through the little character inspired by him.

Moses, the main character, is based on your son. What parts of his personality made it into the book?

So much of his personality made it into the book. From the very first page, when you meet this very defiant little boy, that is my son. He's very strong-willed. My son is also an only child and exhibits a sense of independence in his play. Also, his sense of adventure. He loves walking and driving around the city. We like to call him "human navigation."

The book touches on finding home in unfamiliar places. Why was that theme important to explore?

In my own life, I've moved a lot. I left home for college at age 18, and I've since lived in Philadelphia, Chicago, Bryan College Station, which is a small town in Texas, and my career has taken me around the world. And so for me, my life has been a series of entering unfamiliar rooms and meeting new people, but when I saw that my son was a bit more shy, I wanted to use what I've learned in my own experience as a reporter and talk show host, to embrace curiosity and how to face my fears.

You spotlight some iconic Harlem landmarks in the book. How did you choose which places to include?

Many of the places I included were places that I was excited to see when I moved to New York in 2008. There are so many exciting places in the city, but these were iconic. I was inspired to include these Harlem landmarks after meeting a little boy who attended school not far from the Apollo, who had never seen the

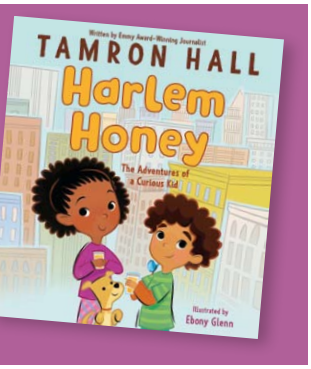


Photo by Allie Holloway



Photo by Allie Holloway

> "I wanted to use what I've learned in my own experience as a reporter and talk show host, to embrace curiosity and how to face my fears."



actual building. We take so many iconic locations like the Apollo for granted, but every day, a kid gets to see it for the first time.

You mentioned noticing that Moses would act differently in new environments. How do you support him through those moments of discomfort or transition?

We try to use "scaffolding," a parenting method where you provide support for your child when they need it or when they're trying new things, and then you slowly reduce that support as your child gets more independent. I try to explain to Moses what we're about to do, where we're going, and some expectations of things that might be happening. It's not always foolproof because when you walk into a new room, you can't anticipate everything. But I've found that sharing as much as possible, whether traveling on an airplane or going into a new restaurant, has helped tremendously.

What have been your favorite moments exploring Harlem with your son in real life?

Sunday brunches in Harlem are as iconic as the location. You can pick any place in Harlem on a Sunday, and you're bound to have a phenomenal time. We recently went to BLVD Bistro (2149 Frederick Douglass Blvd.) with him, and he had the best time. We love the music and the fun; it's always a celebration.

What lessons do you hope children (and their parents) take away from *Harlem Honey*?

I hope they take away how powerful curiosity is. Whether you're a 5-year-old or a 95-year-old, having a sense of curiosity about people and places is so liberating. It allows our children to be brave and independent and sparks their development. It's a universal thing.

You're a bestselling author, Emmy-winning host, and a mom. What's your secret to balancing it all … if there is one?

I don't have a secret, but I definitely live by my calendar. I try to plan my day minute by minute. For some, that might be a bit rigid, but for me, it allows me to handle the things that I need to take care of in a timely fashion. But I try to be flexible and embrace spontaneity!

When you're not on set, what does an ideal weekend look like for you and your son in New York City?

It depends on the time of year, but in the summer, we love to go to the park. We love going to the West Side Highway. It's one of our favorite places, and we love discovering all of the different corners and crevices of the park. We also just love going to Central Park, hanging out around the Great Lawn, and playing soccer.

With back-to-school on the horizon, what's one piece of parenting advice you live by when it comes to helping your kids transition back to school?

One of the things I do is I try to explore how he's feeling and have an honest conversation about what he's excited about and nervous about. I also think it's important to be patient with your kid as they go through that transition.



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calendar

BY SHARA LEVINE

MANHATTAN

Esther Crow: Environmental Puppet Party

WHEN: Saturday, Aug. 2, 11 am

WHERE: Sugar Hill Children's Museum of Art & Storytelling, 898 St. Nicholas Ave., Washington Heights

AGES: 3 – 8

WHAT: Award-winning Kindie climate rocker and puppeteer Esther Crow teaches climate and sustainability lessons to kids through song, dance, and tales!

WANT TO GO?: $4-$9; free for children 8 and under. sugarhillmuseum.org

Young Sprouts Gardening

WHEN: Tuesdays, 10:30 – 11:15 am, through Sept. 16.

WHERE: Rockefeller Park, Chambers St. & River Terrace, Battery Park City

AGES: 8 and younger

WHAT: Listen to stories about the life within the garden beds and then head into the Children's Garden to water, dig, and admire the plants and flowers all around us!

