

# **READING WITH YOUR KIDS MAGAZINE**



**COOKING WITH YOUR KIDS – ABI BALINGIT'S  
RAINBOW FRUIT POLVORON  
Q & A WITH DR. BRIAN  
BOXER WACHLER  
AND MUCH MORE!**

# A Letter From Our Showrunner

by Jed Doherty

We had another fantastic month on the *Reading With Your Kids Podcast*. Early in the month, Georgeanne Irvine, Director of Publications for the San Diego Zoo, was on the podcast to celebrate *Teaching Tornero*. This book is one of a series of seven that introduce us to true stories featuring the many animals at the San Diego Zoo. We are also excited about two episodes that examine disability awareness from different perspectives. Dr. Lindsey Larsen is the mom of a child with an intellectual disability and the author of *Meeting Exceptional Friends*. She favors encouraging kids to ask questions when they see someone different. Rosalie Mastaler is the mom of a young boy with a limb disability and the author of *Hunter's Tall Tales*, and while she also encourages kids to ask questions, she would prefer that the first question a kid asks her son is, "Would you like to play with me?." Be sure to give both of these fantastic conversations a listen.

NFL Network commentator Michael Yam visited to celebrate his debut children's book, *Fried Rice and Marinara*, and our friend Nic Yulo returned to our studios to celebrate her latest children's picture book, *Out Of The Blue*.

Self-Published Authors Appreciation Week starts July 24, and we are proud that the *Reading With Your Kids Podcast* has celebrated hundreds of self-published authors and their books alongside hundreds of *New York Times* best-selling authors. If you are or know of a self-published author, please be sure to check out our website, [www.readingwithyourkids.com](http://www.readingwithyourkids.com).

We have lots coming your way in August. Jessica Speer returns to the podcast to celebrate *The Phone Book*, a fantastic guide to how to stay safe while using our phones. Jessica's book contains excellent information that every family should be talking about. Rajani LaRocca also returns to celebrate her latest children's book. And registered nutritionist Stacey Woodson shares some valuable tips we can use to help picky eaters become more interested in a wider variety of food.

One last note. We have learned that the Stitcher App will cease operations in August. Stitcher was one of the pioneering apps in the podcast world, and we have been proud to have broadcasted on it since our launch in 2017. If you are currently listening to this podcast, or any other, on Stitcher, you will want to find a new place to download the show. *Reading With Your Kids* is available on the iHeartRadio app, Spotify, Apple Podcasts, Amazon Music, Audible, Ganna, Himalaya, Goodpods, and everywhere else you find your podcasts. Please be sure to find and subscribe to the show on your new podcast home.

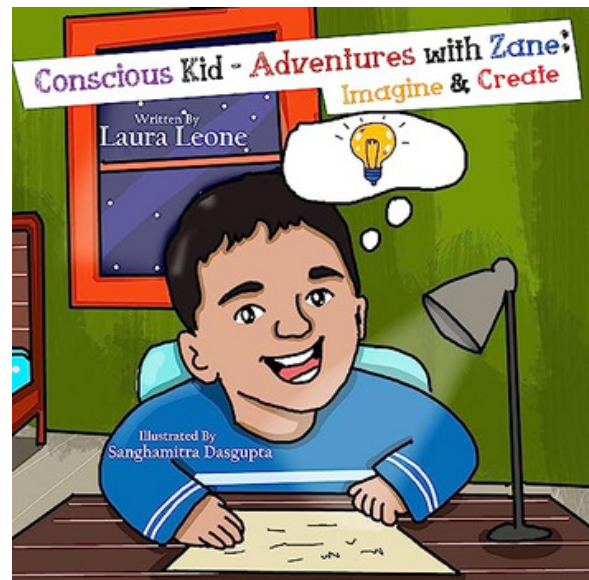


# Certified Great Reads

You can find our full reviews of these books and others at [readingwithyourkids.com](http://readingwithyourkids.com)  
Reviews by Fatima Khan

