

Parents

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BBQ

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YOUR BABY
HAPPY
+ SAFE
THIS
SEASON

Ahh,
Summer!

THE BEST
OUTDOOR
ADVENTURES
FOR YOUR
SQUAD!

MÁS
CONTENIDO
PARA TI EN
LA SECCIÓN

Ser
Padres

#TRAVELGOALS


OPEN HERE
FOR RV'ING INSPO

10

SURPRISING PARENTING
TRADITIONS FROM MAMÁS
IN LATIN AMERICA



Away
is where you
never have to leave
anyone behind.



Keep the pack together. Vacations are better with the whole family on board.

Find your AWAY
Go RVing



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



JUN/JUL

Kids



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ON THE COVER Laura Scott with her children Olivia, 4 years, and Elliot, 2 years. Photograph by Paul Westlake. Wardrobe styling by Jen Smith for Elyse Connolly Inc. Hair and makeup by Cindy Andrews. Prop styling by Annie Goldman for Creative Management. On Laura: Dress, Loup Charmant. On Elliot: Dress, Bonheur du Jour at Lost & Found. On Olivia: Shirt, tutu, and necklace, ATSUYO ET AKIKO.

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Where Latina moms tell it like it is



Dive In!

According to my 5-year-old daughter, Eva, I can do anything. I make the best banana chocolate-chip pancakes. I can draw any kind of fairy when prompted. And I can count way past 20—in two languages, no less! Yep, I can do anything.



Every time I see my girls jump into the pool, I'm inspired by their confidence and joy.

Except swim. That's what she told me recently as I towed her off after swim class on a recent Sunday morning. "When are you going to learn?" she asked, peering at me inquisitively through hot-pink goggles.

I had enrolled my daughters in classes last June after I realized while on vacation in the D.R. that Eva was afraid of the water. Every time we went near the ocean or hotel pool, she clung to me for dear life. I couldn't help but think of my own childhood, hanging out by the shallow end of the community pool while the other kids cannonballed in.

I didn't want her to miss out on the fun, but, more important, I needed to breathe easy knowing that both my girls felt confident and safe in and around water. As part of my job, I come across a lot of statistics related to Latino children, and I was stunned to hear that nearly 60 percent of our kids can't swim. I know I didn't learn as a child, but I had always assumed that was simply a generational thing. But as parents, we need to break that cycle by making sure our kids master this lifesaving skill. There's no better time to start than summer!

As for me, I do remember taking a beginner class in my early 20s. I was spending the summer in my parents' hometown of Barranquilla, Colombia, when I decided to take the plunge. That's how I ended up learning the breaststroke with a bunch of 6- and 7-year-olds, who kept giggling at my lack of coordination. Despite the age gap with my fellow swimmers, I felt exhilarated at the end of the course when I was finally able to dive off the deep end. I want to regain those skills and feel that way again—but this time with my own kids cheering me on.

Grace
 GRACE BASTIDAS
 EDITOR-IN-CHIEF

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

GET CREATIVE

How Crafty Moms Keep Their Kids Busy in the Summer

My son and I collect leaves to decorate objects in the house. We press the leaves inside a book for a few days and then paint them with tempera or washable paint. Once they're dry, we can adhere them to a mirror or picture frame.

Bianna Peña
 (@aninspiringmom),
 mom of Bianmarc, 3



We love painting with sidewalk-chalk paint. We either buy it or make it with cornstarch, water, and food coloring. Our driveway serves as a big canvas. Best part: cleanup! We just rinse the mess with a hose, a fun activity in itself.

Karla Pámanes
 (@blastasticday),
 mom of Lennon, 5

Last year we built gnome houses near a stream so that the gnomes could play in the water. The foundation was made with rocks, and we used mud as "glue" and twigs for the roof. We even added a garden with flowers.

Elba Valverde
 (@livecolorfulco),
 mom of Jaxon, 3

GRACE: ANA CAMBUTO; WARDROBE STYLING BY LAURA PRITCHARD FOR SEE MANAGEMENT; HAIR AND MAKEUP BY KRISTY STRATE FOR ENNIS INC.; ON GRACE: BLAZER AND PANTS, ZARA; SHIRT, J.CREW; DIAMOND NECKLACE, GERCOR MONTREAL; RINGS ON RIGHT HAND, IRINI DESIGN; CATIBIRD, GORJANA; BOTTOM LEFT: COURTESY OF GRACE BASTIDAS; GIRL WITH CROWN: HERO IMAGES/GETTY.

Los rumores son ciertos. iPhone está en Cricket.

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sin contratos anuales y con todos los datos para que sigas sonriendo.



Apple iPhone

Sonríe, estás en
cricket[®]
wireless

Velocidades máximas de descarga de 8Mbps (LTE)/4Mbps(4G).



#NoFilter

> WHERE LATINA MOMS TELL IT LIKE IT IS

CULTURE CLASH

Sleepovers: Sí or No?

Remember sleeping over at your bestie's house as a kid? Probably not—because *Mami* had a million excuses for not letting you stay anywhere overnight. And while times have changed, the slumber-party debate continues.

OH, YEAH!
“I grew up in a progressive household, and some of my best childhood memories were from sleepovers—staying up late to watch movies, calling in to radio stations, laughing all night.”

*Jacqueline Solivan;
Cold Spring, NY*

According to our Instagram poll, a whopping

85%

of moms don't let their kids go on sleepovers.

MAYBE
“I'd want to meet the parents first, but it's not an issue. Give *Mami* a night to sit in the tub and eat ice cream uninterrupted.”

*Stephanie Herrera;
Lansing, IL*

NO WAY, JOSÉ!
“I say no! In English and Spanish! I don't know what goes on in other people's homes.”

*Chastity Cabral;
Clifton, NJ*

NEVER
“Now that I have a daughter, I get it. Anything can happen to your kids when they're not under your watch.”

*Machell Espejo;
Oakland, CA*

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free radicals on skin.

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*Results based on a 12-week independent clinical study in which 62 women used the *TimeWise[®] Miracle Set 3D[™]* twice a day

WE
ASKED.
YOU
ANSWERED.



“

Some evenings, my 6-year-old son, Nivan, and I will have a water-balloon fight outside. He has so much fun—he made me buy a pack of over 2,000 balloons!

Arlene Perez;
Brooklyn, NY

HOW DO YOU KEEP COOL IN THE SUMMER?

I lie on a shaded hammock with a nice cold drink. I get five minutes of relaxation before I have to put my glass down and chase after my kids, Suri, 4, and Alana, 3!

Sarah Amritt; Miami, FL

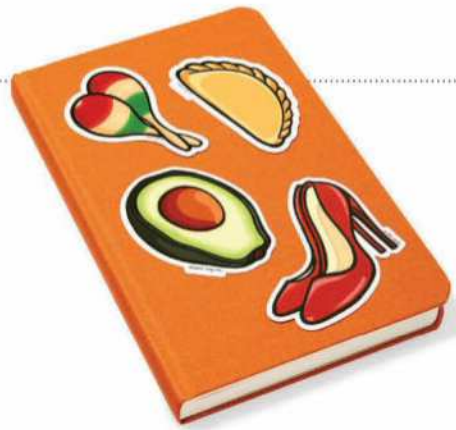
When I was pregnant last summer with my now 7-month-old son, Braxton, I would freeze a washcloth and place it on the back of my neck, between my thighs, even under my armpits!

