

Parents

Latina.

RECLAIM
YOUR

Mom Mojo

FITNESS
GURU
MASSY ARIAS
LEADS
THE WAY

P. 32

READY
FOR
SOLIDS?
TIPS AND
TOOLS FOR
TINY EATERS

"I'm
stronger
after
having
Indi!"

MÁS
CONTENIDO
PARA TI
EN LA SECCIÓN
**Ser
Padres**

STOP
SPRING
ALLERGIES
BEFORE
THEY
START

10
IDEAS TO UP
THE FUN ON
**EL DÍA
DEL NIÑO**
(AND EVERY DAY!)



La totalmente nueva Traverse disipa la idea de que un vehículo familiar solo es bueno para llevar a la familia. Con su nuevo estilo y elegancia, es perfecto para una noche en la ciudad o para escaparse el fin de semana. En el interior encontrarás funciones disponibles, como asientos de lujo hasta para ocho pasajeros¹ y fácil acceso a la tercera fila de asientos gracias a su sistema Smart Slide² – incluso al tener montado un asiento vacío³ para niños, un espejo retrovisor con cámara disponible que te brinda una visión más amplia detrás del vehículo y selección de modo de tracción para ajustes en tiempo real bajo condiciones adversas de carretera. Además del buen diseño, la Traverse ofrece una gran variedad de tecnologías de seguridad⁴ diseñadas para ayudarte a mantenerte seguro en el camino, como Lane Change Alert con Side Blind Zone Alert, Forward Collision Alert, cámara Surround Vision con vista envolvente, y mucho más. También recibió una calificación de 5 estrellas en seguridad general, la puntuación más alta posible por parte de la Administración Nacional de Seguridad del Tráfico en las Carreteras (NHTSA, por sus siglas en inglés).⁴ La totalmente nueva Traverse. Es el vehículo familiar que te encantará conducir, incluso cuando no lleves a tu familia dentro.

LA TOTALMENTE NUEVA CHEVROLET TRAVERSE

¹ Estándar en L y LS. Disponible en LT, Premier y High Country ofrecen espacio para 7. ² Asiento de auto para niños vacío mirando hacia el frente instalado usando el sistema LATCH. ³ Las funciones de seguridad no substituyen la responsabilidad de operar el vehículo de manera segura. El conductor debe mantenerse atento al tráfico, a su alrededor, y a las condiciones del camino en todo momento. La visibilidad, el clima y las condiciones de la carretera pueden afectar el desempeño de las funciones. Lee el manual del propietario del vehículo para obtener más información importante acerca de limitaciones de funcionalidad. ⁴ Las calificaciones de cinco estrellas del gobierno son parte del Programa de Evaluación de Autos Nuevos de la Administración Nacional de Seguridad del Tráfico en las Carreteras (www.SaferCar.gov).

**SÓLO ES UN VEHÍCULO FAMILIAR
CUANDO LLEVAS A LA FAMILIA.**



FIND *NEW* ROADS™

CHEVROLET



APR/MAY

Kids

11
Celebrate Earth Day Every Day
 Playing outdoors benefits kids and Mother Nature.

12
Ages + Stages
 The latest news to help you keep your child healthy

15
5 Things You Didn't Know About Allergies
 A doctor dad helps stifle seasonal sniffles.

18
First Foods
 Everything you need to know before starting solids

22
Start Kidding Around
 Crafts, games, and inspo for a memorable Día del Niño

Mom

29
Treat Yourself!
 Pampering must-haves for an at-home spa

32
One Fit Mama
 Instagram star Massy Arias on finding balance

36
Meat Me Halfway
 Flexible recipes for carnivores and vegetarians



36



22

SECCIÓN EN ESPAÑOL

Ser Padres

42
¡Vale la pena!
 Aprende a cuidar de tu dinero para asegurar tu futuro.

43
Mamá estrella
 Angélica Vale y su camino hacia la maternidad

44
Abuela sabia
 Cómo hacer del orden de la casa un asunto familiar

46
Dile adiós a los gritos
 Tips para que tus hijos te escuchen sin que alcés la voz

48
Fiesta food
 Quesa: Pizzas para celebrar el Cinco de Mayo

ON THE COVER Massy with Indi, 9 months old. Photograph by Mei Tao. Wardrobe styling by Sarah Schussheim for The Wall Group. Prop styling by Lizzie Lang for Walter Schupfer. Hair styling by Candice "CeCe" Hudson. Makeup by Lysette Castellanos. Manicure by Sarah Chue for Artists by Timothy Priano. Child wrangling by Greg Markles. On Massy: Jacket, The Mighty Co. Skirt, Fila. Bra, Champion. On Indi: Cotton On.

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IN EVERY ISSUE

4 Editor's Letter

6 #NoFilter

Where Latina moms tell it like it is

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My First Love, My Mom

A FEW DAYS ago, I replayed a birthday message my mom left on my cell phone this past September. “Hola, mí amorcito lindo” (hello, my pretty little love), she starts out by saying. “I wish you all the beautiful things you could ever dream of. May God bless you with a long, healthy life so that you can see your girls grow up. Call me when you can.”

My phone was probably on mute when it rang—an old habit left over from when my kids were babies—but I’m sure I called her back right away. If I ever skipped a day, she would quickly say, “Te olvidaste de mi” (you forgot about me) in her best telenovela voice. As if I could ever forget about her.

My mom passed away in January, after spending months in the hospital. Until her last breath, she was a fiercely loving woman who adored my sister and me above all else. Now, every thought of her comes with a deep pang in my chest I know will never go away.

I picture her manicured nails, which were always perfect, even back when she ran a day care and looked after half a dozen kids of different ages so that she could stay at

home with us. That was just one of several side hustles she took on as a single mom who did it all and then some, because she was a tough lady capable of standing firm on shaky ground.

But aside from being resilient, my mom was funny, dramatic, compassionate, generous, and always very sentimental. When I asked her to walk me down the aisle on my wedding day, she insisted my father do it, to stick to tradition. Yet as soon as I stepped into the church, one arm interlocked around my dad’s, I felt a warm hand clasp my other arm from behind. “I’m coming too,” she said in a broken voice, with tears in her eyes.

And although my beautiful mom no longer walks beside me, I still feel her guiding me every step I take. Happy Mother’s Day, Mami.

Grace
GRACE BASTIDAS
EDITOR-IN-CHIEF



MY MOM WAS ALWAYS PROUD OF ME AND MY DAUGHTERS.

PL EDITORS SHARE

WHAT'S THE MOST IMPORTANT LESSON YOU LEARNED FROM YOUR MOM?



↑
Cooking for others has always been Mami’s way of showing affection. Growing up, I’d roll my eyes at her obsession with feeding us, but now I find myself making *costillitas al horno* to demonstrate just how much I care.

Dorkys Ramos
Senior Editor



↑
My mom is such a mom: She bakes excellent chocolate-chip cookies, listens to me vent when I’m stressed, tells me which meds to take if I’m sick. I hope I can be as comforting to my children as she is to me.

Kate Sandoval Box
Beauty Director



↑
As a kid, I watched my mom work two jobs, run religious programs in our church, take care of her home, and raise a family. She brought that strong work ethic from the Dominican Republic to the U.S., and her sacrifices inspire me every day.

Leslie Corona
Assistant Editor

EMAIL ME AT editors@parentslatina.com OR FOR MORE, FOLLOW ME AT [@brooklynwriter](https://www.instagram.com/brooklynwriter).

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NUEVO

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PARA UNA PIEL SUAVE, FRESCA
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#NoFilter

> WHERE LATINA MOMS TELL IT LIKE IT IS

La La's
favorite date?
Her son,
Kiyan!



CELEB MAMI

La La Anthony's Parent Playbook

She's busy starring in the Starz drama *Power* and managing her Lord & Taylor clothing collection, but this Puerto Rican mama won't skip her 11-year-old son Kiyan's basketball games.

How is raising Kiyan in the public eye?

He lives a normal life, but there are things we watch closely, because of who his parents are. [La La is rumored to be separated from Kiyan's dad, NBA star Carmelo Anthony.] For example, he doesn't go to the corner store by himself, because people often recognize him. And we keep his social-media accounts very private.



What kind of kid is he?

He's an incredible basketball player, so his day is very full and structured. He's on such a tight schedule with school and his games, and he's learning to be disciplined, so there's not a lot of free time to just mouth off and do whatever he wants.



What values do you want to instill in him?

I just want him to be humble and grateful. He prays every day to thank God. I'm all about manners, too, so a kid who says "please" and "thank you" is a big thing to me. Family is also important. Every day he calls his grandmother just to see how she's doing.



What moments are most challenging as a mom?

I don't want my son to feel like his mom is never available. When I'm away working, I tell him to make a list of all the things he wants to do when I return. I never spend a lot of time away from him. If I had to cancel work, I would.

How do you make sure he steers clear of machismo?

I always tell Kiyan how he should treat women—how we are all equal and that women are just as smart as, if not smarter than, men.

How big is your family?

My family is huge! I have so many aunts and uncles, cousins, people who aren't related but say they are—it just goes on and on. We're spread out between cities, but we're always doing things together, so Kiyan knows everyone. One summer I took my family on a cruise to Puerto Rico—34 of us on a boat for a week!

LA LA'S BIGGEST LOVES

> Her Huge Family

My family is super close. Growing up, my cousins were my best friends. Friends can come and go, but your family will be there forever.

> **Puerto Rico** After Hurricane Maria hit the island, I launched a T-shirt line through Lord & Taylor to raise money for Puerto Rico. I wanted Kiyan to know we have to do as much as we can to help those in need.

> **Being a New Yorker** I'm from Brooklyn, and I love that I'm raising Kiyan in New York too. He is exposed to so much, because you grow up with a certain kind of independence here.



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PERFECT FOR Running Errands
SO Slides, \$16; kohls.com

USE IT OR LOSE IT

Baby Earrings



She looks cute, but not all moms are down with pierced ears.

USE IT!

Because they're so small, they won't remember the pain. They'll probably get them pierced in the future anyway, so why wait?
Sandra Vargas Taylor; Danbury, CT

LOSE IT!

Not without my kid's consent! Any body modification should be an intentional choice—not something forced.
Lisa Vallejos; Denver, CO

Latino Time

Your kid may not be able to read the clock, but she has certainly masterminded many ways to make sure you're always running late.



1

She waits until you're pulling out of the driveway to decide she needs to use the bathroom. And of course, that's the day she dressed herself, so she's wearing everything in her closet—including her First Communion outfit.

2

She's such a slow eater that breakfast easily turns into lunch.

3

She has timed her fluid intake so well that the second you slide your key in to lock the door, she needs a glass of water—and a snack while you're at it!

4

Her love of loud windup toys means she is oblivious to the alarm during school days. Weekends, on the other hand...

5

She loves playing hide-and-seek—with your car keys! It takes only two hours, and help from Abuela and your building's landlord, to find them in the dishwasher.

