

Time Out

New York

Kids

February 2008

Exhausted?

Take it easy with these 19 activities your kids will love—at home or around the city.

By Marisa Cohen

If you have...
60 minutes

Tumbling toddlers If your kids are at that stage when they're too old for epic naps but too young to sit through a movie or read a book, your best bet is to let them run around like banshees at a safe, padded play space until they pass out. The Toddler Adventure Center at Chelsea Piers is a bargain at \$11 per session (Pier 62, 23rd St at the Hudson River; 212-336-6500, chelseapiers.com; call ahead for daily hours). Check the schedule at Baby Moves in the West Village for supervised open-play hours; it's \$12 a session, or free if you're signed up for a class (212-255-1685, babymovesnyc.com).

AppleSeeds (10 W 25th St between Broadway and Sixth Ave; 212-792-7590, appleseedsny.com) and Kidville (kidville.com; four locations in the city) have luxe play spaces with state-of-the-art climbing structures and toys, but you have to buy a family membership, ranging from \$395 to \$995 per year, to get in the door. The ultimate in relaxation can be had at Citibabes (477 Broadway between Grand and Broome Sts, third floor; 212-334-5440, citibabes.com)—pay for a massage or facial at the on-site spa, and a babysitter will supervise your toddler in the play space for free (all you have to do is pony up for the \$2,000 annual membership fee).

Moms and Dads all over the country may think they're just as tired as New York City parents are, but who are they kidding? They have minivans. We have to walk from preschool to the park to storytime and back home. We wander the streets with bags under our eyes as large as the ones hanging over our strollers, chugging supersize lattes just to keep from nodding off in the middle of Mommy & Me.

We also jam more into our day: working crazy hours to pay for private school and piano lessons; helping our third-graders with homework loads that would knock out a grad student; hitting the gym at 6am to offset those Crumbs cupcakes that our kids beg for and then don't finish. And that's on top of the universal 2am wake-up call for apple juice. It's a wonder we don't all end up collapsed in a snoring heap in the middle of Central Park.

So how do you cope when you're so exhausted, all you want to do is conk out on the sofa with this month's *Real Simple* and HBO but your children, those reservoirs of energy, want to play? We combed the city and consulted with some very sleepy parents to find the best ways to entertain your kids when you don't have any energy to spare. ▶