Ashley Vargas; Bangor, ME

My kids—Anthony, 8, and Ava, 4—get excited about running through the sprinklers.

It's low-budget, but hey, it gets the job done!

Gayle Fortunato; Lynbrook, NY



STICKER SHOCK

Awaken your inner 5-year-old with these cool stickers featuring things that speak to your Latina heart: maracas, heels, and other fun designs!

\$3.50 each; blanktag.co

CELEB BUZZ

Jaime Camil



What's in a Name?

A lot. At least that's the case for Mexican actor and dad Jaime Camil. While you may know him for his roles as Rogelio in the hit comedy *Jane the Virgin* and Papá in the animated film *Coco*, he is a descendant of a famous nobleman and has a birth name worthy of his lineage: Jaime Federico Said Camil de Saldanha da Gama. "Jaime is also my dad's name, Federico is my maternal grandfather's name, Said is my Egyptian name, Camil is my dad's last name, de Saldanha da Gama is my maternal family's last name. I'm related to explorer Vasco da Gama!"

It's a Family Affair

When couples live, work, and raise kids together, life gets hectic. Mom bosses spill the secrets to balancing it all.

1

The Sweet Hearts

Ashley Leon-Vazquez and David Vazquez opened café Horchateria Rio Luna in Paramount, California, where they serve twists on Mexican pastries like churros and conchas.

SHE SAYS: "It's great to be my own boss, but I can never clock out, even when I'm home with my kids, ages 3 and 9. I shut off at the end of the day, when my hubby and I have 'alone time.' Intimacy is what keeps our bond strong."

2

The Wrap Stars

Colombian mama Vanessa Clavijo-Rivero and her husband, Aryel Venero, of Weston, Florida, cofounded Gift Wrap My Face, a website that lets people personalize gift wrap.

SHE SAYS: "With two small kids, our biggest priority is figuring out our schedules. Using a regularly updated calendar on the fridge and a whole lot of phone reminders, we're able to run a tight ship. My secret weapon for holding it together: *café cubano*. Lots of it."

3

The Dancing Duo

Proud Nuyorican Melanie Aguirre and her husband, Victor Alicea, of Brooklyn, New York, own the dance company Rep Your Style.

SHE SAYS: "No matter what, I make it a point to squeeze in some 'me time.' Every morning, I meditate for a half hour before my 2-year-old wakes up. It's the only calm I get before the day gets started."

Boss ladies and their crews



1



2



3

Your Latin-American Packing List

It's scientific fact* that 99 percent of all *maletas* headed to the motherland will contain at least one of these essentials.



ANOTHER SUITCASE

Or three. The number of "American" products your *tias* requested is somewhere in the triple digits.



EXTRA CLOTHES

Your favorite cousin will literally want the shirt off your back. So pack a few outfits no longer in high rotation and make her day.



ALUMINUM FOIL

That stinky cheese you plan to smuggle back needs to be contained somehow.



VI-VA-PO-RÚ

Lighter than a first-aid kit, this iconic salve can cure all, at least that's what *Abuela* says.



HAIR GEL

Admit it, your follicles are no match for the tropical humidity.

*not really



HAPPY FATHER'S DAY!

¡P'alante, Papi!

Parenting programs are setting low-income dads up for success.

Let's give it up for fathers who work hard to become better parents despite adversity. Luckily, programs around the country are helping to crush the "deadbeat dad" stereotype by offering young, underemployed dads academic courses, housing assistance, counseling, and even training on how to bathe and feed kids.

"If these men can make a difference for themselves, it's going to improve their kids' lives," says Clorinda Andrade, the program coordinator for CUNY Fatherhood Academy (CFA), in New York City. "Our program not only supports them economically and [academically], but it also shows them that there's a place for them in this society, that they are contributors."

It certainly has opened doors for Alex Quito, 25, an Ecuadorean dad who couldn't support his 2-year-old daughter, Amythyst, and her mom. Since enrolling in CFA's 16-week program in 2017, he has passed his high-school-equivalency exam and learned to navigate the job search with the support of other fathers in similar situations.

"We developed a very intimate friendship and can confide in one another like brothers," Quito says of his classmates. "We still hang out by having playdates with our kids and going out to the movies with the whole family."

The program also helped Quito manage his aggression and develop a better relationship with his daughter and her mother. Little by little, the proud *papá* discovered that turning to others for guidance wasn't a sign of weakness. "Dads need to know that there are people out there willing to help us out," says Quito, who is currently enrolled in community college with the goal of becoming a criminal defense lawyer. "Fatherhood Academy saved my life," he says. —DORKYS RAMOS

this is HALFTIME



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NIÑOS › Kids

RAISING HEALTHY, HAPPY LITTLE ONES



FLY
FIRST,
THEN
FOCUS!

A FUN WAY TO FOCUS

If your kid requires a treat just to make her bed, encourage her to channel her favorite superhero instead. According to recent research published in *Child Development*, which studied 180 4- and 6-year-olds, when kids pretended to be a fun character while doing a dull task on a computer, they were more likely to remain focused. Portraying someone who was more diligent helped them keep boredom at bay. So hand her a cape and watch those chores get done in a flash!

PRISCILLA GRACC. WARDROBE STYLING BY JENN BONNETT. PROP. STYLING BY MICAH BISHOP. GROOMING BY DONNA GAST. STUDIO TEACHING BY SUSAN GILL.



Friends who snack together play nice together.

BIG KID

How to Minimize Playdate Drama

Break the tension. If someone has a meltdown, the simplest way to get everyone back on track is to change the scenery. Letting the kids run around in the backyard or come into the kitchen to have a glass of water or a snack can often put the kibosh on the drama.

Invite one friend or several. Compared with just two kids or a larger number playing together, a threesome tends to be more complex and prone to conflict. It's especially difficult for three 7- or 8-year-olds to play well together

because they're at an age when being left out is a big deal. If you're hosting a playdate, inviting more kids—and an even number of them—decreases fighting and lowers the chance of two kids ganging up against one.

Discourage possessiveness. Tell your child that it's not smart to be an "octopus friend"—when a kid smothers a friend and tries to prevent her from having other friends. Also, if her good friend is hanging out with someone else, she should make an effort to play with both of them or move on to someone new.

Accept that all friends aren't equal. As much as you'd like to teach your child to be friends with everyone he meets, it's just not realistic. Instead, talk with him about being kind to the other child—letting him take turns choosing the game, not whispering in front of him, and so on. But don't insist that your child "like" all friends equally or have them always play together. One exception to the rule: If three cousins are at a family party and play the "two-against-one" game, it's fine to insist that they all get along during the event.

TODDLER

Teach Spanish With Song

Teaching little kids to speak *en español* could be as simple as turning on bilingual tunes. Research shows that music can help boost understanding of a second language. Not only does the same area of the brain process both music and language, but word repetition and a slow pace make it easier for tots to grasp the vocab. Get started with these tips from Peruvian singer-songwriter Flor Bromley.

1

LET YOUR FINGERS TELL THE STORY

Use your hands to act out words. Form fingers into a circle when singing about the sun, for example.

2

PULL OUT THE PROPS

If you're listening to a song about a dog, make the toy puppy dance every time the word *perro* is sung.

3

GO BIG WITH FACIAL EXPRESSIONS

Channel your inner actor and imitate the emotions being sung about. All the exaggerations will help your kid understand the tune's story line.