Prize Packages

Revisit the flavors of your youth with these subscription boxes. Each delivers yummy Latin-American treats monthly right to your doorstep.

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¡VIVA MÉXICO!
Wait until the kids are asleep to indulge in mini *obleas*, Duvalín cream candies, and the other temptations from Mexitreat. \$20 for one month; mexitreat.com

HAVANA OOH-NA-NA
Like a care package from Grandma herself, Abuela Mami includes flan mixes, a *cafetera*, and other Cuban staples that will make you long for the Caribbean island. \$20 for one month; abuelamami.com



GIRL: THAYER ALLYSON COWDY; BABY: ALEXANDRA GRABLEWSKI/GETTY IMAGES; CHANCLAS AND SUBSCRIPTION BOX: PETER ARDITO.



WE ASKED. YOU ANSWERED.

What Spanish-language swear words do you switch up to protect young ears?

I always say *conchale*. It's a holdover from not cursing in front my parents. I have to work on English curse words, though—my 2-year-old daughter, Lucia, has already started repeating some of those!

Jaletza Bayley;
New York, NY

I don't censor myself much, but occasionally my mom does. She affectionately calls my 2-year-old son, Santino, *cabon*. As you can see, she's left out the *r*.

Cynthia Avalos;
Darien, IL

There's a lot of substituting around my 8-year-old daughter, Nihaiyla! There's one word I mix up with tons of sugar and holy water. I switched the vowels around, so instead

I say *chacho*.
Johnaliss Garcia;
Chicago, IL



My little bundle of joy

LESSON FROM MY KID

Look Beneath the Surface

My 2-year-old son, Oscar, has taught me that there's so much more to a person than what the naked eye can see. He was born five weeks early with a handful of chronic health conditions including brain, heart, kidney, and GI abnormalities, as well as cognitive and developmental delays. He can't crawl, walk, or talk, and he requires a feeding tube for nutrition. If you had to put a label on it, you could say he was disabled.

Recently, I brought him to his inclusive school program, where he started wailing as I walked away. When I turned around, I saw all the children huddled around my son, clapping for him, to make him feel better. One girl even reached out and sweetly caressed his face. They didn't see the disabled kid disrupting circle time. They simply saw him as I do—an irresistibly cute boy who was upset. Labels, schmables. My heart grew three sizes, and it took everything in me not to ugly-cry in front of everyone.

Our identities and abilities don't have to define us, even if they heavily shape who we are. Let's remember that there's so much more to someone than what's on the outside, and that is what makes us all so beautiful.

Cristina Perez Edmunds, blogger at itsnottoocomplicated.com and contributing writer for *Parents Connect*, the official parenting blog for Nicklaus Children's Hospital; Birmingham, AL



The power of hugs.

What hugs mean to baby.

Over 600 medical studies on the effects of human touch prove what moms have always known. Hugs are important. In fact, more and more hospitals will tell you they are vital to the healthy development of your child. And the benefits of human touch for babies often extend throughout childhood.



The benefits of hugging.

Every skin-to-skin hug with your baby sets off cascades of hormones that benefit their health and help regulate body temperature. Oxytocin, the hormone released through touch, is even nicknamed the "bonding hormone." Your hugs can stabilize their heart rate, increase oxygen levels, strengthen their immune system and reduce crying and stress.



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NIÑOS › Kids

RAISING HEALTHY, HAPPY LITTLE ONES



CELEBRATE EARTH DAY EVERY DAY

Take the kids on a hike, or run barefoot through the grass. Spending time outdoors isn't just beneficial for them; it helps Mother Earth, too, new research from the University of British Columbia shows. In the study, which surveyed a small group of people, most of the young adults who played outside as children expressed continued respect for nature. So what are you waiting for? Pack up the crew and go bask in the sun!

BABY

Q / Could my baby need glasses?

A / Probably not. Don't worry if he doesn't seem to see much of anything at first, says Barry Wasserman, M.D., a pediatric eye doctor in Princeton, New Jersey. All newborns have poor eyesight (they can see only 8 to 12 inches in front of them), but it improves as the vision centers in their brain develop over the first year. And it's normal if their eyes wander or cross now and then. Your pediatrician should catch any problems in one of the three vision screenings she gives your baby by his first birthday.



THEY'LL
BE BEST
BUDS
BEFORE YOU
KNOW IT!

PRESCHOOLER

How to Tackle Doggie Fears

A child's trepidation around dogs and other furry creatures is not uncommon. The human brain is wired to alert us to dangers and protect us from them; back in the day, that could have meant a panther or wolf attack. Now add in a burgeoning imagination, and even the cuddliest animal might set off her inner alarm.

WAYS TO HELP

If your daughter is scared of an approaching dog, pick her up and comfort her, but stay there for a minute or two. Talk about the doggie being big, or put the back of your hand out and let the dog have a sniff. Whatever you do, don't completely avoid scary stuff. "Of course you don't want

your child to suffer, but if you never expose her to that frightening thing again, that will perpetuate the fear for her," says child psychologist Tamar Chansky, Ph.D., author of *Freeing Your Child From Anxiety*. Instead, keep coming back to it, and your child's comfort zone will adjust and expand as she grows.

4

The number of states in the U.S. requiring recess for elementary-school students, even though research shows that it boosts academic performance, test scores, self-esteem, and overall health —*Education Commission of the States*

TODDLER

NORMAL OR NOT?

Toddler Teeth Grinding

The sound of little chompers scraping back and forth can be alarming, but it's actually a very common behavior at this age—especially while a child sleeps. "About half the toddlers I see grind their teeth at night," says Samer Hakimeh, D.D.S., a pediatric dentist in Portland, Oregon.

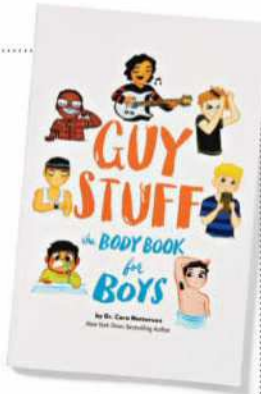
While grinding in adults is usually a subconscious response to stress, a toddler might grind his teeth for one of two reasons: Baby teeth are flatter than permanent teeth, so his bite might not line up properly; or he is simply discovering his newly erupted teeth. We don't know why this habit usually happens during sleep, but experts think it's probably because when kids are fast asleep, they lack full muscle control of their mouth.

There is not much you can do to stop the grinding, says Dr. Hakimeh, who advises against using a night guard until all of your child's permanent teeth have come in. But fear not! The habit shouldn't cause any lasting dental damage, and most kids grow out of it.

BIG KID

Straight Talk for Growing Boys

If you're not sure how to talk to your little hombre about his body, this brilliant book by the author of the best-seller *The Care & Keeping of You* series for girls can help. Start with these tips from *Guy Stuff: The Body Book for Boys*, by Cara Natterson, M.D.



1

Water doesn't wash you—soap washes you.

Boys can be resistant to cleaning, but teaching them why they stink can help combat that. Tell him that the bacteria that normally live on his skin eat the sugars in his sweat and that digestion is what makes body odor. And soap is the only way to wash away both of the ingredients that make him smell!

2

To kill bad breath, you have to floss too.

Flossing is like taking out the garbage between your teeth. And you know what happens when trash just sits there—YUCK!

3

Don't be afraid of feelings.

Whether you're happy, sad, angry, or confused, experiencing emotions is a good thing—it means you're living a full life. You shouldn't stuff your feelings down just because you're a boy. Instead, try to come up with healthy ways to express them.

4

All bodies are different, and all bodies are good.

As long as you're eating healthfully and exercising, it doesn't matter how your body stacks up next to your friends'. It will change again in just a few months anyway!

ALL AGES

Asthma and Antibiotics Don't Mix

You may have already heard that antibiotic resistance is a growing concern, and now new research pinpoints one especially vulnerable group: children with asthma. Doctors are 60 percent more likely to prescribe antibiotics unnecessarily to these kids than to children without asthma, new European research finds. Overprescription is also a chronic issue in the U.S., because it may be hard for general pediatricians to tell the difference between an asthma attack and a bacterial infection that requires antibiotics, says Neeta Ogden, M.D., spokeswoman for the American College of Allergy, Asthma & Immunology. "Asthmatic symptoms like coughing often mirror symptoms of bacterial respiratory infections. But it's also true that both viruses and bacterial infections can make asthma worse in kids."

If your kid's doc is ready to fill out a scrip, mention your concerns about overprescribing, and ask her about trying a watch-and-wait approach for a few days. But if your child is constantly "sick," it might actually be a sign that it's time to tweak the dose of her asthma medication, Dr. Ogden says.

TWEEN

You Snooze, You Win

Tuck your kids in early to reduce their risk of developing type 2 diabetes. A study published in *Pediatrics* examined 4,525 children ages 9 to 10 and found that those who slept about an hour less than the group average of 10.5 hours each night had more body fat and higher blood sugar levels, and were more resistant to insulin. An extra half hour of shut-eye at night reduced insulin resistance by about 1.5 percent. For Latino kids, who are more susceptible because of heredity, every bit counts. "We can't do anything about our genetics, but if we know that we have that risk among our gente, we should be aware of what we can do to prevent it," says Francisco J. Prieto, M.D., vice chair of the American Diabetes Association's National Advocacy Committee.



“De lo único que hablamos mis amigas embarazadas y yo es sobre las estrías: una vez que aparecen, se quedan ahí para siempre. Me apliqué Bio-Oil en toda la piel en las mañanas, tardes y noches...de hecho, nunca dejé de aplicármelo desde el nacimiento de Liam. Ahora que estoy esperando gemelos, lo usaré más que nunca. Lo mejor es que no es aceitoso. Puedes aplicártelo e inmediatamente vestirse ya que no deja manchas en la ropa. No tienes idea de a cuántos amigos y familiares les he contado sobre Bio-Oil.”

Tracy con Liam



Recomendo por
OB/GYN &
Dermatólogos
para las Estrías
GfK, 2014 & 2016

Bio-Oil es un producto de cuidado de la piel formulada especialmente para mejorar la apariencia de cicatrices, estrías y el tono desigual de la piel. Su fórmula única, que contiene el ingrediente avance PurCellin Oil™, también es muy eficaz para el envejecimiento y la piel deshidratada. Para obtener más información sobre nuestro producto, por favor visite bio-oil.com. Bio-Oil está disponible en farmacias y tiendas seleccionadas en el precio de venta recomendado de \$11.99 (60 ml). Los resultados individuales pueden variar.



Nuevo Envase, Misma Fórmula.

Don't let
the pollen count
keep her from
enjoying
fresh-air fun.



5

Things You Didn't Know About Allergies

As a doctor and a dad who suffered myself as a kid, I've uncovered info that'll finally ease seasonal symptoms.

BY DAVID L. HILL, M.D.

I ALWAYS feel a special empathy for my young patients with allergies because my own allergies were so bad. Even worse, I've now passed them on to my children. At least they have lots of company: Research suggests that nearly half of all children in the U.S. have some kind of allergy.

