

Feb/March.

Valentine's

AD CLOSE: 11/16/17
DISTRIBUTION: 1/16/18

ninos } kids

- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids, and more
- **Health:** 5 medication mistakes parents make
- **Behavior:** The talk—how to address race and prejudice with children
- **Education:** All booked up—get kids to fall in love with reading (*Love Libros)

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- **Beauty:** Maven moms—Latina beauty experts on their fave products
- **Relationships:** The truth about sex after baby
- **Solutions:** Clean team—Latina cleaning experts' best-kept secrets
- **Food:** Carnitas—rich, slow-cooked pork done right

Ser Padres

- **¡Vale la pena! (It's Worth It!):** What we're loving across social media and beyond
- **Abuela Sabia (Wise Grandma):** Grandma's advice with wit and wisdom
- **Feature Story:** 10 ways to live longer—advice for dodging heart disease
- **Mama Estrella:** A Spanish-speaking celeb on *mami*-hood and her beauty must-haves
- **Fiesta Food:** Heart-shaped arepa ice cream sandwiches! (In English and Spanish)

April/May.

Easter, Mother's Day

AD CLOSE: 1/16/18
DISTRIBUTION: 3/20/18

ninos } kids

- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids, and more; plus: update on autism
- **Health:** 5 things you didn't know about allergies
- **Development:** What your baby learns from you every day
- **Fun:** The joys of childhood—15 ways to celebrate El Dia del Niño (includes Easter and Cinco de Mayo)

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- **Beauty:** Treat yourself—pampering products for a DIY Mother's Day treat
- **Profile:** The post-partum blues—one new mom's inspiring story
- **Family:** "A" is for Abuelos—results of PL's Grandparents survey
- **Food:** Meat me halfway—dishes that cater to both vegetarians and carnivores

Ser Padres

- **¡Vale la pena! (It's Worth It!):** What we're loving across social media and beyond
- **Abuela Sabia (Wise Grandma):** Grandma's advice with wit and wisdom
- **Feature Story:** Money matters—help family abroad without hurting your finances
- **Mamá Estrella (Star Mom):** A Spanish-speaking celeb on *mami*-hood and her beauty must-haves
- **Fiesta Food:** Quesa-Pizza! (in English and Spanish)

June/July.

Summer Fun

AD CLOSE: 4/16/18
DISTRIBUTION: 6/19/18

ninos } kids

- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids, and more; plus sunscreen tips
- **Fun:** Get outdoors—ideas for seizing the day, every day
- **Safety:** Love your summer with baby—safety advice from doctors
- **Food:** A fourth of July extravaganza

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- **Beauty:** Better than ever curly hair—care for waves, crimps, and ringlets; sidebar on how to get curls if you don't have them
- **Health:** Eat this, lose weight—win the battle of the bulge one bite at a time
- **Identity:** Language lessons—how a group of moms have joined forces to learn Spanish for the sake of their kids
- **Fun:** The ultimate guide for a blissful family vacay

Ser Padres

- **¡Vale la pena! (It's Worth It!):** What we're loving across social media and beyond
- **Abuela Sabia (Wise Grandma):** Grandma's advice with wit and wisdom
- **Feature Story:** Did you hear?—How to stop *chisme* once and for all!
- **Mamá Estrella (Star Mom):** A Spanish-speaking celeb on *mami*-hood and her beauty must-haves
- **Fiesta Food:** Coconut paletas! (in English and Spanish)

continued >>

Note: Subject to change.

For more information, please contact your *Parents Latina* sales representative or Tracy Hadel, Associate Publisher, 212.455.1208, tracy.hadel@meredith.com

Aug/Sept.

Back-to-School

AD CLOSE: 6/15/18

DISTRIBUTION: 8/21/18

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- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids, and more
- **Health:** Is the world blurry for your child? Watch out for problems that affect kids' eyes
- **Behavior:** Raise happy siblings—help your kids get along
- **Education:** Spanish immersion—debunking myths about bilingualism; sidebar on books
- **Food:** Think inside the box—50 ideas for the perfect bento box lunch

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- **Beauty:** Results from the *Parents Latina* beauty survey
- **Health:** Give your back a break—smart solutions to ease the pain
- **First person:** Mommy or nanny?—one mom on being mistaken for the sitter

Ser Padres

- **¡Vale la pena! (It's Worth It!):** What we're loving across social media and beyond
- **Abuela Sabia (Wise Grandma):** Grandma's advice with wit and wisdom
- **Feature:** Bully-proof your kid—tips to help parents through this common problem
- **Mama Estrella (Star Mom):** A Spanish-speaking celeb on *mami*-hood and her beauty must-haves
- **Fiesta Food:** Elote mac and cheese! (in English and Spanish)

Oct/Nov.

Día de los muertos/ Halloween

AD CLOSE: 8/16/18

DISTRIBUTION: 10/16/18

ninos } kids

- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids, and more
- **Health:** The most innovative children's hospitals for Latino kids
- **Nutrition:** Raise a good eater—tips from Latina chefs and nutritionists
- **Fun:** Feliz Halloween—costumes that speak to your Latin roots

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- **Beauty:** Mama Bonita Beauty Awards
- **Advice:** Secrets for breastfeeding success
- **Money:** Stop fighting about money—strategies for smarter spending
- **Food:** Sheet pan suppers—all-in-one meals for easy dinners

Ser Padres

- **¡Vale la pena! (It's Worth It!):** What we're loving across social media and beyond
- **Abuela Sabia (Wise Grandma):** Grandma's advice with wit and wisdom
- **Feature Story:** New world, new you—tips for letting go of old-world expectations
- **Mamá Estrella (Star Mom):** A Spanish-speaking celeb on *mami*-hood and her beauty must-haves
- **Fiesta Food:** A traditional food gets a fun, kid-approved spin (in English and Spanish)

Dec/Jan.

Holiday gift guide

AD CLOSE: 9/17/18

DISTRIBUTION: 11/20/18

ninos } kids

- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids, and more; plus cold and flu tips
- **Health:** The new f-word—tools to discuss body image and weight
- **Baby:** The name game—choose a baby name with meaning
- **Fun:** Gift guide—Latina bloggers share their kids' wish list

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- **Beauty:** Next level beauty—hair, makeup, and skin tricks to get holiday-ready
- **Health:** Freedom from headaches
- **Travel:** All in—multi-generational family travel destinations
- **Food:** Throw a tamalada—one family's yearly ritual

Ser Padres

- **¡Vale la pena! (It's Worth It!):** What we're loving across social media and beyond
- **Abuela Sabia (Wise Grandma):** Grandma's advice with wit and wisdom
- **Feature Story:** Stress less—10 simple ways to stop worrying
- **Mamá Estrella (Star Mom):** A Spanish-speaking celeb on *mami*-hood and her beauty must-haves
- **Fiesta Food:** A beloved traditional food gets a fun, kid-approved spin (in English and Spanish)

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