WANT TO GO?: Free. bpca.ny.gov

Hippo Playground Summer Concert Series: Joanie Leeds & Friends

WHEN: Wednesday, Aug. 6, 3:30 – 4:30 pm

WHERE: Hippo Playground, W. 91st St. &, Riverside Drive, Upper West Side

AGES: All

WHAT: See Grammy-award winning musician Joanie Leeds perform original tunes that will have your little ones dancing along.

WANT TO GO?: Free. riversideparknyc.org

Family Fun at The NoMad Jazz Festival

WHEN: Aug. 9-10, Saturday and Sunday, see website for complete schedule

WHERE: Madison Square Park, Madison Ave. and 23rd St., Flatiron District

AGES: All

WHAT: Expect a full weekend of hands-on fun with interactive performances, an instrument-making workshop, circus arts try-it stations, and more.

WANT TO GO?: Free. nomadjazzfestival.com



Family Fun at The NoMad Jazz Festival

Arte Pa Mi Gente: 2nd Latiné Children's Music Day

WHEN: Saturday, Aug. 9, 1 – 5 pm

WHERE: Teatro SEA at The Clemente Center, 107 Suffolk St., Lower East Side

AGES: All

WHAT: Be there for an exciting lineup of top-tier performers dedicated to uplifting Latiné children's music and culture, featuring Grammy Award-winning artist Lucy Kalantari.

WANT TO GO?: Free. 212-529–1545, teatrosea.org

43rd Annual National Dominican Day Parade

WHEN: Sunday, Aug. 10, 11 am

WHERE: Parade begins at 6th Ave. bet. West 37 St. and West 38 St., Midtown

AGES: All

WHAT: Celebrate Dominican culture and pride with festive floats, live performances, first responders, and local leaders.

WANT TO GO?: Free. natddp.org

Kids Cooking Class: Summer Ice Cream Fun with Sugar Hill Creamer

WHEN: Saturday, Aug. 16, 10:30 am – 12 pm

WHERE: Platform by JBF, 25 11th Ave., Chelsea

AGES: 6 – 10

WHAT: Learn how ice cream is made, create imaginary ice cream flavors using homemade playdough, and enjoy Sugar Hill Creamery's signature ice creams, complete with a toppings bar.

WANT TO GO?: $35. 212-627–5252, jamesbeard.org

India Day Parade

WHEN: Aug. 17, noon

WHERE: Parade begins at E. 40th St. and Madison Ave., Midtown

AGES: All

WHAT: Considered the largest parade outside of India, spectators will see over 50 marching bands and over 40 floats displaying Indian culture and pride.

WANT TO GO?: Free. fianynjct.org

Summer Fun: Roller Skating

WHEN: Sunday, Aug. 17, 1 – 6 pm

WHERE: Dry Dock Park, Corner of Ave. D and 10th St.,

Alphabet City

AGES: All

WHAT: Join Henry Street Settlement for a fun afternoon complete with free roller skate rentals, a live DJ, art making, and more.

WANT TO GO?: Free. henrystreet.org

Disney Descendants/ Zombies Worlds Collide Tour

WHEN: Thursday, Aug. 21, 7 pm

WHERE: Madison Square Garden, 4 Pennsylvania Plaza, Midtown South

AGES: All

WHAT: Join the cast from the latest Descendants and Zombies movies in this groundbreaking concert event featuring the chart-topping hits in one unforgettable night.

WANT TO GO?: Tickets start at $64. msg.com

Watson Adventures' Secrets of Central Park Scavenger Hunt for Families

WHEN: Saturday, Aug. 23, 4 – 6 pm.

WHERE: Arsenal in Central Park, 830 Fifth Ave., Upper East Side

AGES: 7 and older

WHAT: Work as a team to find Stuart Little, decipher a secret code by the pond from Home Alone 2, spot Cupid, unscramble a message in the sky, and find a witch turned to stone.

WANT TO GO?: $18-$22. watsonadventures.com

BRONX

Young Dancemakers Company Performance at Lehman College

WHEN: Wednesday, Aug. 6, 1 – 2 pm

WHERE: Lehman Center for the Performing Arts, 250 Bedford Park Blvd., West, Kingsbridge Heights

AGES: 7 and older

WHAT: Enjoy a thrilling performance featuring the next generation of dance artists and an interactive workshop in on-the-spot dance-making.

WANT TO GO?: Free. 718-960–8833, eventbrite.com

2nd Annual Bronx Bookworm Book Festival

WHEN: Saturday, Aug. 9, 10 am – 3 pm

WHERE: Fordham Plaza, 1 Fordham Plaza, Fordham

AGES: 8 and younger

WHAT: Enjoy a day of activities, including storytime, illustration demonstrations, and more.

WANT TO GO?: Free. thebronxisreading.com

NYC Parks Presents: Kids Fun and Fit Day

WHEN: Thursday, Aug. 21, 4 – 6 pm

WHERE: P.O. Serrano Playground, 2125 Turnbull Ave., East Bronx

AGES: All

WHAT: Play family games, tackle obstacle courses, and more.