PREGNANCY

Questions for Your Ob-Gyn

Where you give birth matters, especially for Latinas with high-risk pregnancies. A recent study found that Latino preterm infants in New York City are more likely than Caucasian preemies to be delivered at hospitals with worse complication rates. Asking your doctor these two questions can help you prepare for your delivery.

Q “What level is the NICU?”

Neonatal intensive care units (NICUs) are categorized by the level of care they offer. Level I places are equipped to look after healthy, full-term babies while level IV provides the highest standard of care and has pediatric specialists available for babies born with major complications. “If you’re a high-risk mom—you’ve had a past pregnancy with significant complications or have delivered a preterm baby before—you’ll want to select a hospital with a NICU that’s very well equipped,” says Elizabeth Howell, M.D., study author and professor of



obstetrics, gynecology, and reproductive science at the Icahn School of Medicine at Mount Sinai, in New York City. Ask your doctor what level NICU she’s affiliated with. If the answer leaves you feeling concerned, talk with her and remember that you can change your choice of hospital for your delivery.

Q “How can I optimize my well-being?”

Creating a plan that will put you in the best possible state of health before delivery can help decrease the risk of issues, Dr. Howell says. Talk with your obstetrician about ways to get conditions—such as high blood pressure or blood sugar—under control ASAP, and be sure to go to all prenatal appointments.

VARIOUS AGES

Swim Caps That Represent

If your local pool requires kids to cover their hair, check out the new Swimmie Caps line. Created by a mom who realized that there was no representation of darker skin tones on swim caps, the silicone-based headwear features images of black and Latino kids splashing around. It could nudge your child to dive in too. **Ages 3+, from \$20; swimmiecaps.com**



Make pool time more fun!

30%

The maximum amount of DEET in insect repellent that’s safe to use on children ages 2 months and older, according to the American Academy of Pediatrics

PRESCHOOLER

Calm Parents = Calmer Kids With ADHD

“It’s easy to raise a child with attention deficit hyperactivity disorder (ADHD),” said no parent, ever. If your kid has the condition, it’s understandable that you might occasionally snap when he won’t listen to you. But harsh discipline—which isn’t the most effective technique for any kid—is especially detrimental to kids with ADHD. “It’s not only ineffective now, but it can also increase the risk of delinquent behavior and resentment toward you later on,” says Theodore Beauchaine, Ph.D., who researches children’s behavioral impulsivity at The Ohio State University in Columbus. His latest study found that when parents of unmedicated preschoolers with severe ADHD traded in negative forms of discipline for more positive parenting (think consistent, fair consequences and positive feedback when warranted), their kids became calmer. Sound easier said than done? You’re right. It’s especially tough (but crucial) to stay consistent in response to ADHD behavior. “These kids take longer than others to unlearn negative behaviors,” says Dr. Beauchaine, who encourages parents to seek professional help early for better outcomes.



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*Of U.S. physicians surveyed by an independent market research firm.



TWEEN

Summer Reading List

Keep kids learning with these books on their favorite subjects.

HISTORY

My Brigadista Year

by Katherine Paterson

The historical novel follows 13-year-old Lora, a young *cubana* who leaves behind a life in Havana to volunteer for Fidel Castro's national literacy program by educating impoverished villagers. **\$16; amazon.com**

guides them toward trouble instead of success. Can she win them over in time to compete in the robot challenge? **\$8; americangirl.com**

PHYSICAL EDUCATION

Gabby Garcia's Ultimate Playbook

by Iva-Marie Palmer
Superstar baseball pitcher Gabby Garcia is about to lose her winning streak when she's transferred to a new school. But the sports fanatic maps out a brilliant scheme to stay at the top of her game, on and off the field. **\$13; amazon.com**

ENGLISH

Bravo! Poems About Amazing Hispanics

by Margarita Engle
Baseball player Roberto Clemente, civil-rights activist César Chávez, and musician Tito Puente are some of the heroes featured in this collection of biographical poems. **\$19; barnesandnoble.com**

SCIENCE

Luciana

by Erin Teagan
American Girl's newest character, Luciana Vega, is an 11-year-old aspiring astronaut who loses the trust of her Space Camp teammates when she

SOCIAL STUDIES

Where Is Machu Picchu?

by Megan Stine
Discover the ancient Inca ruins of Machu Picchu while learning about the rich history of Peru in this illustrated book for young explorers. **\$5; amazon.com**

BABY AND TODDLER

Lifesaving Allergy Device

Parents of little ones with severe food allergies can breathe a sigh of relief. The FDA recently approved the first-ever epinephrine auto-injector for children who weigh only 16½ to 33 pounds. AUVI-Q's 0.1-milligram device has a small needle and voice-guided instructions. "Until now, the only option doctors had for these young patients was the higher dose used in bigger kids," says Hugh Sampson, M.D., director emeritus of the Jaffe Food Allergy Institute at Mount Sinai's Icahn School of Medicine, in New York City. Doctors have also taught parents to use vials of epinephrine and syringes, but that method is risky, because it's easy to give too much or too little of the drug.

SCHOOL-AGE

NORMAL OR NOT?

4 Reasons to Visit an Endocrinologist

Thanks to vague symptoms, parents are increasingly insisting that their otherwise healthy kids have hormone-related tests unnecessarily, according to a new report by the American Academy of Pediatrics. Before you ask for a referral to a specialist, consider these issues in their context, says Benjamin U. Nwosu, M.D., a pediatric endocrinologist in Worcester, Massachusetts.

1

Body odor in first grade Adult BO in a child is usually caused by early activation of the adrenal glands, which doesn't require any treatment. But a pediatrician can rule out early puberty as well as congenital adrenal hyperplasia, a genetic disorder whose mild form will not show symptoms at birth. If he does see signs of early puberty, it's time to go to an endocrinologist to review the next steps.

2

Growing too fast or too slow Kids grow about 12 inches in their first year, another 5 inches by their second birthday, and 2 to 3 inches each year until they hit puberty. If your child keeps growing or doesn't grow at all for more than ten months, ask for a referral to an endocrinologist to test for excess or deficient growth hormone and other disorders.

3

Being underweight If your child is growing along the low percentiles on the growth chart, note whether he's a picky eater. Also, taking a stimulant for attention deficit hyperactivity disorder (ADHD) can suppress appetite. Both can hinder normal weight gain. If these aren't it, ask an endocrinologist to check for hyperthyroidism.

4

Constant thirst and frequent urination If your youngster is experiencing these symptoms but growing normally and at a healthy weight, this could mean she has a urinary tract infection. (Boys can get those too, btw.) But if she's also hungrier than usual, complains of blurred vision, has lost weight, and has had yeast infections in the past, she should be evaluated for juvenile diabetes by an endocrinologist.



Concerned about his height? Then hang up a growth chart to keep track. He might just grow up to be taller than Papi!

PINSTOCK/GETTY.

"MY SKIN'S TOO SENSITIVE FOR A RAZOR."

Mahina Garcia, Surfer

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FREE YOUR MOST BEAUTIFUL SELFTM



HANDY TIP

FIGHT OFF
SUMMER GERMS
BY WASHING HIS
HANDS AFTER
PLAYDATES AND
POOL TIME.