Seasonal allergic rhinitis usually develops after a few years of exposure to an outdoor allergen, so it's not very common in children younger than 2. (However, before age 2, some children can develop allergies to year-round indoor triggers such as pet dander and dust mites.) The typical age for diagnosis is around 4 to 6. Symptoms (including sneezing; stuffy or runny nose; cough and scratchy throat due to postnasal drip; puffy, watery, itchy eyes, mouth, or skin) will peak in late childhood and adolescence and then improve in adulthood.

All of this experience as a patient, parent, and pediatrician has armed me with some insider tips that you might not have heard before, even if you have plenty of experience with allergies in your family.

1

Your kid should start taking meds earlier in the year than you might think.

If your child has seasonal allergies, he should ideally start the medicines two to three weeks before the start of the season (which depends on his specific allergy) and continue them through the end. If your child has allergies all year, talk to his doctor about keeping medicines going year-round rather than waiting for symptoms to flare up.

Most allergy medicines are far more effective at preventing symptoms than they are at treating them once they start. That's because the runny nose, the itching and sneezing, and those watery eyes result from a stream of events in the immune system, and once they get going, they're hard to stop. Corticosteroid nose sprays, available over-the-counter, are the most effective type of medicines for allergies (for children 2 and older); they prevent the

cascade by decreasing the body's immune-system response to antigens such as dust mites and pollen.

Antihistamines can provide relief for allergy symptoms during an attack, but they are even more effective if they're already in the bloodstream before the attack starts. Allergy medicines, which may be either prescribed or bought over-the-counter, are often given once a day—which means they need about five days to reach their full strength and another five to wear off completely. Oral antihistamines relieve many allergy symptoms (including sneezing and itchy eyes) by blocking histamine, the chemical “culprit” in the body, but these medicines won't relieve your sniffing child's nasal congestion.

2

Pollen counts don't tell the whole story.

If your child has had allergy testing, the results will be much more useful than relying on monitoring the overall pollen count. If she's not allergic to ragweed, for example, then a high ragweed count shouldn't keep her off the playground.

Children who have allergies only in certain seasons are probably allergic to pollens that appear at specific times of year. Doctors perform blood and skin tests to discover which types of pollen cause your child's flare-ups, and you can monitor pollen counts to know when to start medicines and when to limit your child's time outdoors. As a general rule, trees pollinate in the spring, grasses typically bloom in mid to late spring or early summer, and weeds in the late summer or early fall. In colder climates, mold spores are a summer to early-fall phenomenon, but in warm places, they can remain airborne year-round.

Many weather services report overall pollen levels or the levels of specific allergens such as ragweed, which is the most common cause of hay fever. The National Allergy Bureau, a service of the American Academy of Allergy, Asthma, & Immunology, provides reports at Aaaai.org on the mold-spore counts and pollen from specific species of trees, weeds, and grasses around the country.

3

Winter has a big effect on allergies.

Cold winter weather is a blessing for many kids with seasonal allergies, who can count on a small break until at least February. A warmer winter can make plants pollinate early and, in turn, cause sufferers' symptoms to start up sooner than usual. A rainy spring can also promote rapid plant growth and lead to an increase in mold, with effects that last well into the fall. Rain can wash away pollen, but the relief is only for the short term, because pollen counts can rise rapidly after wet weather.

Other weather clues that might help you head off some of your child's worst symptoms: Warm, windy days generally lead to a high pollen count, while calm days can leave all that pollen on the ground rather than flying straight into your child's nose.

4

Kids ages 5 and older can try a new treatment.

When I was a child one of the only things that helped my allergies was getting regular “allergy shots,” properly called immunotherapy or AIT. Even today, shots are usually given one or two times every week or month for three to five years; they act much like a vaccine by offering exposure to increasing levels of the substance you're allergic to so your immune system will adapt and become less reactive. Injections were the only form of immunotherapy approved for children in the U.S. until April 2014, when the FDA approved the first of three oral immunotherapy agents.

This form of daily immunotherapy has been popular in Europe, where children apparently hate shots just as much as kids here do. Absorbed under the tongue, the tablets contain an extract of grasses or ragweed. In order to benefit from this new treatment, children need to be at least 5 years old and have a positive allergy test for a pollen allergy that can cause sneezing, runny or itchy nose, and watery eyes. One caveat: Because of the (rare) possibility of symptoms of a serious

allergic reaction, your allergist must observe your child for at least 30 minutes after the first dose, and afterward your allergist should prescribe an epinephrine auto-injector in case of emergency.

5

Honey may help—but there's no proof.

Some parents swear by local honey as an all-natural immunotherapy. (It's safe for kids 12 months and older.) If regular exposure to allergens strengthens a patient's immune system, as standard immunotherapy shows, shouldn't a delicious substance laden with pollens from your area have the same effect?

The catch is that honey doesn't contain consistent levels of pollen. The few scientific studies that have been done of honey and allergies have yielded conflicting results. Research has shown that any honey works as well as medicine for coughs (given by teaspoon on an as-needed basis), but the jury's out on whether local honey reduces allergy symptoms. That said, it has to be the yummiest unproven therapy out there.

CAN YOU PREVENT PET ALLERGIES?

Using an air filter and a vacuum cleaner with high-efficiency particulate (HEPA) filters, washing your pet regularly, and restricting him to certain areas of the house can help. One thing that doesn't work: paying extra for a “hypoallergenic” dog or cat. Breeders claim that some varieties are better for allergies, but studies fail to back up these claims and show that some breeds touted as being “hypoallergenic” can cause just as many symptoms as other dogs, because skin and saliva proteins—not just hair—trigger allergy symptoms. Some allergic people may be able to handle being around dogs just fine; one theory is that constant exposure to any given animal can dampen response to that pet.

Keep your home safe by securing your furniture

do not place a TV or other heavy objects on furniture not intended for that use

safely secure furniture to the wall

close drawers to prevent children from climbing on them

place heavy objects in the lowest drawers



See our home safety tips
ikea-usa.com/secureit





NOM!
NOM!
NOM!

First Foods

Bite-size meals are big-time fun, but starting solids can be a confusing time. Here's the latest advice from pediatricians on introducing your child to new tastes.



BY LAURA ANASTASIA PHOTOGRAPH BY PRISCILLA GRAGG

THE TIMING of your little one's first solid meal, whether it's right at 4 months or closer to 6 months, depends on her neurodevelopment. "You should introduce solids only when your baby is ready. All babies don't roll over or walk at the same time, and they shouldn't eat solids at the same time," says Frank R. Greer, M.D., an infant-feeding specialist at the University of Wisconsin in Madison. How will you know she's mature enough to dig in? Once your sweetie passes the 4-month mark, watch for these signs:

- She has good head control.
- She can sit up with support.

- She picks up things and puts them in her mouth.
- She joins you at meals and shows an interest in what you or others are eating.
- She has lost the newborn tongue-thrust reflex that pushes out anything that's put in her mouth.

How to Get Started

The rules aren't as strict as they used to be. You can begin with whole-grain cereal, fruits, vegetables, or even pureed meat, says Mark R. Corkins, M.D., a pediatric gastroenterologist at the University of Tennessee Health Sciences Center, in Memphis. Whatever you

choose, prepare yourself for rejection. The unfamiliar tastes and textures will most likely be a shock to your baby. Go slow, depositing a small amount of food on the tip of his tongue. He'll probably spit out more than he swallows at first, but that doesn't mean he's picky. It just means he's a baby! And when he turns his head or swats away the spoon, he's telling you he's done for the moment, so go with that. Some babies do best eating before breast- or bottle-feeding, while others do best afterward. You'll need to experiment a little and see what works for your baby.

Encourage It

Raising a happy, healthy eater starts now. How to get your baby off on the right foot:

- **Dine together.** Put her in the high chair when you're eating, and regularly offer food from your plate—but don't force her to participate, Dr. Corkins suggests.
- **Be persistent.** Keep serving those green beans or carrots. It takes some babies up to ten times before they accept certain foods.
- **Train her taste buds.** Babies exposed to many flavors before age 1 are more likely to eat a wide variety of healthy foods as they get older. So mix up the menu!

Dinnertime Tools

Stocking your kitchen with handy gadgets will make meals easier.



1

Perfect for on-the-go snacking

2

3

4

5

6

Whip up yummy purees from veggie chunks.

1. FUN FEEDER

Let your baby dig into fruit and veggie slices with the OXO Silicone Self-Feeder. The pouch lets only tiny amounts of finger foods through, and the handle is easy for tots to hold. \$9; oxo.com

2. PLAYFUL PLACE MAT

The Ezpz Care Bears Collection mat makes snacking fun. The attached plate holds small portions, and suction cups keep the mat in place. \$23; ezpzfun.com

3. DOUBLE-DUTY BOWLS

Keep food fresh and securely packed with Wean Bowls. These glass containers are safe to use in the dishwasher, freezer, and microwave. \$18 for a set of four; amazon.com

4. EASY SLICER

Transform chicken breasts, peppers, pizza, and more into half-inch-size servings with the Tiny Bites Food Shears. \$11 for a set of two; tinybites.com

5. DIY PUREE

The Baby Brezza Glass Food Maker Complete shortens the puree process by steaming, cooking, and blending together in one device. \$130; babybrezza.com

6. PERFECT SPOONS

The flexible food-grade silicone Olababy Feeding Spoon makes it simple to scoop out hard-to-reach bits of jarred puree. \$15 for a set of two; olababy.us

EMILY ELVERU AND ALEKSANDRA WEBER

¡Buen Provecho, Baby!

It's never too early to introduce *bébé* to Latin flavors, as these moms can attest.

Abuela knows best

Two weeks after starting solids, I dropped my 6-month-old son, Michael, at my mother's house with his jarred baby food. When I picked him up and asked if he'd eaten what I'd left for him, my mom said, "He doesn't like that, so I made him *mangú*—mashed, creamy plantains—with onions and cheese, and he ate it up!" I explained that our pediatrician said he was too young for dairy and asked her not to do it again. Her response? "I gave you the same thing, and nothing ever happened." **Angela Ramos Gallina, Dominican-American; North Salem, New York**

Bean bonanza

When my daughter Charlotte was 5 months old, one of her first foods contained black beans. She loved the beans so much, I started giving them to her alone as a puree. One day while changing her diaper, I noticed her poop was black. As a nurse, I knew that dark-colored stools meant blood, and I panicked. I took her to the pediatrician, who asked if she had tried any new foods. I realized the color change was due to the large amount of black beans she was eating. Oops! **Glenda Eagen, Cuban-American; Harris County, Texas**

Taste for tamale

When my daughter, Janelle, was about 7 months old, my mother gave her a small piece of Nicaraguan tamale made with corn, rice, red beans, meat, and onions so she could try it. Janelle ended up liking it so much, she grabbed the entire tamale in her hands and we couldn't pry it away from her. She almost ate the entire thing! **Gigi Mormeneo, Nicaraguan-American; Miami, Florida**

—WANDA MEDINA

• ALLERGY ALERT •

In the past, parents were told to hold off on allergenic foods such as nuts until after the first birthday, but research shows that early exposure may actually reduce a child's risk of allergies. Discuss the issue with your pediatrician; if you get the go-ahead, start by stirring a little bit of creamy peanut butter or peanut powder into a puree.