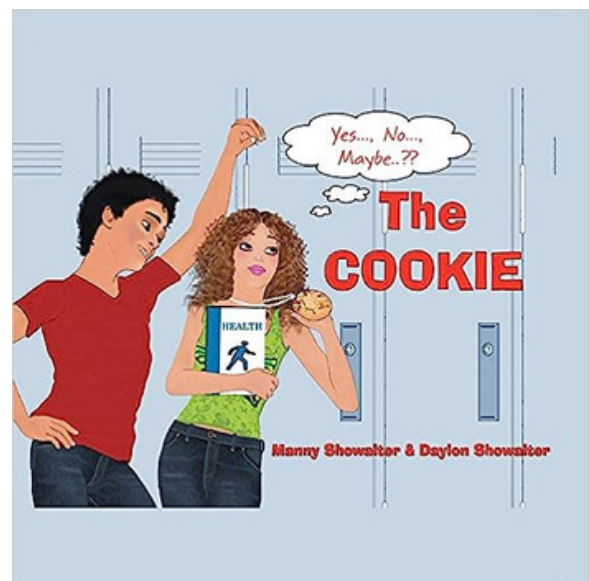
## ***Conscious Kid-Adventures with Zane: Imagine & Create* by Laura Leone**

An engaging children's picture book that fuses the power of storytelling with the disciplines of mindfulness and meditation. With the help of realistic characters and fascinating plots, Laura Leone's book introduces young readers to the idea of conscious awareness. The story follows the adventures of Zane, a curious and imaginative child who discovers the wonders of mindfulness and meditation. Through Zane's journey, children are encouraged to explore their creativity, tap into their inner calmness, and develop greater self-awareness.



## ***The Cookie* by Daylon & Manny Showalter**

*The Cookie* tells the story of a young girl named Lauren who is facing a difficult decision between upholding traditional beliefs taught by her parents and giving in to the desires of her school crush. The story revolves around the conflict between adhering to parental guidance and succumbing to peer pressure and infatuation. The premise raises questions about our choices when faced with conflicting influences and explores themes like personal values, peer pressure, and the challenges of navigating relationships.





# Certified Great Reads

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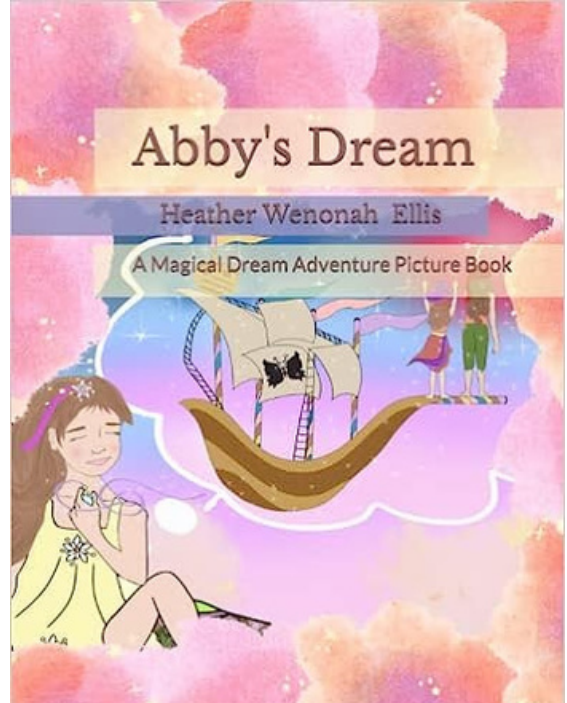
## ***Can We Play Baseball Mr. DeMille?* by Mark Angelo**

Step back in time to 1958 with Mark Angelo's latest picture book titled *Can We Play Baseball Mr. DeMille?*, where the dream of becoming a baseball player consumes a young boy and his friends. Eager to emulate their beloved Dodger idols, they face a significant obstacle: the lack of a proper field to play on. The story effectively captures the nervousness and determination of the young boy as he seeks a way to pursue his passion. While set in the past, the situation remains relatable and familiar to readers.



