

healthy kids, happy families

Parents

**BE MINE,
VALENTINE!**

snacks that say "I love you"

**7 MOM
MILESTONES**

how many of
them have you hit?

**UN-SPOIL
YOUR KID**

**tummy
trouble**

when to call
the doctor

**SLASH
YOUR
FAMILY'S
BILLS**

**21 new
twists on
mac'n'cheese**

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NEW!

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COVER CREDITS

Carly, 5 years, and Angelina, 6 years. Photograph by Johnny Miller. Wardrobe styling by Annie Nicholas for Ennis Inc. Prop styling by Helen Crowther. Grooming by Gregg Hubbard for Bernstein & Andriulli. On Carly: Jeans, Target. Shirt, Old Navy. Socks, Mini Boden. On Angelina: Jeans, Old Navy. Sweater and shirt, Target. Socks, Mini Boden. Felt garlands, Aidle's Hideaway. Triangle lanterns, The Society of National Industry. Beanbags, Fatboy USA.

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