**Los niños son sorprendentes.
Imagínate si tomaran NIDO.**



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de 1 año
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reducida.

A partir
de 1 año

A partir
de 3 años

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Tu amor. Su futuro.™

El Día del Niño
is all about celebrating the joys
of childhood with feel-good
activities the whole family can enjoy.
So stop acting your age and...

start
kidding around



BY **WANDA MEDINA** PHOTOGRAPHS BY **MELANIE ACEVEDO**

1

Drop the mic.

Get ready to pump up the jam with your very own version of *The Voice*! A two-day party pass from Karafun, an online karaoke player, lets you and your kids sing along to classics like “Como la Flor,” by Selena; “La Bamba,” by Ritchie Valens; and “Guantanamera,” by Celia Cruz.

Ages 8+, \$6; karafun.com



●
**MAKING
THE BAND**

Channel your
inner rock star
right in your
living room.

●

Dessert is sweeter when you share.



2

Cool down.

Think of it as spring on a stick! *Paletas*, the Mexican version of ice pops, are made from fruit, nuts, even spices. This recipe from chef Fany Gerson, author of the cookbook *Paletas: Authentic Recipes for Mexican Ice Pops, Shaved Ice, and Aguas Frescas*, is all you need to turn little ones into *paleteros*. *Ages 3+*

Paletas de fresa

INGREDIENTS

- 4 cups fresh strawberries, preferably wild, hulled and cut into quarters
- ¾ cup sugar
- ½ cup water
- 2 Tbs. freshly squeezed lemon juice

MAKE IT

1. Combine strawberries and sugar in a bowl. Let sit until strawberries start releasing their

natural juices, 20 to 30 minutes. Place in a saucepan with the water over medium heat. Simmer until they are slightly softened, about 5 minutes. Let cool to room temperature.

2. Transfer the mixture to a blender or food processor, add the lemon juice, and puree until smooth; alternatively, you could leave some chunks in if you like.

3. If using conventional molds, divide the mixture among the molds, snap on the lid, and freeze until solid, about 5 hours.

3

Make someone else's day.

Sure, kids get showered with presents on El Día del Niño, but the feeling they'll get from giving back may be the best gift yet! Most local children's hospitals have a wish list for patients, and their only requirement is that donations be new and unwrapped. Take a trip to the toy store and let your kid pick out one special gift. Then include a note from your child with his name, age, and city and why he chose that item. *All ages*

4

Picture this.

Put those digital photos to good use by turning them into personalized playthings.

● Jigsaw puzzle

Upload your favorite family portrait and choose your size—from 15 pieces for the littlest hands to 1,000 pieces. *Ages 3+, from \$23;*

● Coloring book

It's a self-portrait... sort of. Create a coloring book of up to 24 pages filled with your family's close-ups. *All ages, from \$12;* reallycolor.com

● Playing cards

Make it a game night with a set of picture-perfect cards. Just grab your customized deck and "Go fish." *Ages 4+, \$10;* zazzle.com

5

Grab a stick.

Who says piñatas are only for parties? Lorena Alvarez, a Mexican-American mom of two in Los Angeles who writes about her family on the blog *Alvarez Adventures*, likes to make mini versions during picnics. “I want to inspire moms to get their kids outside because an open space has so many possibilities for healthy playtime—and it doesn’t cost much!” says Alvarez.

YOU WILL NEED

- Empty container
- Stirring stick
- 1 cup water
- 1 cup flour
- 1 tsp. salt
- Small balloon
- Newspaper strips (1 to 3 in. wide)
- Strips of brightly colored streamer paper
- Scissors
- Glue
- Traditional Mexican sweets like Duvalín, Vero Mango, Pulpardino, and Mazapán (\$5 to \$12; amazon.com)
- Piece of ribbon

TO MAKE

1. In an empty container, use the stick to combine water, flour, and salt until they thicken into a paste. Blow up the balloon; tie a knot at the end.
2. Dip newspaper strips into the paste and apply all over the balloon. Let dry for 20 minutes. Repeat process twice.
3. Once the balloon is hardened, fringe the streamer paper by cutting snips $\frac{3}{4}$ of the way up. Glue streamers to the balloon.
4. Cut out an opening around the knot, pull out the balloon, and fill piñata with candy. Make tiny slits on each side and insert a ribbon through the holes.
5. Hang the piñata from a tree, grab a small fallen branch, and hit it until candy comes pouring out! Ages 5+

6

Bust a move.

Grab your squad, turn up the music, and get ready to shake what your mami gave you after reading these books themed around Latin dance. (Feathered boas and gauzy tutus not included, but definitely encouraged.)

► **Feel the Beat: Dance Poems That Zing From Salsa to Swing**

by Marilyn Singer, illustrated by Kristi Valiant
The rhythm is going to get you in this ingenious collection that celebrates dances from merengue and hip-hop to cha-cha and tango. Each poem’s tempo mimics the featured dance beat, and the dynamic illustrations will make readers feel as if the dancers are going to twirl off the page. Includes an audio CD. Ages 5 to 8, \$17

► **Danza! Amalia Hernández and El Ballet Folklórico de México**

by Duncan Tonatiuh
The story of Amalia Hernández, founder of the prestigious El Ballet Folklórico de México, comes to life in this beautifully designed book that honors the rich history of Mexican dance. Through innovative illustrations modeled after the ancient art of the indigenous Mixtec population, kids are taken on a mesmerizing journey into one of the world’s most treasured ballet companies. Ages 6 to 10, \$19

On your feet, Papi! We’ll show you how it’s done!

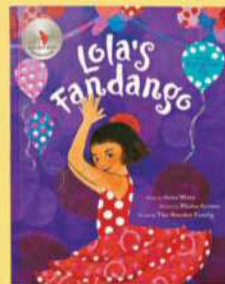
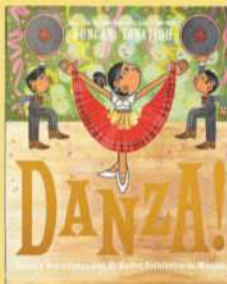
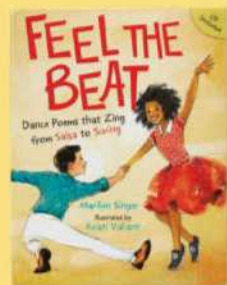


► **Lola’s Fandango**

by Anna Witte, illustrated by Micha Archer
Tired of living in the shadow of a fabulous older sister, young Lola starts taking secret flamenco lessons with her papi and emerges as a star in her own right. You’ll shout ¡Olé! when she discovers her own *duende*, or spirit, in this animated story that captures the essence of the classic Spanish dance. Ages 5 to 8, \$10

► **Sebi y la Tierra del Chachacha**

by Roselyn Sánchez and Eric Winter, illustrated by Nivea Ortiz
From actress Roselyn Sánchez and her husband, Eric Winter, comes the story of a girl and boy who find themselves learning the cha-cha, samba, and merengue from colorful creatures. Inspired by their daughter, Sebella, this tale gives little *bailarines* a glimpse into the world of Latin dance. Ages 4 to 8, \$17



OPENING SPREAD: ON MOM: JACKET, ALICE & OLIVIA, T-SHIRT, J. CREW; JEANS, CHLOE; EARRINGS, AURELIE BINDERMANN; BRACELETS, DINOSAUR DESIGNS; COLD BRACELET, ANNE KLEIN COLLECTION; ON GIRL: TOP AND DRESS, BANGBANG COPENHAGEN; LEGGINGS, BOBO; SHOES, SNEAKERS, ZARA; SUNGLASSES, STELLA MCCARTNEY; ON DAD: TOP ALBAM; JEANS, H&M; SOCKS, HAPPY SOCKS; COMMON PROJECTS; RING, ANNA SHEFFIELD; BEADED BRACELET, MIKA; RED BRACELET, PAUL SMITH; ON BOY: TOP, KIPRA; PANTS, ZARA; SOCKS, ZARA; SHOES, AND SUNGLASSES, H&M; THIS PAGE, BOOKS; PETER ARDITO



7

Kick it old-school.

Enjoy some low-tech fun, courtesy of these classic toys and games.

1 / CINCOS

Play marbles, Guatemalan-style. Using sidewalk chalk, draw a triangle on the floor and have each player place one marble inside. Stand a few feet away, divvy up remaining pieces, and take turns trying to knock your opponents out of the triangle with your marbles. Players keep “captured” pieces, and whoever has the most at the end wins. *Ages 3+, \$10; amazon.com*



2 / DOMINOES

Did someone say *capicú*? Have a go at this treasured pastime by giving each person seven dominoes and reserving the rest in a pile (or “boneyard”). The highest double starts the game; each player continues by placing a matching domino next to the one before it. Draw from the boneyard if you don’t have a matching piece, and play until someone runs out of *fichas*. *Ages 8+, \$6; target.com*



3 / TROMPO

A cross between a yo-yo and a dreidel, the trompo is popular in Mexico, where kids make it spin by winding its string around the body before throwing it on the floor. The winning trompo is the last one standing, er, spinning. *Ages 6+, \$9; amazon.com*



8

Go green.

Get in touch with nature by taking an introductory class with Tinkergarten, an outdoor play-based “school” where the classroom is a local park. Mini explorers build birds’ nests with fallen branches, paint with petals and berries, and make mud pies. *Ages 18 months to 8 years, free intro with classes starting at \$15 (varies depending on location); tinkergarten.com*

Top off the day by growing your own organic herbs with Garden-in-a-Can, an all-in-one container that turns little ones into gardeners. Just pop open the can, add water, and place in a sunny spot. In a few weeks, you’ll have fragrant cilantro and a reminder of El Día del Niño! *Ages 3+, \$25; backtotheroots.com*

9

Hang out with Cantinflas.

Laughing as a family strengthens your bond and keeps everyone happy and healthy. Nurture your kid’s budding sense of humor with the slapstick antics in *Cantinflas y Sus Amigos*, an animated series that follows Mexico’s most beloved comedian on fantastical adventures through time and space. Episodes such as “Cantinflas Climbs Mt. Everest” and “Cantinflas Meets Rembrandt” will have kids learning while they LOL. *Ages 3 to 8, free; youtube.com*



10

Tag it up.