## ***Abby's Dream: A Magical Dream Adventure* by Heather Wenonah Ellis**

This delightful picture book tells the story of Abby, an intelligent little girl who has wonderful adventures thanks to a magical necklace from her teenage sister. With bold and vibrant illustrations paired with the right content, *Abby's Dream: A Magical Dream Adventure Picture Book* will surely become a memorable book in your child's life. The detailed and whimsical illustrations transport us into the story and make us want to join Abby and her sister on their adventure.





**Lori  
Orlinsky**

illustrated by  
Vanessa  
Alexandre



**The Certified Great Read program has really given me more credibility as an author when I am pitching my book to stores, libraries and even media outlets."**

*Lori Orlinsky, author of **Being Small Is Not So Bad After All** and **The Tooth Fairy's Tummy Ache***

**FOR MORE INFORMATION PLEASE VISIT**

**[WWW.READINGWITHYOURKIDS.COM](http://WWW.READINGWITHYOURKIDS.COM)**

**& CLICK ON THE AUTHORS CLICK HERE BUTTON**

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# Cooking With Your Kids

by Anne O'Leary

**Summer is the perfect time to relax,** spend time with family and friends, and eat delicious food. With the outdoor holidays and potlucks, deciding what to make can be difficult. Desserts are often the last thing on the mind when considering what to bring, so they are usually purchased at the last minute.

**Meet Abi Balingit,** a twenty-eight-year-old Brooklyn-based baker, blogger, and author of the new book *Mayumu: Filipino American Desserts Remixed*. Abi began incorporating Filipino flavors into her baking during quarantine and now has over seventy-five recipes that creatively pay homage to her culture.

**Mayumu is more than just a recipe book,** serving also as an essay collection detailing her life. Mayumu translates to sweet in Kapampangan, her family's native language. As a first-generation Filipino, Abi grew up in the Bay Area and the Central Valley, where she discovered her passion for sweets. From there, she began embracing the mix of traditional and nontraditional baked goods in her Brooklyn kitchen. After creating her blog, she began selling Pasalubong treat boxes and donating the proceeds to mutual-aid organizations.

**When creating recipes,** Abi usually surrounds the recipe with a specific ingredient and then builds a whole dessert around the existing flavors. Being a non-traditional pastry chef has allowed her to workshop and play around with flavors.

**While making a recipe** outside of your culture and comfort zone can be daunting, there are various benefits to cooking/baking multicultural meals. Filipinos make up the second-largest population of Asian Americans in the United States. The Philippines and Filipinos are not monolithic. Comprising 7100 islands, 82 provinces, 120 languages, and over 100 million people, the Philippines has a wide variety of regional cuisines.

**When trying out different recipes** from other countries, it's important to remember the regional diversity. While Abi's primary influence is her family's home province, Pampanga, she also includes desserts from other regions, highlighting the different and shared aspects of many islands' culture.

**Cooking and baking meals** from different cultures will give your family a broader view of the world and make it easier to understand other communities. Abi feels there are many benefits to baking with your kids. She recalls her own experience of learning to bake and the lifelong memories she acquired, "Food was the gateway for me to connect with my culture as a child, and that innate curiosity led me to write my cookbook today."

**Abi Balingit's book,** *Mayumu: Filipino American Desserts Remixed*, is available in stores and as an e-book. She is currently promoting her book in different cities and hopes to create more upcoming recipes soon.