TWO YEARS AGO, Tania Zapata was on vacation with her family when her then 2-year-old daughter, Azul, came down with a sudden fever. Her temperature fluctuated until it almost hit a scary 104°F. Then, two days later, blistering sores appeared on Azul’s hands and feet. The Colombian mom soon discovered that her daughter had contracted hand, foot, and mouth disease (HFMD), an infectious viral illness that tends to flourish in warm weather, and it was especially hot that week. Luckily, HFMD generally has mild symptoms and goes away without treatment, but it was an uncomfortable few days for Azul. “I gave her oatmeal baths to minimize the itchiness, but we had to stay indoors for most of the vacation,” Zapata says.

Grown-up bugs usually don’t make their rounds during the summer, but baby-centric germs do. “There are certain viruses that thrive in the late spring and summer that young children are most vulnerable to,” says Alicia Brennan, M.D., a pediatrician at the CHOP Pediatric Care Program at the University Medical Center of Princeton, in Plainsboro, New Jersey.

Illness isn’t the only seasonal killjoy. The summer months give young children a number of chances to injure themselves. “All kids have the

Summer Safety for Your Little Sunshine

The warm weather beckons. But before you introduce your baby to the season’s fun, read what top doctors recommend for keeping him protected at all times.

BY **SUNNY SEA GOLD** PHOTOGRAPHS BY **THAYER ALLYSON GOWDY**



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opportunity to get into things they otherwise wouldn't," says Malvina Duncan, R.N., a registered trauma nurse and injury-prevention coordinator for Nicklaus Children's Hospital, in Miami. That's because a lot of fun outdoor summertime play, from the pool to the playground, comes with the chance of dangerous and even deadly accidents.

But don't let the risks rain on your plans for your little one's summer. Follow these expert tips to avoid the biggest warm-weather traps.

1 Watch that water.
 "Drownings are silent. That's why active adult supervision is needed at all times."

—Malvina Duncan, R.N.

WHAT TO DO No phone calls. No texts. No status updates. Taking your eyes off your baby can have deadly consequences. In fact, one study shows that in nearly 20 percent of drownings, an adult was supervising the child but became distracted. When a child slips under the water, there is often no splash or cry to hear. Drowning can be so quiet that if you're texting, checking Facebook, or even just daydreaming, you might not notice. "It's best to hold your child when she's in the water," Duncan says. Otherwise, practice "touch supervision." You should be close enough to your child that you can touch her and easily grab her. Emphasize this diligence to all of your babysitters and any family members who care for your child. You should also avoid floaties, Duncan adds. "They can leak or get a puncture and become a hazard." Finally, empty a water table, pail, or cooler when you're done with it (and store outdoor buckets

upside down so that they don't collect rainwater). Your toddler could crawl back to it when you're not looking, fall in, and drown.

2 Let your kiddo slide solo.

"Moms and dads who slide down with their toddler can end up hurting him."

—John Gaffney, D.O., chief of pediatric orthopedic surgery at Winthrop University Hospital, in Mineola, New York

WHAT TO DO Think twice before joining your child on playground equipment. "I kept seeing the same injury happen over and over," says Dr. Gaffney, who did a study on slide injuries in small children. "Toddlers would go down the slide on an adult's lap and get their shoe stuck on the slide, which then caused their little leg to be pulled backward," he says. "But because of the weight of the adult, they would both continue to slide down, and this caused the child's tibia to break." Fortunately, the prognosis in such cases is very good, but your child might still wear a cast for four to six weeks, he says. Try walking alongside your child as he makes his way down. Or, if he's wary of going alone, nudge him toward a smaller slide or a swingset.

3 Take cover from the sun.

"I have seen severe sunburn in babies because many sunscreen labels advise against using on infants, so parents take their baby outside with no protection."

—Amy Barton, M.D., a pediatrician in Boise, Idaho, who specializes in children's injuries

WHAT TO DO Research shows that many parents aren't diligent when it comes to

shielding their little one from the sun's harmful rays, and some mistakenly believe that having darker skin provides enough protection. Skipping sunscreen is only okay if your infant is dressed in long sleeves and a hat, and kept under the constant protection of a sunshade, stroller, or tree, says Patricia Treadwell, M.D., a pediatric dermatologist in Indianapolis. Keep your baby indoors or at least out of the sun when rays tend to be strongest, between 10 A.M. and 2 P.M. Otherwise, use sunscreen that has an SPF of 30 or above. Look for brands that contain zinc oxide or titanium dioxide as the active ingredients. Both of these minerals are generally thought to be safe for infants because they act as a physical barrier to the sun, which means your baby's sensitive skin doesn't absorb them. If using a spray, spritz some onto your hand first and then gently pat onto your baby's skin to prevent her from inhaling the sunscreen.

4 Fight back against germs.

"Enteroviruses, a family of germs that cause illnesses such as Coxsackie (another name for HFMD), thrive in warm weather and mostly affect young kids."

—Alicia Brennan, M.D.

WHAT TO DO Year-round, teething babies will chew on toys that might be less than clean, but you don't expect those germs to lead to sick days in summer. Alas, they do. Like the common cold, these viral illnesses, which can cause flu-like symptoms such as vomiting and diarrhea, don't respond to antibiotics. However, do call your pediatrician if you have concerns you want to rule out.

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Alba Botanica Baby Mineral Sunscreen SPF 50+ Aloe vera and other botanicals soothe skin, and biodegradable ingredients are safe for coral reefs. \$12; albabotanica.com



Neutrogena Pure & Free Baby Sunscreen Stick SPF 60+ The high SPF and broad-spectrum formula ensure that your infant is shielded from both UVA and UVB rays. \$9; neutrogena.com



Babo Botanicals Sheer Zinc SPF 30 This all-zinc, fragrance-free spray is water-resistant for up to 80 minutes and is especially good for sensitive skin (including yours). \$22; babobotanicals.com

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Otherwise, think like your winter self to prevent a summer bug: Wash your baby's hands and your own after playdates or errands, before meals, and after taking a dip in a swimming pool or splashing in a fountain, because tots can trade germs with one another there.

5 Remember to check your car's backseat.

"Even in mild weather, leaving a baby in a car can be deadly."

—Malvina Duncan, R.N.

WHAT TO DO Take your child with you when you leave the car, even to quickly drop off dry-cleaning. "In just ten minutes, a car can heat up 19 degrees. So on a beautiful 80-degree day, it can be almost 100 degrees in the car. At that temperature, a baby could die from heatstroke," Duncan says. Even if the errand is going to take just a minute, bring your baby with you in case you're not in and out as fast as you expected to be. Luckily, most parents already do that, so the biggest danger is

KEEP YOUR SWEET RAY OF LIGHT PROTECTED FROM HIS NOSE DOWN TO HIS TOES.

forgetting a quiet, slumbering infant in the backseat. "The majority of cases happen when there's a change in routine," Duncan says. For example, a sleep-deprived mom who usually doesn't do day-care drop-off might drive straight to work and forget that the baby is with her, instead of Dad, that morning. When driving with your peanut, always leave something in the backseat next to him that you know you'll need when you reach your destination, such as your wallet, phone, laptop, or important work files.

6 Care for his eyes. "Just a grain of sand in a baby's eye is all it takes to cause a painful scratch of the cornea within seconds."

—Gary Smith, M.D., director of the Center for Injury Research and Policy at Nationwide Children's Hospital, in Columbus, Ohio

WHAT TO DO Reinforce the "no hands in eyes" rule when making sand piles. If tiny particles do sneak in, gently pour lots of water into one side of the eye, so it washes across and drains on the other side. "In the E.R., we often use an entire liter, and it can take five minutes or longer to rinse eyes properly," says Dr. Smith. If your child seems to still be in pain after rinsing, her cornea could be scratched. See a doctor immediately. Reassuring to know: Scratches usually heal within 24 to 48 hours.