You don’t need to go outside to create street art. Ana Dziengel, a Spanish-American mom of three in Los Angeles and author of the kids’ crafts book *Babble Dabble Do*, encourages her kids to get messy, with inspiration from graffiti artist Jean-Michel Basquiat. “He turned street art into fine art,” says Dziengel of the Nuyorican and Haitian maverick. To get her little artists started, she tapes black duck cloth (available at Amazon) to a large, flat surface, such as a kitchen table, and then hands them a box of sidewalk chalk. The final product—a fun collection of shapes, scribbles, stick figures, and names—can be hung up with tape for all to see. *Ages 3+*

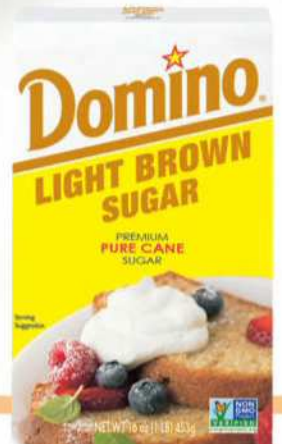
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Mom

FEEL GOOD AND LOOK GREAT

HAPPY
MOTHER'S
DAY
TO YOU!

TREAT YOURSELF!

Truth: When you're a busy mom, the most likely place to get a break is the bathroom. Here are ten ways to beautify your face, body, and hair while you're in there. ›

BY **KATE SANDOVAL BOX**

Best Face Forward

Kids are asleep. Dishes are done. And there's just enough time for a facial. Follow this DIY version to wake up to clear, super-dewy skin.

1

EXFOLIATE

On clean, dry skin, massage **L'Oréal Paris Pure-Sugar Purify & Unclog Face Scrub** all over in a circular motion. Sugar granules and kiwi seeds in the gel formula will gently remove dead skin cells. Now rinse and pat dry. \$13; drugstores

2

TONE

Pour **Pixi Skintreats Rose Tonic** onto a cotton round and gently wipe across your skin to balance, brighten, restore hydration, and get rid of any red, irritated areas with aloe, chamomile, rose, and elderflower extracts. \$15; pixibeauty.com

3

HYDRATE

Apply a generous layer of **Simple Water Boost Skin Quench Sleeping Cream**. Don't rinse off: It has a plant extract that works like an invisible seal to stop moisture from leaving your skin while you snooze. \$9; drugstores



DOWNLOAD
A GUIDED
MEDITATION
(THE AURA APP
HAS THREE-
MINUTE OPTIONS)
TO GET YOU IN
THE ZEN ZONE.



Body Beautiful

Take a moment to gear up for skin-baring weather (and mentally prep for the day ahead) with these treatments.

SMOOTH MOVE

While you're in the shower, massage a scoop of **Dove Exfoliating Body Polish Crushed Macadamia & Rice Milk** all over. The whipped, cookie-scented formula moisturizes while its silica beads gently buff away any dry, dead skin cells. \$6; drugstores



TONE IT UP

Towel-dry, then place the rectangle-shaped cotton strips that come in **Palmer's Coconut Oil Body Firming Sheet Mask** on hips or thighs. Caffeine, Brazilian guarana-seed extract, and cupuaçu butter hydrate and encourage circulation to temporarily firm skin. \$6; walmart.com

Nothing wrong with Abuela's tried-and-true cucumber trick.

Lip Goals

● TO GO FROM CHAPPED TO PILLOWY SOFT

Smear on a thick layer of **Sara Happ Sweet Clay Lip Mask** and let the icing-like formula, full of rose-hip and grapeseed oil, sit for a few minutes. Wipe off with a washcloth to reveal incredibly supple lips. \$32; sarahapp.com

● TO KEEP THEM HYDRATED AND SHINY

Glide on the blend of coconut, sunflower, and avocado oils in **IsaDora Nourishing Lip Oil** to get both the hydration of a balm and the sheen of a gloss without any stickiness. \$14; walgreens.com



Just one use of this mask will totally transform dry lips.



Silkier Feet

Not only does **Patchology PoshPeel Pedi Cure** smooth your heels, but it's also an excuse to put your feet up. Pour the peel (full of glycolic, lactic, and citric acids) into the two included booties, slip your feet in, and hang out for an hour. Then rinse thoroughly. For the next week, you'll be amazed at all the dead skin that sheds off—and how smooth your feet feel. \$20; patchology.com

Hair Refresh

If you can spare an extra 60 seconds in the shower, then you have time to apply **Garnier Fructis Damage Repairing Treat 1 Minute Hair Mask + Papaya Extract**. Focus on your midlength hairs and ends to repair any damage. \$4.50; drugstores



TAKE A MOM BATH

Kick out the rubber ducky, steep your bathwater with **Botanical Bliss Coconut Milk Bath Tea Bags**, and sink into the muscle-soothing blend of coconut milk and Epsom salt for the ultimate indulgence. \$20 for four bags; liliaromatherapy.com

One Fit Mama

After Insta-famous personal trainer Massy Arias welcomed her firstborn last February, not only did her life change—so did her business. Here’s how this new mom used her mental and physical strength to turn lows into highs and inspire her more than 2 million followers in the process.

BY **CRISTINA GOYANES** PHOTOGRAPHS BY **MEI TAO**

WHEN IT comes to mom bods, Massy Arias’s is athletic, confident, and always on the move, as evidenced by the Dominican-born fitness coach’s Instagram channel (@massy.arias). That’s where her more than 2.4 million followers go for creative workouts, club-worthy dance routines, and motivational words, delivered in both English and Spanish. It’s also where they get to fawn over photos of her adorable

14-month-old daughter, Indi (short for Indira). After all, she’s the reason Arias feels more powerful than ever. “I’m stronger, mentally and physically, than before I had her,” says the 29-year-old, who now lives in Los Angeles with her handsome husband and business partner, Stefan, little Indi, and their Boston terrier, Pepper.

Forget that Arias can do a 300-pound barbell squat. She’s referring to a different

kind of strong—the kind that comes after surviving the first year with a new baby, which all moms can relate to, and overcoming postpartum anxiety in between, which not all moms will talk about as candidly as she has in the Latino community, where mental-illness stigmas still prevail. “I wasn’t showering. I wouldn’t eat. I would spend my days crying for no reason. And I didn’t feel a connection to Indi until weeks after,”

admits Arias. That willingness to keep it real with her audience, or tribe as she calls her social-media family, has its ups and downs.

“They can be supportive but also judgmental,” says Arias, who was virtually chastised for getting back into the gym shortly after Indi was born. “Some people would say, ‘Look at her, she’s working out because she wants her body back. She’s supposed to be enjoying her

WARDROBESTYLING BY SARAH SCHUSSHEIM FOR THE WALL GROUP, PROP STYLING BY LIZZIE LANG FOR WALTER SCHUPFER, HAIR STYLING BY CANDICE “CECE” HUDSON, MAKEUP BY LYSETTE CASTELLANOS, MANICURE BY SARAH CHUIE FOR ARTISTS BY TIMOTHY PRIANO, CHILD WRANGLING BY GREG MARKLES, ON MASSY, THIS SPREAD, JACKET, THE MIGHTY CO. SKIRT, FILA, BRA, CHAMPION, ON INDI, COTTON ON, ON MASSY, NEXT PAGE: BODYSUIT, TOP SHOP, PANTS, MARC JACOBS, SNEAKERS, VANS, EARRINGS, JENNIFER FISHER, RING, JENNIFER ZEUNER.



EVERY DAY I TRY TO BE
THE KIND OF WOMAN
THAT MY DAUGHTER WILL
LOOK BACK ON AND ONE
DAY SAY, 'WOW, MY
BIGGEST ROLE MODEL
IS MY MOTHER.'

baby,” recalls Arias. “They didn’t know I was trying to beat my depression the best way I knew how—through exercise.” While she was thankful that so many of her loyal followers defended her, Arias was able to find her stride as a new mom in her own time. “I don’t let anything stop me, and that’s why I’m here today,” she says.

Arias’s ability to keep going no matter what has certainly taken her far. Aside from launching her own line of supplements and running a thriving online personal-training business, last year she became a brand ambassador for CoverGirl and Target’s C9 Champion activewear. Recently, Arias, who loves to offer others inspiration every chance she gets, stopped moving long enough to share how we can all silence any self-doubt and stay focused on what’s ahead.

PRESS RESTART

“If you don’t like where you are, you can change your outcome. At 18, I was in an awful relationship where I didn’t value myself as a woman. When you’re with someone who demoralizes you, cheats on you, and lies to you, you start wondering what you’re doing wrong. I fell into a depression and had to do a 180 and analyze my life. I asked myself, ‘Who is holding me back? What am I doing to hold myself back? Where do I want to be? What is going to be my action plan?’ I started on the elliptical machine for five minutes, then ten, then 15, until I began feeling really good. Fitness absolutely changed my life, and not just exercise but everything that comes with it: getting outside more, meeting new people who

challenge me, eating better. Through fitness, I realized what I’m capable of doing.”

ASK FOR HELP

“Postpartum depression was really tough. And here I was trying to breastfeed with bleeding nipples. I felt like an awful mother because my child never latched on. Then I had my mom barking in my ear, ‘Just give her formula. She’s too skinny. It’s sad.’ I told her, ‘Ay, Mami, you are actually adding to my anxiety. You’re making me feel like I don’t know what I’m doing.’ That’s how I broke it down to her. She’s my mother, and she loves me. Once I spoke about it, she supported me through my breastfeeding efforts. Being able to tell my family, ‘Hey, I’m vulnerable right now. I know you see this powerful woman, but I’m not myself. Can you help?’ was important for me to get better. I ended up pumping for six months—my boobs don’t feel the same—but I figured out a way of giving my daughter what she needed.”

TRUST THE PROCESS

“Don’t feel that as a new mom you have to do things exactly by the book, because life is not one-size-fits-all. You’ve already done something so incredible by pushing that baby out of your vagina. Whatever you do now is right in that moment. You only get better with practice. Same goes for exercise! I know there are lots of women who don’t go to the gym because they feel intimidated. Trust me, nobody will be watching you. Start out with something basic. Eventually you’re going to learn what you like. Fitness can be anything: dance, calisthenics, hiking, swimming. It is all about



COOL DOWN

Arias shares her easy strategies for unwinding.

Personal time

"My husband loves to work, so I told him, 'Listen, don't talk to me about work after 5 P.M.' I don't care what happened. 'Let's just talk about good things.'"

Beauty break

"I take a whole day for myself once a week. This is my beauty day. I get my nails done, get a massage, or meet a girlfriend for lunch."

Cooking Zen

"I love cooking. Anybody who knows me knows that I'm better as a cook than I am in fitness. I'm working on a cookbook for 2018."

Meditation mode

"An hour before bed, I don't watch TV. I may read a book. Then, the last ten minutes of the day, I put on some relaxing music, lie in bed, and reflect on everything."

progress, not perfection. When I took one of my first clients, she was pre-diabetic, and now she's getting the same certification I received as a trainer."

