

When it comes to parenting, there's only one...

# PARENT GUIDE

Manhattan's One & Only

FEBRUARY 2007

## L Around Town

### An Apple a Day

Visiting apple seeds each day allows endless play. Open-

ing this month footsteps from Madison Square Park, the sprawling play and learning space designed by museum architects offers classes in yoga, cooking, music, science and art. Parents get a piece of the learning fun too, with prenatal classes, childcare seminars and new parent groups. Unique to apple seeds, the 2,500-square-foot playground features a New York City theme with nine permanent exhibits, including a deli, taxi cab and apartment building, and soft play areas for wee climbers. The apple seeds facility also encompasses classrooms, a boutique, a café and room for birthday parties. For more information and membership, visit [www.appleseedsnyc.com](http://www.appleseedsnyc.com) or call 212-792-7590.



PUBLIC  
OUTBU  
Tips to tackle

ed  
gies  
restrictive diet

OVER

ENTS