

Feb/March.

AD CLOSE: 11/16/18
DISTRIBUTION: 1/11/19

#NoFilter: This column brings Latina moms from diverse backgrounds together to celebrate everything we have in common. Regular items include Celeb Mami, Mom Bosses, and Uplifting Latinas, a new section on moms breaking barriers in their communities

ninos } kids

- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids and more, including asthma
- **Health:** Better sleep tips for the whole family
- **Identity:** Raise proud Afro-Latino kids
- **Fun:** The insider's guide to Disney from Latina moms like you!

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- **Beauty:** Hair, skin, and makeup rituals that double as quality time with loved ones
- **First Person:** American dreamer—a DACA recipient on being a mom in the United States
- **Food:** Mexican instant pot recipes! (book excerpt)

Ser Padres

- **¡Vale la pena! (It's Worth It!):** Q&As with an influencer mom and a celeb parent, plus heart health tips
- **Abuela Dice (Grandma Says):** Grandma tackles parenting woes with wit and wisdom
- **Feature Story:** Bring back *cuarentena*—advice for bonding with baby
- **Fiesta Food:** A beloved traditional food gets a kid-approved spin for Valentine's Day

Note: Subject to change.

April/May.

AD CLOSE: 1/16/19
DISTRIBUTION: 3/15/19

#NoFilter: Special report on the changing face of Latina moms—single moms, unmarried moms, same-sex moms

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- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids and more, including autism and seasonal allergies
- **Health:** Natural remedies Latina doctor moms swear by
- **Behavior:** Little activists unite—help kids create change
- **Pets:** Pick the right animal for your *familia*

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- **Beauty:** Your total Spring detox
- **Health:** The post-partum blues—let go of the stigma and get help
- **Finance:** Zero balance—three Latino families on beating debt
- **Food:** Celebrate Taco Tuesday every day!

Ser Padres

- **¡Vale la pena! (It's Worth It!):** Q&As with an influencer mom and a celeb parent, plus the latest trends
- **Abuela Dice (Grandma Says):** Grandma tackles parenting woes with wit and wisdom
- **Feature Story:** The clean team—tips to motivate kids to help tidy
- **Fiesta Food:** A beloved traditional food gets a kid-approved spin

June/July.

AD CLOSE: 4/16/19
DISTRIBUTION: 6/14/19

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- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids, and more
- **Health:** Essential summer safety tips
- **Behavior:** 10 things you should never say to your kids
- **Fun:** Culture club—warm-weather ideas for celebrating heritage, including crafts, food, and travel

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- **Beauty:** The Latina mom's summer beauty guide
- **Health:** Lose your baby belly
- **Special Report:** Results from *Parents Latina's* study on gender roles
- **Food:** Burger bonanza—up your game with global flavors

Ser Padres

- **¡Vale la pena! (It's Worth It!):** Q&As with an influencer mom and a celeb parent, plus the latest trends
- **Abuela Dice (Grandma Says):** Grandma tackles parenting woes with wit and wisdom
- **Feature Story:** Doctor moms on prepping kids for spending summer in Latin America
- **Fiesta Food:** A beloved traditional food gets a kid-approved spin

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

Aug/Sept.

AD CLOSE: 6/17/19
DISTRIBUTION: 8/16/19

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- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids, and more, including lice
- **Health:** The fight against air pollution, and what you can do!
- **Behavior:** Life as a big sib—tactics to help your child adjust to a new baby
- **Education:** Latino STEAM experts on how they get their kids learning
- **Food:** Lunch ideas for an A+ school year

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- **Beauty:** Beauty survey—hair, skin, and makeup that's all about you
- **Home:** Saturday morning cleaning—made quick, easy, and fun!
- **First Person:** I am Latina—one mom on the pressures of not being fluent in Spanish

Ser Padres

- **¡Vale la pena! (It's Worth It!):** Q&As with an influencer mom and a celeb parent, plus the latest trends
- **Abuela Dice (Grandma Says):** Grandma tackles parenting woes with wit and wisdom
- **Feature Story:** Latino teachers share advice on how parents can advocate for their kids
- **Fiesta Food:** A beloved traditional food gets a kid-approved spin

Oct/Nov.

AD CLOSE: 8/16/19
DISTRIBUTION: 10/11/19

#NoFilter: Regular items include Celeb Mami, Mom Bosses, and Uplifting Latinas, a new section on moms breaking barriers in their communities

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- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids, and more
- **Health:** Tips to discuss body image and weight
- **Family:** Día de los Muertos—how moms keep family history alive
- **Halloween:** A very Latin Halloween—costumes that celebrate culture

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- **Beauty:** Mamá Bonita Beauty Awards
- **Health:** Secrets you shouldn't keep from your doctor
- **Celebrate:** Be the hostess with the mostess—tips from moms with big *familias*; sidebar on faking a clean house
- **Food:** Thanksgiving recipes that mix American and Latin flavors

Ser Padres

- **¡Vale la pena! (It's Worth It!):** Q&As with an influencer mom and a celeb parent, plus tips to outsmart diabetes
- **Abuela Dice (Grandma Says):** Grandma tackles parenting woes with wit and wisdom
- **Feature Story:** Reset the clock!—How to stop being late, for everyone's sake
- **Fiesta Food:** A beloved traditional food gets a kid-approved spin

Dec/Jan.

AD CLOSE: 9/16/19
DISTRIBUTION: 11/15/19

#NoFilter: Regular items include Celeb Mami, Mom Bosses, and Uplifting Latinas, a new section on moms breaking barriers in their communities

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- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids, and more
- **Health:** Fend off the flu
- **Books:** Kid lit authors and illustrators on the power of books and their fave children's books
- **Fun:** Holiday keepsakes—handmade ornaments for a cultural fiesta
- **Food:** Latin-American Christmas cookies!

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- **Beauty:** Holiday makeup inspo
- **Wellness:** Zen out—spiritual mamás spill their wellness secrets
- **Holiday:** It takes a village—the perfect gift for everyone that helps you balance it all

Ser Padres

- **¡Vale la pena! (It's Worth It!):** Q&As with an influencer mom and a celeb parent, plus the latest trends
- **Abuela Dice (Grandma Says):** Grandma tackles parenting woes with wit and wisdom
- **Feature Story:** Create your own advent calendar around family values
- **Fiesta Food:** A beloved traditional food gets a kid-approved spin

Note: Subject to change.

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