# Cooking With Your Kids

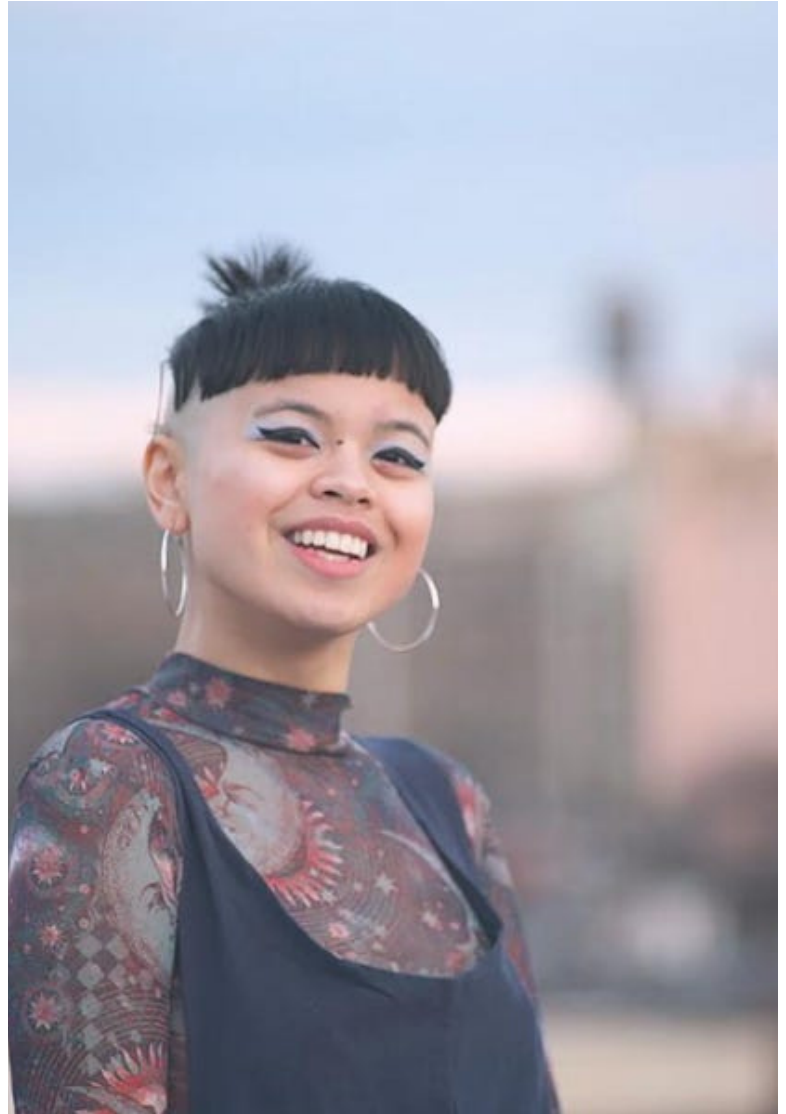
Now, here is the amazingly talented Abi Balingit's Rainbow Fruit Polvoron. Polvoron is crumbly Filipino shortbread cookies that come in an assortment of flavors. Not only are they very delicious, but they are also visually appealing in their shapes and colors.

## Ingredients

- 2 ounces of assorted freeze-dried fruits (I like to use raspberry, mango, banana, etc., for a variety of flavors!)
- 1⅓ cups all-purpose flour
- ⅔ cup whole milk powder
- ½ cup sugar
- ¼ teaspoon kosher salt
- 1¼ cups (2½ sticks) unsalted butter
- 1 teaspoon vanilla extract
- Assorted gel food coloring