KNOW YOUR WORTH

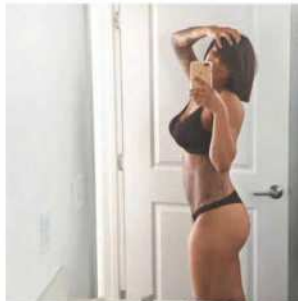
"It wasn't until I understood the female body and the miracle of motherhood that I appreciated fat—the same fat that was going to feed my child. Cellulite is functional. While I'm not as cut as I usually am, I'm loving my body. When you love yourself and know your worth, that's when you're going to attract the right people—those who love you with all of your imperfections, for who you are and not who you're trying to be. Stefan has seen me skinny, super-shredded, über-pregnant—it hasn't mattered. This man continues to love me no matter how my body has changed over the years. And while I did get breast implants to feel more womanly, I didn't get them for him. I got them for myself."

STAY PRESENT

"As a parent, sometimes you feel like a zombie. There are times when Stefan and I wake up and it's as if we're in a trance. Every single day, you find shortcuts that work for you. So the fact that Indi is alive, has four limbs, and is happy all the time—I know I got this. You feel better every single day. When I look back at pictures of her when she was smaller, and I think about all the things I went through and I'm still here, I'm still sane, I'm, like, 'Holy cow, how did I do all of this?' That's how I look at my life. I don't think about the future or the past. I seize the day. Make it through today and you're going to be fine tomorrow."

A YEAR IN THE LIFE

FROM THE MOMENT HER DAUGHTER, INDI, WAS BORN LAST FEBRUARY, ARIAS SHARED HER MOTHERHOOD JOURNEY ON INSTAGRAM.



MARCH 18

"Love my curves. Love my cellulite. Even my thighs love themselves because they now rub each other!"



SEPTEMBER 5

"One of the hardest things I've had to deal with is leaving her for hours at a time, so I take my morning seriously. I know she will be proud of me one day."



MAY 18

"My medicine these past couple of weeks. I've been fighting some postpartum depression. Been taking a couple of days to refocus my energy."



OCTOBER 27

"She makes it easy to have a decent dinner and actually enjoy it. And even if she's not so great, well... she's my child, so be it."



JULY 24

"After giving birth, I didn't recognize myself—or my body. I had a hard time accepting the changes that today became the catalyst to the new woman you see standing in front of you."



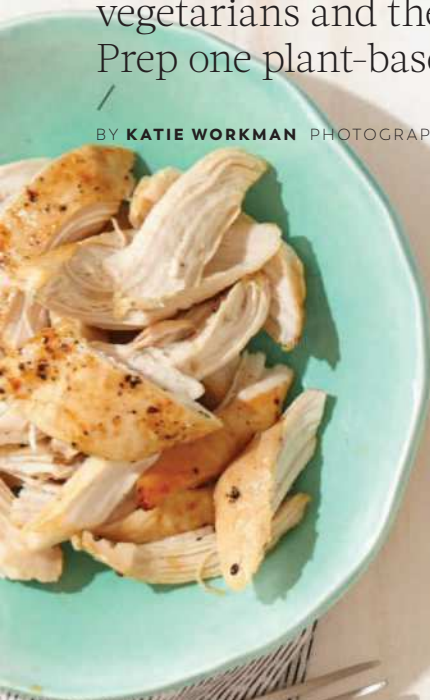
DECEMBER 10

"I am more than my hair! Yesterday I chopped it all off so I can be all natural. I want Indi to understand her heritage and relate to me. I want her to feel beautiful in her own skin."

Meat Me Halfway

Dinner gets flexible with these dishes that cater to both vegetarians and the carnivores who love them. The trick? Prep one plant-based meal and add meat to half.

BY KATIE WORKMAN PHOTOGRAPHS BY YUNHEE KIM



↑
VEGGIE
— OR —
CHICKEN
↓



Rainbow Couscous Salad
Main-course salads are ideal for “flexitarian” families. Use leftover or rotisserie chicken for our version (recipe, page 38).

A top-down view of a meal on a white ceramic plate. The plate contains two large, 1-inch-thick slices of grilled cauliflower, one of which is topped with a green chimichurri sauce. Beside the cauliflower are several slices of grilled beef, also topped with the chimichurri sauce. A silver fork and knife with a wooden handle are placed on the plate. The plate sits on a white tablecloth with a colorful geometric pattern in red, blue, and orange. To the left of the plate is a small blue glass filled with water. To the right, a small white bowl contains more chimichurri sauce. A yellow circular callout is positioned between the two plates, and a black hexagonal callout is on the right side of the page.

Grilled Chimichurri “Steaks”

Slice cauliflower from the center of the head in 1-inch-thick “steaks.” Save the extra from the sides of the head to roast later in the week (recipe, page 38).

VEGGIE
OR
BEEF

CALLING ALL
OMNIVORES!
Give the veggie
one a try.
More pants are
a plus for
everyone.



VEGGIE
OR
SAUSAGE

Swap in fresh chorizo or turkey sausage for extra flavor.

Rainbow Couscous Salad

Active Time **45 minutes**
Total Time **45 minutes**
Makes **6 servings (3 vegetarian)**

INGREDIENTS

- 1 medium zucchini, halved lengthwise and sliced into half-moons (1¼ cups)
- 1 cup fresh or frozen corn, thawed
- ¼ cup olive oil, divided
- ¾ tsp. salt, divided
- 3 Tbs. fresh lemon juice
- 1 Tbs. honey
- Freshly ground black pepper
- 3 cups baby spinach
- 2 cups cooked Israeli couscous
- 1 can (15 oz.) chickpeas, drained and rinsed
- 1 cup halved grape tomatoes
- ⅓ cup thinly sliced red onion
- 1 cup crumbled feta cheese (optional)
- 2 cups cubed or shredded cooked chicken breast

MAKE IT

1. Preheat the oven to 400°F. In a large baking pan combine the zucchini, corn, 1 Tbs. of the olive oil, and ¼ tsp. salt. Roast for 10 minutes or until just tender. Let cool slightly.

2. Meanwhile, for the dressing, whisk together the remaining 3 Tbs. olive oil, the lemon juice, honey, the remaining ½ tsp. salt, and pepper to taste.

3. In a very large bowl combine the spinach, couscous, chickpeas, tomatoes, red onion, zucchini mixture, and dressing. Toss to combine. Sprinkle the feta cheese over the top, if using.

4. Separate the salad you'd like to keep vegetarian and add the cooked chicken to the rest. Serve salad warm or at room temperature.

NUTRITION PER SERVING VEGETARIAN: 307 calories; 9g protein; 11g fat (1g sat. fat); 47g carbs; 4g fiber; 7g sugar; 2mg iron; 47mg calcium; 545mg sodium. **WITH CHICKEN:** 461 calories; 38g protein; 14g fat (2g sat. fat); 47g carbs; 4g fiber; 7g sugar; 3mg iron; 61mg calcium; 614mg sodium

Grilled Chimichurri "Steaks"

Active Time **35 minutes**
Total Time **35 minutes**
Makes **6 servings (3 vegetarian)**

INGREDIENTS

- 1½ cups parsley leaves
- ¼ cup red-wine vinegar
- 2 Tbs. chopped shallot
- 1 Tbs. fresh oregano or 1½ tsp. dried oregano
- 2 garlic cloves
- ¾ tsp. salt, plus more to taste
- ½ tsp. crushed red pepper
- ½ cup extra-virgin olive oil
- Freshly ground black pepper
- 3 cauliflower slabs (1 in. thick)
- 3 boneless strip or sirloin steaks (6 to 8 oz. each)

MAKE IT

1. For the chimichurri, in a food processor or blender combine parsley, vinegar, shallot, oregano, garlic, ¾ tsp. salt, and crushed red pepper. Pulse until finely chopped. Add the oil and process until nearly smooth. Season with black pepper to taste. Divide ¼ cup chimichurri evenly between two large plates and reserve the remainder.

2. Preheat a greased grill to medium. Season the cauliflower and beef with salt and pepper. Grill cauliflower 14 to 16 minutes, turning once halfway through. Grill beef 8 to 10 minutes or to desired doneness.

3. Transfer the cauliflower and beef to the prepared plates. Let rest for 10 minutes, turning each steak once to absorb some sauce. Drizzle with the remaining chimichurri sauce.

NUTRITION PER SERVING VEGETARIAN: 209 calories; 4g protein; 19g fat (3g sat. fat); 10g carbs; 4g fiber; 3g sugar; 2mg iron; 61mg calcium; 346mg sodium. **WITH STEAK:** 431 calories; 38g protein; 29g fat (7g sat. fat); 2g carbs; 1g fiber; 0 sugar; 5mg iron; 40mg calcium; 400mg sodium

Summer Vegetable Lasagna

Active Time **1 hour**
Total Time **2 hours**
Makes **12 servings (6 vegetarian)**

INGREDIENTS

- 2 red, orange, or yellow sweet peppers, halved and seeded
- 1 zucchini, bias-sliced ¼ in. thick
- 1 Japanese eggplant, bias-sliced ¼ in. thick
- 2 Tbs. olive oil
- ¼ tsp. salt
- Freshly ground black pepper
- 8 oz. uncooked turkey-sausage links
- 1 jar (28 oz.) pasta sauce
- 2 cups part-skim ricotta cheese
- 1 cup shredded Parmesan cheese, divided
- 2 eggs, lightly beaten
- Nonstick cooking spray
- 1 pkg. (8 oz.) no-cook lasagna noodles (12 sheets)
- 2 cups shredded part-skim mozzarella cheese

MAKE IT

1. Preheat oven to 375°F. Preheat grill to medium. Brush sweet peppers, zucchini, and eggplant with oil; season with ¼ tsp. salt and pepper to taste. Grill the vegetables 2 to 3 minutes per side or until they're grill-marked and tender. Grill sausage links 15 to 20 minutes or until done (165°F). When they're cool enough to handle, coarsely chop the vegetables and sausage.

2. In a medium bowl, combine chopped vegetables and pasta sauce. Transfer 3 cups into another bowl and set aside. Add the chopped sausage to the remaining pasta-sauce mixture.

3. In a medium bowl, combine ricotta, ¾ cup Parmesan, eggs, and pepper to taste.

4. Coat an 8-in.-square baking pan with cooking spray. Layer 2 lasagna noodles, ½ cup ricotta mixture, and 1 cup vegetarian-sauce mixture. Repeat layers two more times. Sprinkle 1 cup mozzarella cheese and 2 Tbs. Parmesan cheese on top. Repeat the process in a second baking pan using the meat-sauce mixture. If desired, top vegetable version with a V-shaped piece of pepper to differentiate between the two.

5. Cover the pans with foil. Bake, covered, for 25 minutes. Uncover and bake for 25 minutes more, until bubbly and lightly browned on top. Let stand for 10 minutes before cutting and serving.

