

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

#NoFilter: 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
- **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

#NoFilter: 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 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

ninos } kids

- **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

ninos } kids

- **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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Feb/March

Valentine's Day

AD CLOSE: 11/15/19

DISTRIBUTION: 1/10/20

#NoFilter: A celebration of everything that binds our community together. Regular items include Celeb Mami, Mom Bosses, and Uplifting Latinas. Plus, romantic getaways.

niños / KIDS

- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids and more, including asthma
- **Health:** Is your child an emotional eater?
- **Behavior:** Raise a kid with hustle—advice for teaching self-motivation
- **Holiday:** Amor, sweet amor—easy-to-make bilingual Valentine's cards

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- **Beauty:** What Afro-Latina mom influencers want you to know about your hair
- **Health:** Your body after baby—six common health issues
- **Relationships:** Single and Ready to Mingle—tackle the dating scene as a mom
- **Recipes:** Avocados, 4 ways

SER PADRES

- **Holiday:** Sweet ways to bond with your kids
- **¡Vale la pena!** Q&As with a celeb parent, plus the latest trends
- **Nuestra Familia:** A column featuring a real Latino family and how they get it done
- **Fiesta Food:** A beloved traditional food gets a kid-approved spin for Valentine's Day

April/May

The Green Issue!

AD CLOSE: 1/15/20

DISTRIBUTION: 3/13/20

#NoFilter: A celebration of everything that binds our community together. Special photo essay on the changing face of Latina moms.

niños / KIDS

- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids and more, including autism and seasonal allergies
- **Health:** The fight against air pollution, and what you can do!
- **Values:** Tips for raising an eco-conscious kid
- **Fun:** Get the kids in the kitchen
- **Holiday:** Eco-friendly Easter crafts

mamás / MOMS

- **Beauty:** Family beauty recipes passed down through the generations
- **Special report:** How Latinas are the original natural mamas
- **Home:** Recycle your kid's stuff
- **Recipes:** Plant-based meals with a Latin twist!

SER PADRES

- **Finance:** What kids can teach you about money
- **¡Vale la pena!** Q&As with a celeb parent, plus the latest trends
- **Nuestra Familia:** A column featuring a real Latino family and how they get it done
- **Fiesta Food:** A beloved traditional food gets a kid-approved spin

June/July

Summer Loving

AD CLOSE: 4/14/20

DISTRIBUTION: 6/12/20

#NoFilter: A celebration of everything that binds our community together. Regular items include Celeb Mami, Mom Bosses, and Uplifting Latinas. Special report on the 2020 Olympics.

niños / KIDS

- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids and more
- **Health:** Baby doctor mamas answer your most pressing newborn questions
- **Safety:** Pool rules to live by
- **Behavior:** Latinx and proud—Moms tell us how they're raising "Latinx" kids and everything that word stands for
- **Fun:** Roadtrip in español!—Audio books, word games, and sing-along tunes for a fun journey. Plus, trip ideas from real families

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- **Beauty:** Yes, you need sunscreen, too! We break down SPF for Latinas
- **Mental Health:** Stop yelling—curb your tirades once and for all
- **Identity:** Papi power—How dad squads are changing the narrative of fatherhood
- **Food:** A guide to organics—what you should and shouldn't splurge on
- **Recipes:** P is for Paleta—ice pops for the win!

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- **Holiday:** Celebrate Independence days (from all over Latin America!)
- **¡Vale la pena!** Q&As with a celeb parent, plus the latest trends
- **Nuestra Familia:** A column featuring a real Latino family and how they get it done
- **Fiesta Food:** A beloved traditional food gets a kid-approved spin

Note: Subject to change.

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Parents
Latina

Aug/Sept

Back to School

AD CLOSE: 6/15/20

DISTRIBUTION: 8/14/20

#NoFilter: A celebration of everything that binds our community together. Regular items include Celeb Mami, Mom Bosses, and Uplifting Latinas.

niños / KIDS

- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids and more, including probiotics
- **Health:** Chill about lice—it's not as bad as you think; sidebar on products
- **Language:** The best subscription boxes for Spanish learners
- **Education:** What Latino parents working in education want you to know
- **Recipes:** Lunch ideas for a tastier school year. Plus, Latin-inspired packaged snacks
- **Fun:** Make a family tree!

mamás / MOMS

- **Beauty:** Sunglasses & lipstick—the ultimate get-out-of-the-house-quick look
- **Baby:** Mami, now and then—Latina moms with teens and babies at home share advice for navigating motherhood with confidence
- **Home:** Organize your day—simple solutions for a streamlined life
- **Finance:** Stop arguing about money with your honey

SER PADRES

- **Education:** Hands-on ideas for raising a little scientist
- **¡Vale la pena!** Q&As with a celeb parent, plus the latest trends
- **Nuestra Familia:** A column featuring a real Latino family and how they get it done
- **Fiesta Food:** A beloved traditional food gets a kid-approved spin

Oct/Nov

Halloween Extravaganza

AD CLOSE: 8/14/20

DISTRIBUTION: 10/9/20

#NoFilter: Special report: What matters most to Latinas this election.

niños / KIDS

- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids and more
- **Health:** Bye, bye nightmares—help your child learn to sleep soundly again
- **Behavior:** Raise a confident girl
- **Holiday:** Day of the Dead-inspired Halloween crafts
- **Holiday:** Throw a Frida Halloween party!

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- **Beauty:** *Parents Latina* Beauty Awards
- **Health:** How one family got control of their diabetes diagnosis—together
- **Advice:** Prep for baby no. 2
- **Travel:** You can go home again—plan the perfect trip to your native country
- **Recipes:** Friendsgiving potluck

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- **Behavior:** Gratitude lessons from Latin America
- **¡Vale la pena!** Q&As with a celeb parent, plus the latest trends
- **Nuestra Familia:** A column featuring a real Latino family and how they get it done
- **Fiesta Food:** A beloved traditional food gets a kid-approved spin

Dec/Jan

Feliz Holidays!

AD CLOSE: 9/14/20

DISTRIBUTION: 11/13/20

#NoFilter: A celebration of everything that binds our community together. Plus, Influencer moms' fave kid gifts.

niños / KIDS

- **Ages + Stages:** The latest health and development news about babies, toddlers, big kids and more
- **Health:** Real mom tips for surviving cold season
- **Safety:** How to choke-proof their world
- **Values:** Life lessons—What moms of special needs kids can teach us
- **Books:** Latino kid lit
- **Relationships:** Help your kids get along
- **Fun:** DIY ornaments you'll keep forever

mamás / MOMS

- **Beauty:** Holiday makeup inspo
- **Inspiration:** Choosing my religion—how moms are finding their own spirituality
- **Finance:** Zero balance—three Latino families on beating debt
- **Holidays:** Host your first holiday party with kids. Plus, recipes for entertaining

SER PADRES

- **Behavior:** Easy ways to create happiness
- **¡Vale la pena!** Q&As with a celeb parent, plus the latest trends
- **Nuestra Familia:** A column featuring a real Latino family and how they get it done
- **Fiesta Food:** A beloved traditional food gets a kid-approved spin

PLUS! • **Uplifting Latinas:** A section on moms breaking barriers in their communities; in every other issue. • **Zen mama:** NEW! An Instagram influencer on balancing mind, body, and soul; in every other issue.

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