## Directions

1. Depending on how many different flavors of freeze-dried fruits you have, divide them equally into separate plastic snack bags. Seal the bags and use a rolling pin to pulverize them. Once ground to a powder, set aside. For this, your kid can sort the freeze-dried fruits into plastic bags. You can help assist your kids with the rolling pin or supervise if they can pulverize themselves.
2. Place the flour in a large saucepan. Cook over low heat, stirring occasionally with a rubber spatula, for 10 to 12 minutes or until the flour turns light brown and fragrant. Turn off the heat and transfer the toasted flour to a large bowl. It's best to leave your kids out of this step since you are handling the heat. Their involvement can be by assisting to see if the flour is the correct color for transfer.
3. Add the whole milk powder, sugar, and salt to the bowl. Whisk together until all of the ingredients are well combined. Kids can help stir!
4. Place the butter in a medium microwave-safe bowl and microwave in 30-second intervals until completely melted. Stir in the vanilla. While still warm, add the butter mixture to the flour mixture. Your kids can press the 30-second timer for the microwave and add in the mixtures without touching the hot bowl.
5. Divide the crumbly polvoron dough into different bowls based on the number of flavors you want to make. Your kids can help with your instruction on how much you want to make.
6. Mix a freeze-dried fruit into each bowl by hand. Add drops of your choice of gel food coloring to tint the different dough flavors. It helps to wear gloves during this process so you don't stain your hands. Your kids can help mix in the fruit, and you can supervise them putting in food coloring drops.
7. Line two baking sheets with parchment paper. Form desired polvoron shapes by packing the mixture into your polvoron molder or plunger cutter. It's best to shape the polvoron when the dough is still warm, so feel free to pop your bowl in the microwave for 10 to 15 seconds if you feel like the mixture has gotten cold. Be careful not to press the mixture in too hard because it will get stuck in the mold. Release each shaped polvoron onto the prepared baked sheets.
8. Once you're done shaping each polvoron, place the baking sheets in the fridge and chill for at least 1 hour to allow the polvoron to set. Your kids can set a timer and remind you when it's ready!
- 9: After chilling, you can wrap each one individually in tissue paper or cellophane. Alternatively, you can skip that step and serve the polvoron on a plate. Store any leftovers in an airtight container at room temperature for up to 1 week. Have a bite with your family and enjoy this sweet summer treat!



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# Q&A WITH DR. BRIAN BOXER WACHLER

BY RORY GRADY

**Dr. Brian Boxer Wachler is a Los Angeles-based writer and surgeon. He is the author of *Influenced: The Impact of Social Media on Our Perception*. The following has been edited for length and clarity**

**Reading can be a time-consuming hobby. For a person who uses ebooks as their primary mode of reading, can there be any adverse effects from looking at a screen for these extended periods?**

Reading for extended periods on electronic devices can cause eyestrain and headaches after many hours of not taking breaks. It can also lead to dry eyes from prolonged exposure due to less blinking from focusing up close for hours. Also, at night, blue light from electric devices can interfere with natural melatonin secretion in your brain and adversely affect your ability to fall asleep easily.

**Is there an inherent danger to giving a kid a tablet or smartphone, knowing they will have access to games, social networking, etc.?**

Unsupervised children and teenagers from uninvolved parents can experience adverse effects ranging from mild to deadly. I discuss this more in *Influenced*.

**I know the key to everything is moderation. What's a healthy amount of time for kids to use extracurricular apps?**

There is no set amount of time since each person is different. It should be specific to each child. Some children can balance their lives with more time spent on apps, while others may have the apps derail their school performance and friendships.

**How much should parents be monitoring their kids' screen use? Should they implement time restrictions right away, or should that be more of a remedial step?**

Several studies have shown that parents who take an active role in their children's social media have a much more successful impact on moderating their use. For some parents, the thought of joining TikTok or Snapchat, for example, may cause an increase in their pulse and beads of sweat to form on their foreheads. Still, for the safety and mental health of their children, it is incumbent upon parents to take an active role to at least understand the apps their kids are using.

Parents are recommended to do this because teenagers' prefrontal cortex, the higher executive functioning and decision-making part of their brains, isn't fully developed until age 25. Social media stimulates dopamine similarly to gambling or drugs. Teens are more susceptible to viral videos and irresponsible influencers because they have more challenges in their critical thinking skills than adults. I devoted a chapter of my book to this concept, where I go into further detail.

**Is there a specific age parents should consider when giving their children a tablet or smartphone for the first time?**

We did not allow our twin daughters to have smartphones until they started middle school. We allowed them to have TikTok but not Instagram due to its more common effect on teen girls' body dysmorphia. We still monitor their TikTok alongside them.

**Many people express dissatisfaction with their screen time, particularly on social media. What is it about screens that can make us so unhappy? And why do we keep going back?**

Social media is like fire; it can illuminate or badly burn you. First, social media has many positives, such as learning new information, connecting with like-minded people, entertainment, and so on. When people spend excessive amounts of time on social media, they may experience mental health changes, depression, reduced self-esteem, feeling that they are not worthy, being less happy, etc. I have observed that TikTok has started to tighten up its monitoring of potentially harmful videos by removing them.