7 Buy sturdy shoes.

"Painful objects like glass or sharp rocks can cut into a baby's bare feet, and I've also seen first-degree burns from hot metal grates in sidewalks."

—Amy Barton, M.D.

WHAT TO DO Take your toddler to the actual store to be sized, and buy well-fitting shoes. Sandals are fine, but they should be closed-toe and closed-back and have a bottom tread. Your footwear matters too. Sneakers are sturdier and will offer more support while you chase your little one around the playground. "I've seen parents who have fallen while holding their child because they were wearing flimsy sandals, and the child ended up with a broken arm or leg, or even a skull fracture," Dr. Barton says.

And avoid driving in flip-flops; they can slip off and wedge under the brake or the accelerator pedal, making you lose control of the wheel.

8 Check daily for bug bites.

"When winter is mild, Lyme disease from deer-tick bites increases [during the summer]."

—Alicia Brennan, M.D.

WHAT TO DO Take action if you live or vacation near a heavily wooded area, which can have deer ticks that carry the bacteria that cause Lyme disease. The best protection (for grown-ups too) is to dress in long sleeves with shirt tucked into pants, and pants tucked into socks. No matter what your child wears, check him all over for ticks as part of your daily routine. Look for small black or brown spots that might be flat or puffy, and focus on warm hiding places, such as skin folds and the belly button. It takes about 36 hours for a tick to transmit the bacteria through its bite. By removing the tick before then (use tweezers), you can significantly reduce the risk of infection. If you notice a bite on your child, look to see if it turns into a red, circular rash, and watch for flu-like symptoms. Both might be signs of Lyme, so see your doctor. For itchy bites from other bugs, wash with soap and water, and dab on calamine lotion, Dr. Brennan says. If you see a stinger, use a credit card, not your fingers, to scrape it out of the skin, to avoid accidentally spreading more venom into your child's body. Be sure to check yourself for ticks too. Now that you're aware of these risks, here's hoping that you and your baby have a ton of summer fun.

WARDROBE STYLING BY KAREN KOZLOWSKI FOR KRAMER + KRAMER; GROOMING BY DANIEL PAZOS WITH CREATIVE MANAGEMENT @ MC2 USING STILA & MAC. SHOT ON LOCATION AT TURNBERRY ISLE MIAMI; ON WOMAN: DRESS: LOUP-CHARMONT; BEADED NECKLACE, VANA; TASSEL NECKLACE, MILK THE GOAT; ON BABY: SHIRT: BONPOINT; SHORTS: MINI BODEN.



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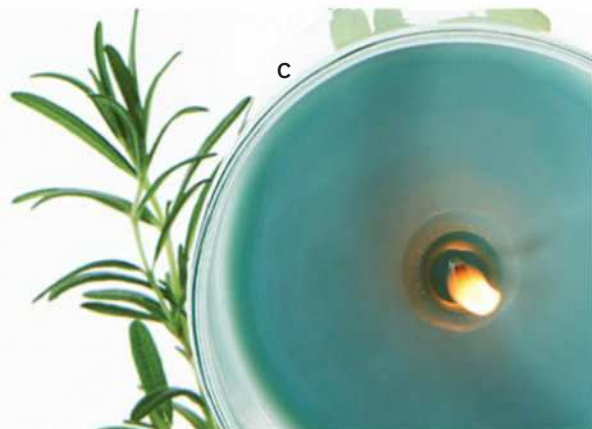
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Take It Outside



Now's the time to soak up everything the great outdoors has to offer: fresh air, physical activity, and awe-inspiring fun. Three families chart your next adventure.

BY CELIA SHATZMAN PHOTOGRAPHS BY THAYER ALLYSON GOWDY

1 Go on a hike.

Los Angeles dad Carlos Bérroz may have struggled through his first hike, seven years ago, but as soon as he reached the trail peak in Griffith Park and saw the view of L.A. at sunset, he was hooked. He immediately knew he wanted to share that incredible feeling with his family, wife Nydia and daughters Giulia Elise, 10, and Camilla Michelle, 5. “That’s what got me going,” says the Ecuador native, who, in his free time, directs a local hiking group called

Everyone’s Hike. “My favorite memories are watching my oldest, Giulia, push herself and reach different summits.

It’s rewarding for her because she also motivates people.” This past February, Giulia became the youngest ambassador for a group named Tough Women Only and led more than 200 people on the first hike she directed for them.

● **Get started.** Don’t expect to climb a steep summit on your first outing. “The journey of a thousand miles begins with a single step,” Carlos says. “Research the area you’re planning to visit ahead of

time, and contact the local ranger station to ask for advice.” Rangers can give you up-to-date trail conditions and suggest a hike depending on your skill level.

● **Mix it up.** Children love to explore, so visit different hiking destinations, Carlos says. “If you don’t make it repetitive, they’ll always be excited to go somewhere new.” His favorite location: Alamere Falls along the Point Reyes National Seashore, near San Francisco. “It’s a beautiful waterfall overlooking the Pacific Ocean where freshwater flows into saltwater.”



BEING
OUTSIDE
SPARKS KIDS'
CREATIVITY.



2 Sleep under the stars.

It was the simplicity of camping that first drew Houston dad Emiliano Herrera and his family—wife Leyva Ann and children Emiliano, 10, Magdalena Teresa, 8, Luca Valentín, 4, and Zelig Marie, 2—to the great outdoors. “It’s an excuse to pull away from the daily grind, set up a tent, and sit around the fire eating s’mores and sharing stories—who doesn’t like that?” asks the Mexican-American dad, who also sees the positive impact it has on his kids. “It’s an opportunity to learn resilience and independence. My oldest

son is getting the hang of holding a pocket knife, a very concrete skill, and my daughter Magdalena Teresa enjoys practicing archery. When we come back home, we have shared something enriching that doesn’t cost anything, and they have an experience they can draw from,” he says. “Nature has transformed the way we parent. It allows us that break that we all need.”

● **Get started.** For families just learning the ropes, being prepared and staying flexible is crucial. “Know before you go what kinds of amenities are available at the campsite. If you’re expecting a nice cozy cabin, and it’s not, you’re going to be disappointed,”

Emiliano says. Newbies should talk to experienced families, who can help create a packing list or, better yet, lend them their equipment.

● **Mix it up.** Emiliano, who volunteers with the Sam Houston Area Boy Scouts/Cub Scouts, turns camping into an educational adventure. He and his wife teach their kids about birds, how the four seasons differ across the country, why various natural disasters occur, and the importance of mindfulness. “Nature calls us to pay attention and observe, and to be present in the moment,” he says. “The most important part is to always see things with the curiosity of a child.”

NATURAL RESOURCES

These apps are all you need to become an amateur naturalist.