WANT TO GO?: Free. nycgovparks.org



Esther Crow: Environmental Puppet Party



Arte Pa Mi Gente: 2nd Latiné Children's Music Day

BROOKLYN

Celebrate the Caribbean

WHEN: Saturday, Aug. 9, 11 am – 5 pm

WHERE: Brooklyn Children's Museum, 145 Brooklyn Ave, Crown Heights

AGES: All

WHAT: Experience live steel drum performances, dance with moko jumbies (stilt walkers), try your hand at traditional art-making, and enjoy Caribbean food.

WANT TO GO?: $15. 718-735–4400, brooklynkids.org

Hindu Lamp Ceremony

WHEN: Saturday, Aug. 16, 4 – 7:30 pm

WHERE: Brooklyn Bridge Park, 334 Furman St, Brooklyn Heights

AGES: All

WHAT: Witness the traditional Hindu Aarti ceremony at Pebble Beach, then decorate palm leaf lamps and release them along the East River to pray and pay respects to loved ones.

WANT TO GO?: Free. brooklynbridgepark.org

New York Liberty West Indian Night

WHEN: Aug. 28, 7 pm

WHERE: Barclays Center, 620 Atlantic Ave., Brooklyn

AGES: All

WHAT: Celebrate West Indian culture and see the Liberty take on the Washington Mystics.

WANT TO GO?: Tickets start at $34. liberty.wnba.com

QUEENS

The 35th Hong Kong Dragon Boat Festival

WHEN: Aug. 9-10, Saturday and Sunday, 9 am – 5 pm

WHERE: Flushing Meadows Corona Park, Grand Central Parkway, and Van Wyck Expressway, Flushing

AGES: All

WHAT: Thrilling dragon boat races honor the Year of the Snake with tradition, competition, and celebration.

WANT TO GO?: Free. hkdbf-ny.org

Arthur Ashe Kids' Day powered by Net Generation

WHEN: Saturday, Aug. 23, 9:30 am

WHERE: USTA Billie Jean King National Tennis Center, Flushing Meadows - Corona Park, Flushing

AGES: All

WHAT: Tennis fans of all ages can see top players practice and enjoy family-friendly entertainment and activities.

WANT TO GO?: Free. usopen.org

Get $mart!

NYC Public Schools to teach real-world money skills with new FLY program this fall

BY DANIELLE RAMOS



Many of us have wished we had learned about day-to-day budgeting and finance in school rather than the obscure math classes we never used again once we graduated. Part of that wish will soon be available to NYC public school students.

At a press conference at Brooklyn Collegiate Preparatory High School in June, Mayor Eric Adams announced the launch of FLY — Financial Literacy for Youth, a new citywide program to bring financial educators directly into local public schools this fall.

With FLY, over 350,000 students and their families will soon have access to free workshops, one-on-one financial counseling, and real-world money lessons, all designed to help them build healthy financial habits early on.

"Too many students leave high school knowing about chemical bonds but not Treasury Bonds," said Mayor Adams. "That ends with our administration."

Students will still learn the typical math and science classes. "To succeed in the 21st century, students need to learn how to do both, which is why we set an ambitious goal of making sure that every public school student can learn how to save and spend money by 2030," explained Adams.

How FLY Will Work

Though it will start with 15 select schools this fall, the program's goal is to teach every NYC public school student how to save and spend money responsibly.

Starting this upcoming school year, the FLY program will:

- Send financial educators to 15 school districts around the city
- Provide free financial counseling and workshops for students and their families
- Launch in-school banking programs to help kids learn how to manage real accounts
- Teach important money topics, including different types of bank accounts and products. Students will learn to budget their money, understand and build credit and recognize scams and bad financial advice.

The program is backed by a $25 million investment over five years, and the long-term plan is to bring FLY to all 32 school districts by 2030.

School Districts Starting FLY This Fall

The first 15 districts were chosen because they include neighborhoods where a lot of families don't have bank accounts. These districts are also part of the city's FutureReadyNYC program, an initiative from the Adams administration to help schools offer new career paths. Students in the program can explore jobs in education, tech, business, and health care, and get paid work experience while they're still in school.

If you live in one of these districts, your child's school could be among the 154 schools getting financial educators this fall:

Manhattan: Districts 2, 3, and 5 *(Chelsea, Central Harlem, Upper East & West Sides)*
Bronx: Districts 7–12 *(Hunts Point, Fordham, Belmont, Mount Eden, Parkchester, and more)*
Brooklyn: Districts 14, 19, 21, and 23 *(Williamsburg, Brownsville, Coney Island, and Canarsie)*
Queens: District 30 *(Astoria, LIC, Jackson Heights, North Corona)*
Staten Island: District 31

"Programs like FLY will help students feel confident when making financial decisions," said Schools Chancellor Melissa Aviles-Ramos. "It's a life skill that can benefit them forever."

"The best way to set our children up for financial success is to prevent them from making the same financial mistakes that we've all made in our lives, but for too long, young people have been left out of our efforts to financially empower New Yorkers," said DCWP Commissioner Vera Mayuga. "With 'FLY,' we will make sure our that the city's children are able to reach for the clouds and soar toward their financial goals.



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