NUTRITION PER SERVING VEGETARIAN: 304 calories; 16g protein; 15g fat (7g sat. fat); 27g carbs; 4g fiber; 7g sugar; 2mg iron; 309mg calcium; 592mg sodium. **WITH TURKEY SAUSAGE:** 360 calories; 22g protein; 18g fat (8g sat. fat); 27g carbs; 4g fiber; 7g sugar; 2mg iron; 316mg calcium; 824mg sodium

Hearts of palm have a texture similar to lump crabmeat's, for a tasty alternative.

Cakes Two Ways

Active Time **45 minutes**

Total Time **45 minutes**

Makes **6 servings (3 vegetarian)**

INGREDIENTS

- 1 sleeve saltines (36 crackers), crushed and divided (1 $\frac{1}{4}$ cups)
- 2 eggs, lightly beaten
- 6 Tbs. mayonnaise
- 3 Tbs. minced red onion
- 3 Tbs. chopped fresh parsley
- 2 tsp. Dijon-style mustard
- 1 tsp. Creole or Cajun seasoning
- Freshly ground black pepper
- 1 can (14 oz.) hearts of palm, drained and chopped
- 8 oz. drained crabmeat, picked over for shells
- 3 Tbs. canola oil, divided
- Lemon wedges and purchased rémoulade sauce, for serving

MAKE IT

1. Spread $\frac{3}{4}$ cup of the crushed saltines on a plate and set aside.
2. In a medium bowl combine the remaining $\frac{1}{2}$ cup saltines, the eggs, mayonnaise, red onion, parsley, mustard, Creole or Cajun seasoning, and black pepper to taste. Place half the mixture into another medium bowl. Add hearts of palm to one bowl and the crab to the other; stir each to combine.
3. Shape the hearts-of-palm mixture into three $\frac{3}{4}$ -in.-thick patties. Repeat with the crab mixture. Coat each patty with crushed saltines, working with the vegetarian patties first.
4. In a large nonstick skillet, heat half the oil over medium heat. Add the vegetarian patties and cook 4 to 5 minutes per side, or until golden brown. Transfer to a paper-towel-lined plate. Repeat with crab patties. Serve with lemon wedges and rémoulade sauce.

NUTRITION PER SERVING VEGETARIAN: 357 calories; 6g protein; 28g fat (4g sat. fat); 23g carbs; 3g fiber; 2g sugar; 3mg iron; 72mg calcium; 889mg sodium. **WITH CRAB:** 400 calories; 18g protein; 29g fat (4g sat. fat); 20g carbs; 1g fiber; 2g sugar; 1mg iron; 93mg calcium; 768mg sodium

VEGGIE
OR
CRAB

Better
Homes &
Gardens.

pretty & colorful

Style & Quality you love for less

find perfect blooms for
your outdoor space

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Better Homes & Gardens.

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Gerbera Daisies

Bright, Cheery Blooms
Long-Lasting



A.

B.

Selections and prices may vary by store and online.

Only at Walmart

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Ser Padres

› DONDE LA FAMILIA MULTILINGÜE SE UNE

“

“Desde que son pequeños los niños pueden ayudar con las tareas de la casa. No lo harán perfecto, pero es bueno que lo hagan igual, porque así aprenderán a ser limpios y responsables de grandes”.

ALBA MUÑOZ,
ABUELA CONSULTADA
SOBRE “EL ORDEN
EN LA CASA” (PÁGINA 44).

Planifica hoy, gana mañana

Disfruta de un futuro sin sobresaltos resolviendo a tiempo estos cuatro errores frecuentes.

1 / Vivir sin un plan B

ARREGLO: Si no tienes dinero reservado para pagar tus deudas en caso de que tú o tu pareja pierdan sus trabajos, abre una cuenta de ahorros y transfíere un mínimo de \$25 por cada cheque que cobras, dice Jane Nowak, planificadora financiera en Smyrna, Georgia. Guarda el dinero necesario para tres meses, o seis si solo uno de los dos trabaja.

2 / Ignorar tu retiro

ARREGLO: Muchos padres guardan dinero para la universidad de sus hijos, pero no para su retiro. “Hay créditos para educación, pero no para la jubilación”, dice Kelly L. Higgins, fundadora de Lautus Wealth Advisory, en Troy, Michigan. Asigna fondos de cada paga o, si aplicas, escoge una cuenta 401(K). Si no, toma una Roth IRA o una IRA tradicional.

3 / Abrir una cuenta de ahorro a nombre de tus hijos

ARREGLO: Una cuenta de este tipo no te permitirá usar el dinero en caso de que tengas una urgencia, sus ganancias podrían pagar impuestos y el balance puede llegar a excluirte de la elegibilidad de ayuda económica, dice Gregory Meyer, gerente de marca en Provident Credit Union, en Palo Alto, California. Opta, en cambio, por un plan de ahorro para la universidad 529.

4 / Dejar pasar ahorros en taxes

ARREGLO: Seguro conoces las exenciones personales de \$4,050 por hijo, pero quizás no estés al tanto de otras oportunidades como los créditos de tazas por hijo, el de cuidado de dependientes y niños, el de adopción o la matrícula de estudiantes con necesidades especiales. -MARYN LILES



**¡EMPIEZA
A AHORRAR
HOY
MISMO!**

CHECKOUT 51

Esta app de reembolso de dinero te ayuda a economizar en las compras de almacén. El sistema es fácil de usar: le sacas una fotografía al recibo y, por cada producto que tenga promoción en la aplicación, te devuelven parte de lo gastado. Además, ofrece cupones y ofertas de las grandes cadenas como Costco, Target, Walmart o Whole Foods. Disponible en español. *Gratis, iTunes.*



MAMÁ BLOGUERA

LA ECUATORIANA
DENISSE ICAZA,
RESIDENTE EN WEST
PALM BEACH, FLORIDA,
TIENE CUATRO NIÑOS Y
ESCRIBE EL BLOG SOBRE
ECONOMÍA HOGAREÑA
AHORROS PARA MAMÁ.



¿Cómo podemos hacer para ofrecer comida saludable a nuestros hijos, sin dejar todo nuestro dinero en el supermercado?

Es esencial planificar y tener una idea anticipada de lo que tu familia va a comer durante la semana. Yo, por ejemplo, tengo una lista mental de las cinco cenas que voy a preparar, compro de acuerdo a eso y ahorro alrededor de un 30 por ciento mensual. Puedes armar tu plan siguiendo las ofertas que publican los supermercados, familiarizándote con una tienda que te guste y conociendo qué días están disponibles los descuentos. También conviene ver si hay cupones para lo que necesitas comprar. Por último, visita el supermercado una sola vez por semana, con una lista, sin los niños y con la panza llena, así evitas antojos.

MAMÁ ESTRELLA

Angélica Vale

Hija y nieta de estrellas mexicanas, desplegó talento propio en papeles como el de *Lety, la fea*. Además de actuar, hoy escribe un libro sobre cómo se convirtió en mamá de Angélica Masiel, de 5 años, y de Daniel Nicolás, de 3.

POR JULIA TORTORIELLO

Una larga búsqueda

“Para ser mamá pasé por mucho. Tuve que cambiar y aprender primero a quererme y valorarme. Recién entonces pude tener a mis milagritos, que es como yo llamo a mis dos hijos. Sí tuve problemas para embarazarme, pero es una historia con final feliz”.

Hecho realidad

“Yo sabía que iba a tener un hijo varón porque lo soñé a los 14 años: me ponían un bebé en los brazos, le veía los ojitos y eso me daba gran felicidad. A partir de ese día supe que cuando fuera mamá, iba a ser la mujer más feliz del mundo”.

El legado en un nombre

“A mi hija le tenía que poner Angélica por mi país, de lo contrario hubiese habido muchas abuelitas mexicanas enojadas. Además pude honrar a mi abuela, quien fue la primera Angélica. Mi hija dice que va a tener una niña y que la va a llamar igual, así que la tradición seguirá”.

Familia ensamblada

“Desde el inicio fomenté la relación de mi marido con sus hijas anteriores, que tenían 15 y 18 años, y hoy ya son ventiañeras. Empecé a salir con Otto [Padrón] a los 4 meses de su divorcio y a las niñas no les dio tiempo ni de respirar. Yo las entendía: había pasado por eso con mi papá”.

Posibilidades múltiples

“Mi hija puede ser actriz, directora o dictadora porque tiene un carácter muy fuerte. Aunque yo, al igual que mi papá conmigo, quisiera que mis hijos siguieran una carrera, para tener algo más seguro. Después, si tienen el talento y están locos como yo, pues que sean artistas”.

Latinos de pura cepa

“En casa desayunamos frutita, huevito con cebolla o tomate, o una quesadilla. Claro que la cocina es la parte más fácil con la que pasar nuestra cultura, pero yo quiero que conozcan todo”.



PRIMEROS AUXILIOS

“Vitacilina es una pomada mexicana que me hace la vida más fácil como mamá. Sirve para raspones, moretones... ¡Para todo!”.

PASATIEMPO

“Mi hobby son los rompecabezas. Me gustan los de pinturas famosas, en particular los de Van Gogh. Te puedes perder en ellos”.

A PASO DESCANSADO

“Estoy cómoda con mis zapatillas Adidas. Puedo recorrer todo Disneylandia con ellas y no me duelen los pies”.

VIRGENCITA DE GUADALUPE

“La celebro todos los días, pero cada 12 de diciembre le prendemos una velita, le damos sus flores y, siempre que puedo, voy a cantarle”.



“

“El Día de la Madre ideal para mí han sido todos los pasados, porque pude compartirlos con mis hijos y con mi mamá”.

ABUELA
SABIA

PALABRAS DICHAS CON AMOR Y EXPERIENCIA

El orden en la casa



REFRÁN

TODO CABE
EN UN
JARRITO,
SABIÉNDOLO
ACOMODAR.



¿Cuáles son tus trucos de limpieza preferidos?

¿Qué productos utilizas?

Tanto el vinagre, como el *baking soda*, son muy útiles y limpian todo muy bien. Cuando yo tengo que lavar ropa blanca, por ejemplo, le agrego una cucharada de *baking soda* al detergente habitual, ya que esto ayuda a quitar las manchas y a blanquear bien las prendas. Al *baking soda* y al vinagre también los uso para la limpieza de las superficies de la cocina porque las deja impecables. Tienes que echar el polvo o el líquido por donde quieras limpiar y luego pasar un trapo húmedo. ¡Ya verás qué reluciente queda todo!

P / ¿Cómo podemos hacer para involucrar a toda la familia en las tareas del hogar?

Los fines de semana, después de desayunar, puedes darle una asignación a cada persona de la familia para ponerse juntos a organizar. “Aquí están los detergentes, con este se trapea, con este se limpia y todos vamos a colaborar”. Si los niños son muy pequeñitos, primero tú les muestras, y luego lo pueden hacer ellos solos, aunque no quede impecable y lo tengas que repetir. Por ejemplo, diles: “¿Dónde hay que poner la ropa que te quitas? Si está para lavar, va a la cesta. Si está limpia, se dobla y se pone en el clóset. El pijama te lo sacas, lo doblas, lo pones debajo de la almohada y organizas tu cama”. No hagas todo tú sola, porque ahí es donde la mamá se cansa y se pone de mal genio.