LEAFSNAP

Upload leaf photos to learn the name of the tree it came from. *Free; iOS*



SKYVIEW

Aim your phone at the night sky, and it will point out stars and constellations. *Free; iOS and Android*



CHIRP! BIRD SONGS & CALLS USA

Essentially the Shazam of bird whistles, it identifies birdcalls. *\$5; iOS*



ALLTRAILS

Explore interactive trip maps for your hikes, runs, and bike rides, recording and sharing your adventures on social media as you go. *Free; iOS and Android*



MY MOON PHASE

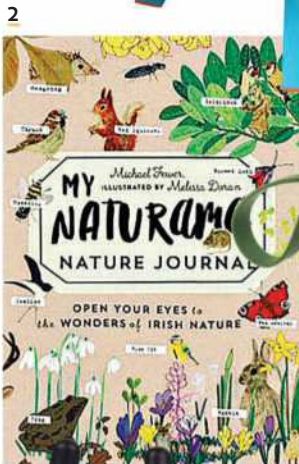
Discover if the moon is waxing, waning, full, or new, and learn about its phases with this lunar calendar. *Free; iOS and Android*

3 Grab those paddles.

A few years ago, Samuel Saldívar was canoeing with his three oldest sons—Samuel, 12, Joaquín, 11, and Elias, 9—on the Grand River near their home in Lansing, Michigan, when a wild turkey flew right over their canoe. “It was a great moment,” Samuel says. “After that, my boys became really aware of our surroundings.” That same day, they spotted deer, cardinals, and muskrat. On other trips, they’ve even seen bald eagles. “The cool thing about a canoe is that it’s really quiet, so you can come up on a lot of amazing things,” says the Chicano dad. “You never know what you’re going to see.”

● **Get started.** “Find a canoe rental; some are as little as \$25 for the day,” Samuel says. His family began with an old beat-up canoe before buying one of their own, and they’re about to get a second. “We no longer see it as an expense,” he says. It’s an investment in family time. It creates a space where everyone—including their three youngest boys (Alejandro, 4, Mateo, 2, and Osiel, 5 months)—feels included.

● **Mix it up.** Samuel’s wife, Lydia, is a pro at coming up with games to entertain the kids while fostering learning. “She will ask, ‘Who can find the smallest living thing?’ and there we are bonding over ants or slugs,” Samuel says. “Or she’ll say, ‘Who can spot the most colorful bird today?’ and we’ll look into the trees and have a conversation. No one is thinking about their phones. It’s a chance for us to communicate with one another, and that makes for a great family dynamic.”



Your Turn!

These six items will get kids outdoors and moving.

1. STARSTRUCK

The GeoSafari Jr. Talking Telescope shares 200 fun facts in four languages, including Spanish. \$50; amazon.com

2. NATURE NOTES

Record and collect flora in My Naturama Nature Journal. \$25; barnesandnoble.com

3. SOUND MACHINE

Challenge your kids to an alfresco dance party with the Outdoor Wireless Speaker. Plus, it works underwater, so you might as well take it for a plunge. \$45; kikkerland.com

4. TECH TALK

With a talking range of 1.8 miles, the Upgrow Kids Walkie Talkies let siblings communicate from different tents. \$15; amazon.com

5. GOOD MOVES

UNICEF’s Kid Power Band encourages children to stay active by counting their steps. Best part: The more they move, the more food packets are sent to malnourished kids around the world. \$40; unicefkidpower.org

6. PINT-SIZE 007

Entertain little explorers with the Celestron Kids 7-in-1 Spy Gadget. It includes a microscope, a magnifier, a telescope, a digital clock, a flashlight, a compass, and an emergency whistle. \$18; fatbraintoy.com

WHAT DADS ARE SAYING

We look at hiking as a way to escape and detox from school, work, and our daily struggles. It’s a free and fun way to connect with nature.

—Carlos Bérrez



You hope your passions will rub off on your children. My oldest loves canoeing because of the animals.

The second likes the peace.

—Samuel Saldívar



When you talk to kids about camping, they are going to be as excited as you are, so I tell my kids that we’re going on an adventure.

—Emiliano Herrera





● **The RV Felt Like Home**

We got our RV—an FR3 by Forest River—on Friday afternoon. While the girls were still at preschool, I attached their car seats to the couch; it was easy using the lower latches and seat belts. I stocked the fridge and brought in sheets, cozy blankets, and their stuffed animals. The RV came with kitchenware, but I also brought my Keurig, because, well, coffee.

● **The Kids' First Reaction**

I talked up the trip for weeks, so when the girls saw the RV, they ran in, touched all the buttons, and wanted to watch cartoons. They were in heaven.

● **Behind the Wheel**

My husband and I had never driven an RV or anything close to its size. I was nervous, but it turned out to be no big deal because the mirrors on the RV are so good at helping you switch lanes safely. We drove about an hour and a half north of Miami to the Lion Country Safari KOA, in West Palm Beach, where we'd reserved a pull-through spot so we wouldn't have to back in. Thanks to a lesson the dealer gave us, hooking up the water, electric, and sewer was easy.

● **Wild About the Animals**

Our campground was a short walk from a park that had a



petting zoo, an animal feeding area, a water park, and a safari you drive through in a van. The kids were so excited when they saw an ostrich cross right in front of us. My oldest, Olivia, 4, said its feet reminded her of a dinosaur's. Later, we got to feed giraffes iceberg-lettuce leaves, and Olivia used her own quarters to buy herself and her sisters pellets for the animals in the petting zoo. We were at the safari until it closed, and we walked back during sunset.

● **Nighttime Magic**

We grilled burgers and hot dogs, sat at our picnic table (included with our RV parking spot), and looked up at the stars. When the kids started getting sleepy, we converted the RV dining table into a bed (it's a genius feature) and logged on to the campground's Wi-Fi to hook up our Amazon Fire TV Stick. The girls watched *Bubble Guppies* and drifted off. I finally got to post the day's pictures on Instagram, and then Nathan and I slept in the king-size bed. The RV has four beds, if you count the loft and the pull-out couch, but the girls wanted to sleep together.

● **Ending on a High Note**

We had s'mores for breakfast, then drove the RV to the South Florida Science Center and Aquarium. Almost everything there was hands-on, and we spent hours exploring. When it was time to give back the RV, the kids were disappointed. But that night, they started planning our next trip. Olivia spoke to her *abuela*, inviting her to join us next weekend!

Our Cover Family's Perfect Getaway

When University of Miami medical residents Laura and Nathan Scott finally got the same weekend off work, they took their three little girls on an RV trip that made a huge impression. Laura shares how it went down.

SO MUCH VACATION CUTENESS
@lauralacquer



That sweet face! Elliot, 2, isn't sure about this pic.



Laura was smitten with the goats at the safari park.




Rowen, 1, plays on a bed that converts into a dining table.

PHOTOGRAPHS: TOP LEFT AND TOP RIGHT: PAUL WESTLAKE; WARDROBE STYLING BY JEN SMITH FOR ELYSE CONNOLLY; HAIR AND MAKEUP BY CINDY ANDREWS; PROP STYLING BY ANNIE GOLDMAN FOR CREATIVE MANAGEMENT; PHOTOGRAPHS: BOTTOM (3): COURTESY OF LAURA SCOTT; TOP LEFT: ON LAURA: SWEATER, FLORA AND HENRI; SHOES: VEJA AT FLORA AND HENRI; ON OLIVIA: SWIMSUIT, MINNOW; HAT: ANI ALMEIDA; TOP RIGHT: ON LAURA: SURESUIT, CYNTHIA ROWLEY; ON OLIVIA: SWIMSUIT, MOTTISO AT MAISONNETTE; ON ELLIOT: SWIMSUIT, MOTTISO AT MAISONNETTE.



Away
is where you
never have to leave
anyone behind.



Keep the pack together. Vacations are better with the whole family on board.

Find your AWAY
Go RVing

JICAMA CORN SALAD

Feliz 4th!