**What can be some long-term effects for those who don't address their screen/social media addiction?**

Addiction, by definition, is when an activity interferes with somebody's daily life, productivity, job, school, and relationships. Social media addiction can have all of these effects.

**For people who may be struggling with screen addiction, what are some strategies on how to turn things around?**

The great news is that there is time to reverse someone's social media addiction or overuse. It is easy to limit your screen time with your smartphone or other apps, including the social media apps themselves. Plenty of other activities provide alternate sources of healthy dopamine release, like exercise, certain foods, laughter, specific essential oils, and certain types of music. Of course, there is no substitute for hanging out with others in person to foster genuine relationships and social skills. My book chapter "Living with Social Media" discusses how people can fix their screen time issues or their children's issues with social media.

# READ ING WITH YOUR KIDS

# THE LEGACY OF HINDI'S LIBRARY AND FEMALES OF FICTION CONTEST 2023

BY ANNE O'LEARY

Hindi Krinsky was a beloved Long Island English teacher who unfortunately passed away in 2018 at thirty-two due to complications from Crohn's disease. Krinsky was a devoted wife, mother of five, and a beacon of life in her community. Her husband, Dovid Kanarfogel, and friend Leslie Gang decided to team up and create Hindi's Libraries to honor her legacy. The original goal was to create three small libraries for gently used books in her school. When they received 500 books in one week, they realized the foundation was taking up a life of its own. For this article, I had the privilege of speaking to Brooke Young, who works with Hindi's Libraries for creative development and public relations.

Amazed by the number of books they received, they decided to share the surplus donations with the community. While finding places to distribute the books, they began looking at literacy statistics and were shocked by how low child literacy rates were throughout the United States. Seeing this, they knew their calling was to continue distributing gently used books in the United States and internationally. According to Young, around 60% of low-income families do not have adequate reading material for children's comprehension level. Providing new or gently used books to all children makes reading fun and accessible.

Hindi's Libraries is a non-profit organization, and they hold their largest fundraiser through the Females of Fiction contest. According to the info page, "The Females of Fiction Awards recognizes outstanding female authors and illustrators of children's books—in the categories of infant/board books, picture books, and early introductory chapter books—and strives to empower and support women who are building their literary portfolio and creating stories containing powerful messages of inspiration."

This contest raises money so Hindi's Libraries can continue shipping and distributing books worldwide. Books are evaluated by a panel of judges for content, illustrations, cover art, and storylines.

Hindi's Library is looking for female authors who write children's and young adult novels for an entry cost of forty dollars. Prizes include 100-dollar Barnes and Noble gift cards and opportunities for promotions through social media and email listings. Finalists will receive award seals to place on their books and digital award seals for e-books. Below is a submission guide for authors. Note that all submissions must be from already published books. Authors must identify as females who write children/young adult novels. DEADLINE TO SUBMIT IS 11/15/23.

APPLY ONLINE USING THIS LINK: <https://www.hindislibraries.org/femalesoffiction>

After submitting the online application, send a hardcover copy of your book to the Hindi's Library Headquarters address at 38 Adele Road, Cedarhurst, NY 11516.

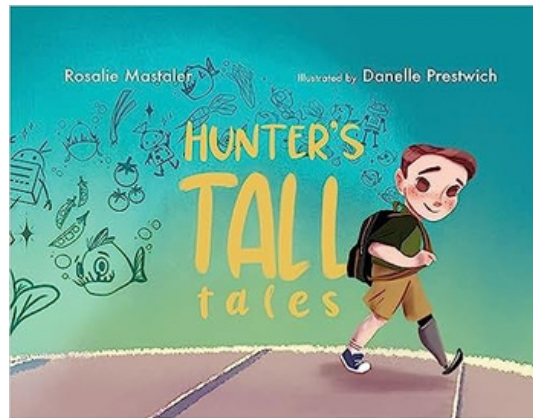
For questions, contact Leslie Gang - [leslie@hindislibraries.org](mailto:leslie@hindislibraries.org).