El clóset de los niños siempre está desordenado. ¿De qué manera debemos organizarlo?

Bueno, hay que admitir que el clóset de los niños siempre tiende a estar desorganizado, en especial durante los días de semana. Pero debes saber que, si tienes disciplina y esmero, podrás mantenerlo en orden. Tómate una o dos horas semanales para poder acomodarlo. Y hazlo por la mañana, ya que a la tarde todos están agotados.



CONOCE A LA ABUELA

Alba Muñoz es una abuela colombiana residente en Queens, Nueva York. Tiene 5 hijos y 10 nietos, de entre 1 y 15 años.

DESCUBRE NUESTRO DETERGENTE FAVORABLE PARA LA PIEL CON UNA FRESCA FRAGANCIA

No es una sorpresa que se prefiera 2 a 1 contra el detergente Free & Clear líder en el mercado.*

ARM & HAMMER™ Sensitive Skin Plus Scent es nuestro primer detergente con fragancia para piel sensible, clínicamente comprobado. Es el secreto para lograr una ropa limpia con un delicioso aroma.

*En una encuesta a nivel nacional; entre aquellos con una preferencia; preferencia basada en la fragancia.



LA LIMPIEZA QUE NECESITAS A UNA FRACCIÓN DEL COSTO.†

†Por lavada vs. el detergente líder.



BAJA EL
VOLUMEN

Dile adiós a los gritos

Aunque a veces creemos que la única manera de lograr que los niños nos escuchen es alzando la voz, hay otros modos posibles. Aprende a bajar los decibeles y verás cómo toda la familia se beneficia con ello.

POR CORINNE GARCIA

TENGO LA impresión de que mis hijos, de 3 y 5 años, siempre se empeñan en hacer lo que no deben. Comer galletas en el desayuno, mirar una película cuando ya es hora de dormir o usar sandalias cuando está nevando. Cada vez que digo “no”, se descontrolan: se tiran al suelo, hacen berrinches y patalean. Nada me fastidia tanto como estos episodios de locura repentinos. ¿No pueden entender que si se quedan despiertos hasta tarde estarán de mal humor al día siguiente? Y sin casi darme cuenta, ya les estoy gritando de nuevo.

Mis hijos me hacen perder el control y, como muchos otros padres, respondo a los gritos, a pesar de que luego hubiera preferido reaccionar de otro modo.

Gritarles tampoco beneficia a los niños. Según la psicoterapeuta Alyson Schafer, la seguridad y la autoestima de tu hijo se debilitan cuando los gritos son el medio principal para disciplinarlo. “Si gritas de vez en cuando, no les harás daño”, asegura el psicoterapeuta Jim Hutt, Ph.D. Sin embargo, no es solución para que mejore su conducta. Los gritos asustan, y por eso activan la reacción del “sálvese quien pueda” del niño y desactivan su pensamiento lógico. “Si tú le gritas, tu hijo va a dejar de procesar información, y si quieres que aprenda por qué su comportamiento es inadecuado, necesitarás que entienda lo que le dices”, explica Hutt. Cuando los padres alzan la voz, les enseñan a sus niños a hacer lo mismo cuando estén enfadados. “Si golpeamos, ellos golpean; si gritamos, ellos aprenden a gritar. Si nosotros estamos tranquilos, ellos aprenden a estar tranquilos”, dice Hutt.

Ante una situación específica, hasta los padres más pacientes pueden llegar a perder la calma. Si esto ocurre, es importante que luego pidas perdón y les digas a tus hijos que deberías haber actuado de otra forma. “Los padres no pueden decirles a sus hijos que está bien equivocarse y, al mismo tiempo, no reconocer los errores propios o no pedirles disculpas”, agrega Hutt.

Identificar las situaciones que más te hacen gritar te ayudará a anticiparte a la reacción y manejar las emociones. A continuación, los especialistas nos ofrecen soluciones para que no te desbordes y puedas controlar los gritos.

1

LA LUCHA DE PODER

Tu hija quiere una galleta en el desayuno y no aceptará que le digan que no. Probablemente piense “si lloro y grito, tal vez mamá me la dé”. Cuando su pedido se transforma en una lucha por quién cede primero, tú pierdes la calma y terminas gritándole.

● **Por qué los padres perdemos el control** Toda vez que los niños no respetan nuestra autoridad (haciendo cosas que saben que no permitimos o ignorándonos), nosotros nos sentimos impotentes. Quizás tus gritos ya no se deban a la galleta, sino a que quieres volver a tener las riendas de la situación.

● **Solución sin gritos** Para que la puja por ver quién tiene el poder no se haga cada vez peor, haz un esfuerzo para salir de la pelea e intenten encontrar juntos la mejor solución posible.

Primero, explica tu postura de modo simple: “Nosotros no comemos galletas en el desayuno”. Luego, ofrece opciones: “¿Te gustaría, en cambio, comer yogur o cereales?”. “Estas palabras harán que tu hijo sienta que tiene cierto control de la situación”, dice Schafer. Si no funciona, puedes tratar de aliviar la tensión con humor. Hacer inesperadamente un movimiento de baile gracioso puede cambiar el estado de ánimo del niño y hacerlo sonreír.



LOS GRITOS ASUSTAN, Y POR ESO ACTIVAN LA REACCIÓN DEL “SÁLVETE QUIEN PUEDA” DEL NIÑO Y DESACTIVAN SU PENSAMIENTO LÓGICO.

2

LLEGAR TARDE

Para muchas mamás, lo más difícil del día es lograr que sus hijos salgan de la casa por la mañana. Les dices que se vistan y que se pongan los zapatos, y ellos te ignoran. Por fin encuentras las llaves y estás lista para irte, entonces salen corriendo y se esconden. Todo es divertido hasta que te conviertes en un monstruo gritón.

● **Por qué los padres perdemos el control** Es sumamente frustrante cuando estás apurada por salir y nadie se toma en serio tu preocupación por llegar a horario. Entonces tendrás que dejar lo que estabas haciendo y vestir a los niños tú misma.

Es fácil perder de vista que tus hijos no son capaces de entender, todavía, que llegar tarde trae consecuencias. Pero repetir las cosas una y otra vez no es la solución. “Hacerlo les hace pensar que son demasiado tontos o que no es necesario que respondan la primera vez”, asegura Hutt.

● **Solución sin gritos** “En vez de regañarlos y empezar a gritarles, diles solamente una vez que se vistan y no

vuelvas a recordárselo”, sugiere Hutt. Puedes decirles: “Nos vamos en 10 minutos. Espero que estén vestidos y listos”. Si no están preparados, álzalos y siéntalos en el auto con firmeza aunque con cuidado, sin importar lo que lleven puesto. Si tienen que ir a la escuela en pijama, la próxima vez estarán seguros de que no estabas bromeando cuando les pedías que estuvieran alistados.

Más tarde, cuando estés calmada y ya no estén apurados, Schafer recomienda que les pidas a tus hijos que te sugieran ellos mismos cómo hacer para que no sea tan complicado salir de la casa cada vez. “Los niños obedecen mejor cuando pueden establecer una rutina en forma conjunta”, señala Schafer.

3

RIÑAS ENTRE HERMANOS

Tu hija tiene un talento especial para hacer enfadar a su hermano. Yendo hacia el parque en el automóvil, se inclina hacia él y con un dedito agraciado toca su manta favorita y desata una guerra. Tu temperamento pasa de estar en cero a estar en 60 en 3 segundos, o incluso menos.

● **Por qué los padres perdemos el control** No importa quién empezó; es casi imposible ponerse en el lugar de árbitro cuando los dos niños están a los gritos y pataleando, y la escena se torna realmente peligrosa una vez que la pelea gana atención por sobre el manejo.

● **Solución sin gritos** Cuando los niños están peleando, reaccionar negativamente es como echar leña al fuego: solo empeorará la situación. En especial al conducir, cuando no puedes prestar atención y resolver el problema, tu instinto inicial será gritar, pero Schafer recomienda que intentes ser receptiva en vez de reactiva. Estaciona y

diles a tus hijos que es muy peligroso conducir cuando están peleando. Algo así como: “Entiendo que estén enojados, pero no puedo ir a ningún lugar hasta que se calmen”. Luego permanece sentada y quédate tranquila, lee un libro o mándales mensajitos a tus amigos hasta que los niños se tranquilicen. Al mantenerte en calma, les demuestras que no tienes la intención de ponerte del lado de ninguno y les das un ejemplo de cómo deben tratarse uno al otro. Cuando los padres reaccionan de una manera que hace sentir a los hijos escuchados y comprendidos, los niños también aprenden a tratar bien a los demás.

Un Cinco de Mayo a todo sabor

POR MONICA PIERINI
FOTOGRAFÍA POR DANE TASHIMA

¡DALE UN TOQUE AÚN MÁS MEXICANO CON SALSA PICANTE!

QUESA' PIZZA

En una sartén grande, lleva a fuego medio 1 c. de aceite de oliva. Agrega una tortilla integral de 10 pulgadas y recúbrela con ½ taza de queso mezcla mexicano rallado. Tapa con otra tortilla. Cocina por unos 5 minutos dando vuelta una vez, hasta que se dore de ambos lados. Repite con otras dos tortillas y ½ taza de queso. Cubre cada quesadilla con frijoles refritos entibados, lechuga romana cortada, tomates romana cortada, cebolla verde en rebanadas y cilantro picado. Acompaña, a gusto, con salsa, aguacate pisado o crema agria. Rinde dos quesadilla pizzas.

In a large skillet, heat 1 Tbs. olive oil over medium heat. Add one 10-in. whole-wheat tortilla, and top with ½ cup shredded Mexican-cheese blend. Top with another tortilla. Cook, flipping once, until golden brown on both sides, about 5 minutes. Repeat with 2 more tortillas and another ½ cup cheese. Top each quesadilla with ½ cup warmed refried beans, shredded romaine lettuce, chopped tomatoes, sliced green onions, and chopped cilantro. Garnish with salsa, chopped avocado, and sour cream, if desired. Makes 2 quesadilla pizzas.



TU CUERPO TU ESPERANZA


Tu sistema Inmunológico puede ser la clave para erradicar el cáncer.

La inmunoterapia, un nuevo procedimiento en el tratamiento del cáncer, está trayendo esperanza a los sobrevivientes de cáncer en todas partes. La inmunoterapia funciona potenciando el propio sistema inmunológico del cuerpo para identificar y erradicar correctamente las células cancerosas. Este procedimiento se ha utilizado para combatir eficazmente muchos tipos de cáncer, con nuevas investigaciones que conducen a una mayor esperanza cada día. Hable con su médico y visite UnidosContraElCancer.org para saber si la inmunoterapia puede ser adecuada para usted.

Jimmy Smits, SU2C Ambassador
Photo By: Timothy White



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