FIRECRACKER BURGERS

HOT DOGS WITH SALSA VERDE

POTLUCK POINTERS

You're the Host?

You're in charge of the meat and anything else that goes on the grill.

Have plenty of beer and cold vino on hand, but don't forget the water and nonalcoholic drinks.


Ask guests who don't cook to bring plates, napkins, or beverages.

You're a Guest?

Give your host a heads-up on what you'll be contributing. No one wants to be at a party with five different potato salads!

Make sure to bring serving utensils with your dish.

Ideally, your dish should be served at room temperature.



LATIN FLAVORS
ARE THE STARS OF
THIS NO-FUSS,
INDEPENDENCE DAY
COOKOUT MENU.

BY KRISTIN DONNELLY

PHOTOGRAPHS BY TARA DONNE

POTLUCK TIP!
This cheesecake is the perfect dessert to make and take. Refrigerate it for up to three days, but decorate it with berries the day of the party.



Firecracker Burgers

Active Time 45 min.

Total Time 45 min.

Makes 10 servings

INGREDIENTS

1½ lbs. uncooked fresh chorizo sausage

1½ lbs. ground turkey

¼ tsp. salt

10 hamburger buns, split

Mayonnaise

2 avocados, halved, seeded, peeled, and thinly sliced

3 radishes, thinly sliced

10 butter-lettuce leaves

MAKE IT

1. If necessary, squeeze the chorizo out of their casings into a very large bowl. Add the ground turkey and salt. Using your hands, combine the meats. Form the mixture into ten ¾-in.-thick patties and place on a foil-lined platter.

2. Preheat the grill over medium-high heat. Grill the patties on the rack for 10 to 12 minutes or until no longer pink (165°F), covering the grill and flipping once halfway through. Transfer to a clean plate. Grill the buns, cut side down, until toasted, 30 to 45 seconds. Spread the cut sides of the buns with mayonnaise; top with the burgers, avocado, radishes, and butter-lettuce leaves.

NUTRITION PER SERVING 609 calories; 34g protein; 41g fat (13g sat. fat); 25g carbs; 3g fiber; 3g sugar; 4mg iron; 88mg calcium; 1190mg sodium

LITTLE-EATER TIP!

Form some of the meat mixture into sliders for your smallest guests.



INDEPENDENCE
DAY MEANS
FREEDOM AND
CAKE FOR ALL!



MAKE AHEAD!

Assemble and refrigerate this salad up to four hours ahead of time. Add the mint just before serving.

Watermelon “Ceviche”

Active Time 30 min. **Total Time** 1 hour

Makes 8 servings

In a very large bowl combine 8 cups cubed **watermelon**, 1 chopped **English cucumber**, ½ cup chopped **white onion**, 1 seeded and finely chopped **jalapeño**, 2 Tbs. fresh **lime juice**, and ½ tsp. **salt**. Refrigerate for 30 minutes, stirring once or twice, to allow the flavors to meld. Chop ½ cup fresh **mint leaves**, and add to the salad right before serving.

NUTRITION PER SERVING 57 calories; 1g protein; 0 fat (0 sat. fat); 14g carbs; 1g fiber; 10g sugar; 1mg iron; 27mg calcium; 40mg sodium

WARDROBE STYLING BY LAURA PRITCHARD FOR SEE MANAGEMENT; HAIR AND MAKEUP BY SUSAN DONOHUE FOR NEXT ARTISTS; PROP STYLING BY MONICA PIERINI; PREVIOUS SPREAD: ON WOMAN: SHIRT, J.CREW; BRACELETS, CLUB MONACO; EARRINGS, CLUB MONACO AND ANTHROPOLOGIE; THIS PAGE: GROUP PHOTO: ON LITTLE GIRL: TANK TOP, GARDNER AND THE GANG; OVERALLS, H&M; HEADBAND, J.CREW; ON MAN: UNDERSHIRT, CLUB MONACO; BUTTON-DOWN, J.CREW; LITTLE GIRL IN CHAIR: SHIRT AND BRACELETS, CREWCUTS; SKIRT, SONIARYKIEL; FENCE DÉCOR, OH HAPPY DAY.

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Spiral Hot Dogs With Salsa Verde

Active Time 35 min.
Total Time 35 min.
Makes 10 servings

INGREDIENTS

- 1 lb. tomatillos, husked and quartered
- 1/3 cup chopped white onion
- 1/3 cup fresh cilantro
- 1 fresh jalapeño pepper, halved, seeded, and coarsely chopped
- Pinch of salt
- Pinch of sugar
- 10 hot dogs
- 10 hot dog buns, split

MAKE IT

1. In a food processor, combine the tomatillos, onion, cilantro, jalapeño, salt, and sugar. Pulse until finely chopped, then stop and scrape down the sides. Continue processing until just chunky. Refrigerate until serving.
2. Set one of the hot dogs on a work surface. Insert an 8-in. wooden skewer through the center of the hot dog from one end to the other. Starting at one end, use a paring knife to make small slices through the hot dog at a 45-degree angle until you feel the skewer. Turn the hot dog and continue making small slices in the same direction until you reach the end of the hot dog. Carefully remove the skewer, and repeat with the remaining hot dogs.
3. Grill the hot dogs on a covered grill directly over medium-high heat for 4 to 5 minutes or until heated through and hot dogs have char marks, turning occasionally. Remove to a clean plate. Add the buns to the grill, cut sides down. Grill for 30 to 45 seconds or until toasted. Serve the hot dogs in the buns topped with salsa verde.

NUTRITION PER SERVING 279 calories; 10g protein; 15g fat (5g sat. fat); 26g carbs; 2g fiber; 6g sugar; 2mg iron; 72mg calcium; 679mg sodium

QUICK PREP TIP!

For even faster prep, use store-bought tomatillo salsa and skip to step 2.

Queso Fresco Flag Cheesecake

Active Time 45 min.
Total Time 5 hours 30 min.
(includes chilling)
Makes 18 servings

INGREDIENTS

- 8 Tbs. unsalted butter, melted, divided
- 24 2½-in. graham-cracker squares, finely crushed (2 cups)
- ¼ cup sugar
- Pinch of salt
- 2 10-oz. pkgs. queso fresco, softened
- 2 8-oz. pkgs. cream cheese, softened
- 1¼ cups sugar
- 4 eggs
- 1 tsp. lemon zest
- 1 Tbs. lemon juice
- Blueberries and strawberries or raspberries, for decorating

MAKE IT

1. Preheat oven to 325°F. Line a 13x9x2-in. baking pan with foil, extending the foil over the sides of the pan. Brush 2 Tbs. of the butter on the bottom and up the sides of the lined pan.
2. In a large bowl, stir together the graham-cracker crumbs, sugar, and salt. Stir in the remaining 6 Tbs. butter until evenly coated. Press the crust into an even layer on the bottom of the prepared pan. Bake for 15 minutes or until toasted. Let cool slightly.
3. Meanwhile, in a very large bowl, beat the queso fresco, cream cheese, sugar, eggs, lemon zest, and lemon juice with an electric mixer until fluffy, about 2 minutes. Spread the filling over the crust. Bake about 45 minutes, or until a 2½-in. area around the outside edge appears set when gently shaken.
4. Let cake cool at room temperature for 1 hour, then refrigerate until well chilled, about 3 hours. Arrange the berries in a flag pattern, pressing them lightly into the cake, before serving.