Hindi's Library hopes to continue Dr. Krinsky's wonderful legacy through the magical power of reading from the kindness and support of those who wish for children to succeed. Hindi's Library also accepts financial donations through Paypal.

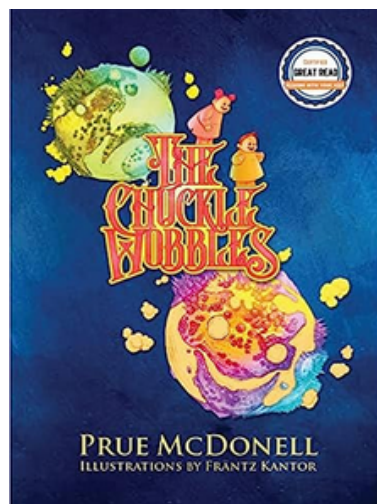
If you wish to support with book droppings, Hindi's Library has also partnered with Zoo Atlanta to do three book drives throughout the summer. Hindi's Library provides book droppings in the New York and New Jersey areas.

# A SPECIAL THANKS TO THIS MONTH'S SPONSORS

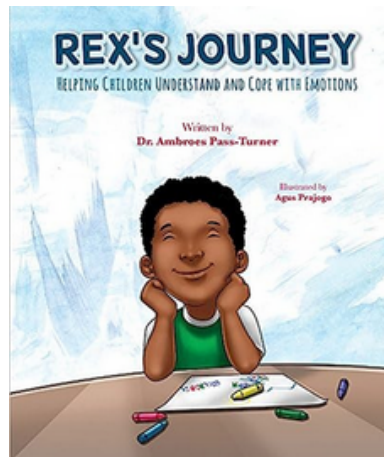
Rosalie Mastaler – Hunter's Tall Tales



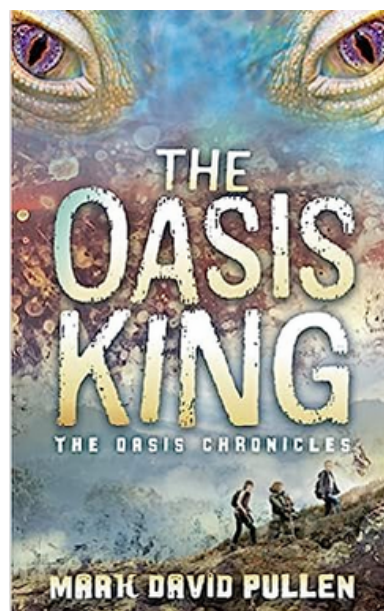
Prue McDonell – *The Chuckle Wobbles*



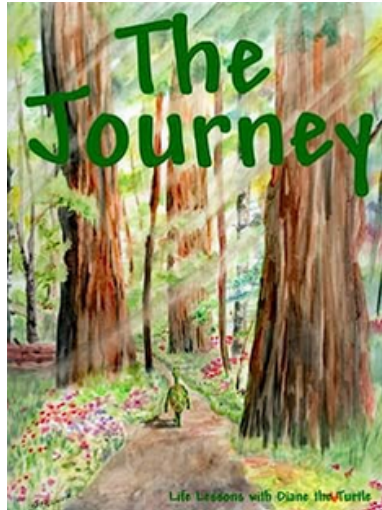
Dr. Ambroes Pass-Turner – *Rex's Journey: Helping Children Understand and Cope with Emotions*



Mark David Pullen – *The Oasis King, The Oasis Chronicles*



Jim and Brad Tonner – *The Journey, Life Lessons From Diane The Turtle*



Zoe Twitt – *Adelaide and the Cosmic Rescue Squad*



Stacey Woodson - *The Princess of Picky Eating Tries New Foods (Delicious and Nutritious)*



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