

Your Child Could Be On Our Cover! SEE P. 170

HEALTHY KIDS
HAPPY FAMILIES

Parents

Raise A Kid Who Cares

Fun Games That
Teach Kindness

Break The
Binky Habit
(Painlessly)

EASY RECIPES

Sneak More
Veggies Into
Every Day

A SUPER-QUICK
SLIMDOWN FOR
BUSY MOMS

Birthdays
On A Budget
5 Amazing Parties Under \$100

**SPEED-CLEAN
YOUR HOME!**

So You Can Have
More Time For You