

Big Apple Parent

NYMETROPARENTS.COM

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*Happy
Halloween!*

Keeping kids safe while trick-or-treating
Haunted houses, pumpkin patches, and more!

Wild Birthdays

Three major party trends
Surviving the Sweet 16
Plus, planning resources

**Crafting the Perfect
Baby Registry**

HELPING PARENTS MAKE BETTER DECISIONS

Outdoor Nature Program Adds Five Teachers, Expands to Jersey City

Who: Treebath

What's New: Five teachers were added to the Outdoor Team in August, plus a location at the north end of Liberty State Park in Jersey City opened Sept. 9.

Oskar Elmgart, co-founder of Treebath, says the new teachers will allow the program to expand its offerings and bring more kids outside.

The Outdoor Team is composed of educators and professionals in various disciplines who are either state-certified teachers or have experience working with children in day care or preschool environments.

Treebath's after-school programs are offered at local parks for children in pre-K to second grade on weekdays from 3:30-5:30pm. Each class incorporates one active, one mindful, and one cognitive learning component.

Want More Info: Treebath Administrative Office, 224 5th Ave., Nomad; 203-529-5379; tree-bath.com



Courtesy Treebath

In addition to its kids' programs, Treebath also offers Forest Therapy Walks for adults and families, which is a research-based practice used to alleviate stress through mindful, meditative walks.

Pediatrician Opens Private Practice on Upper East Side

Who: Judy Goldstein, M.D., LLC

What's New: The practice, which opened in June.

Dr. Goldstein is a board-certified pediatrician with extensive experience in general pediatrics.

In addition to addressing the medical aspect of patient examinations, Dr. Goldstein also addresses kids' physical, social, emotional, and behavioral development. Appointments for sick patients are given the same day.

Regular visits are typically 45 minutes and are highly personalized, according to Dr. Goldstein.

Dr. Goldstein has medical students from Drexel University shadow her at her practice, and she is an honorary police surgeon for the NYPD.

Want More Info: 635 Madison Ave., 12th floor, Upper East Side; 646-727-7373; judy@drjudygoldstein.com; drjudygoldstein.com



Courtesy Judy Goldstein, M.D., LLC

Judy Goldstein, M.D., is a member of the American Academy of Pediatrics, of the New York County Society, and of the New York Academy of Medicine.

Secondary School Opens in East Village

Who: Academy of Thought and Industry

What's New: The East Village location, which opened Sept. 3.

The school is structured on the philosophy of integrating experiential and intellectual learning through opportunities for real creativity and work. Each ATI student is assigned a coach or staff member who works 1-on-1 with the student throughout their ATI experience and discusses progress or challenges in the student's learning.

ATI serves sixth-eighth grades and plans to open a high school program next year for seventh to 10th grades, according to Aramis Grant, assistant head of ATI.

Want More Info: 1 Avenue B., East Village; 917-338-2820; thoughtandindustry.com/manhattan



Courtesy Academy of Thought and Industry

"What makes our school special is our belief that every student can and should be empowered to achieve their best and to be independent thinkers and learners," said David Hyman, head of the new Academy of Thought and Industry in the East Village.