NUTRITION PER SERVING 363 calories; 10g protein; 24g fat (13g sat. fat); 30g carbs; 1g fiber; 23g sugar; 1mg iron; 222mg calcium; 390mg sodium

Jicama-Corn Salad With Mango

Active Time 30 min. **Total Time** 40 min.
Makes 8 servings

Chop a peeled 1-lb. jicama into matchstick-size shapes (about 3½ cups). In a large bowl, combine the jicama, the kernels from 4 large ears fresh sweet corn (about 3 cups), 3 cups chopped mango, ½ cup chopped red onion, ¼ cup lime juice, 1 Tbs. canola oil, 1 tsp. chili powder, ½ tsp. salt, and ½ tsp. black pepper. Coarsely chop 1 cup fresh cilantro, add, and toss again. Let stand 10 minutes before serving.

NUTRITION PER SERVING 129 calories; 3g protein; 3g fat (0 sat. fat); 27g carbs; 5g fiber; 13g sugar; 1mg iron; 21mg calcium; 168mg sodium

Barbecue Beats

KEEP GUESTS FROM RUNNING INSIDE TO COOL OFF WITH THIS PLAYLIST BY DJ WILLIAMCUTTING, OF TRUST FUN EVENTS, IN NEW YORK CITY.

Havana (Remix)

by Camila Cabello, featuring Daddy Yankee

Mi Gente (Remix)

by J Balvin and Willy William, featuring Beyoncé

Despacito (Remix)

by Luis Fonsi and Daddy Yankee, featuring Justin Bieber

Morena Ven

by Los Hermanos Rosario

Culpa al Corazón

by Prince Royce

Felices Los 4 (Salsa Version)

by Maluma, featuring Marc Anthony

Herida

by Brenda K. Starr

Summertime, Summertime

by Nocera

Follow Me

by Aly-Uz



MAKE AHEAD!
The salad can be refrigerated for up to 6 hours. Add cilantro just before serving.

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OR GO HOME



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*Not including Tuna with Rice and Beans. See pouch for complete nutritional information. ©2018 Starkist Co. All Rights Reserved.

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

“Mi peso siempre ha variado, por lo que supuse que durante mi embarazo ganaría unas cuantas libras extra y estaba muy consciente de que aparecerían estrías. Pero Bio-Oil funcionó excelente en mi piel. La mantuvo libre de estrías, y la dejó suave y flexible. Es como un pequeño capricho. No podría permitir que mis amigas se embarquen en la aventura del embarazo sin una botella grande Bio-Oil.”

Stella con Jenna



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.

MAMÁ >

Mom

FEEL GOOD AND LOOK GREAT

BARELY
THERE
SKIN
CARE

GLOW, GIRL

You want to lighten up your routine but still look radiant. So trade in your heavy moisturizers for a weightless oil that both hydrates and helps prevent UV damage with antioxidants, such as **Youth to the People Superberry Hydrate and Glow Oil** (\$44; sephora.com). Rub two drops of the maqui, açai, and prickly pear formula between your palms, and then pat onto clean skin for a pretty sheen.

All the Curls

Wavy hairstyles are flooding your Instagram feed, celebs are getting perms, and humidity is making your strands coil anyway—there's no better time than now to own your natural texture. Read on for fresh tips and new products. BY SHANNON M. BAUER

SHOW OFF
THOSE
RIZOS AND
THAT
SONRISA!



Curl-Care Commandments

The natural oil from your scalp doesn't easily slide down your curls, so they tend to be drier than straight strands, says Kérastase celebrity hairstylist Jennifer Yopez. That's why you need hydration, hydration, hydration.

1 SAY NO TO SUDS
Foaming shampoos are too harsh for curls. Instead, use a gentle, sulfate-free formula, like **Carol's Daughter Coco Crème Sulfate-Free Shampoo** (\$10; carolsdaughter.com). "If your hair is very dry, apply conditioner first, rinse, then shampoo and condition again," says Gisella Garcia, a hairstylist for The Cricket Company.

2 WEAR A MASK
Swap a hair mask for your conditioner once a week. Try **DevaCurl Melt Into Moisture Matcha Butter Conditioning Mask** (\$36; sephora.com); it nourishes with a blend of oils.

3 HIT REFRESH
Limit how often you shampoo to retain moisture. On no-wash days, spritz **René Furterer Paris Sublime Curl Curl Activating Spray** (\$30; renefurterer.com) on dry hair, then scrunch to reactivate flattened curls.



Your New Curl Cocktail

Discover the styling combo that's best for your hair type.

WAVY



Mousse

Texturizing Spray



Zoe Saldana

GET THE LOOK

Apply **John Frieda Frizz Ease Air-Dry Waves Styling Foam** (\$12; ulta.com) to damp hair, then scrunch with your hands and let air-dry. Or blow-dry with a diffuser attachment. "Diffusing the heat protects curls," Garcia says. Next, use **Joico Beach Shake Texturizing Finisher** (\$20; joico.com) like you would hairspray: Spritz onto dry hair for defined waves and a light, no-crunch hold.

CURLY



Leave-In Conditioner

Oil

Cream



Christina Milian

GET THE LOOK

Curly-hair gurus call this the "L.O.C. method" (short for leave-in + oil + cream), which is ideal for dense curls because it offers the ultimate hydration. After showering, squeeze excess water from hair, then work in a leave-in conditioner (try **Briego Don't Despair, Repair! Strength + Moisture Leave-In Mask**, \$28; sephora.com) to soften curls, Yopez says. Now, add **OGX Hydrate + Marula Oil Serum Elixir** (\$8; cvs.com) to lock in moisture. Last, apply **AG Hair Re:Coil Curl Activator** (\$22; ulta.com) for hold.

VERY CURLY / COILY



pudding

Gel



Amara La Negra

GET THE LOOK

Smooth **Flawless by Gabrielle Union Styling Curl Cream** (\$19; ulta.com) through damp hair from roots to ends, then immediately apply **TXTR. by Cantu Curls + Waves Defining Gel** (\$10; ulta.com). This combo defines curls and provides hold, Garcia says.



CURLY-CHICA TIP

I co-wash, which means that most of the time, I wash my hair with only conditioner. And every weekend, I use a deep conditioner to lock in moisture.

—Alba Ramos, @sunkissalba

GOT STRAIGHT HAIR?

Here's how to ride the wave.

CRIMP YOUR STRANDS

To get a soft bend in the hair, clamp sections in a crimping iron. Look for one with large ridges, like **Bed Head Waveaholic 2™** (\$30; target.com), for texture and volume without frizz.

SLEEP IN ROLLERS

Wrap small sections of damp hair around each supersoft **Sleep Styler Roller** (\$30 for a set; thesleepstyler.com), secure with the attached strap, and go to bed. In the morning, remove rollers and soften curls by combing with a wide-tooth comb.

GET A PERM

It's not as harsh as it was in the '80s: New techniques can give you a soft wave or curl that lasts three to six months.

L.O.C. IN A BOTTLE!

New Color Wow Dream Coat for Curly Hair moisturizes, defines, and prevents frizz. Spray liberally to damp hair, then air-dry. \$28; colorwowhair.com

GOT 15
MINUTES?

MOMBOD

Get Fit, Fast!

Can't make it to the gym? By alternating short bursts of all-out exercise with less intense periods, you can achieve more. Try this high-intensity interval training (HIIT) plan by trainer Ramona Braganza four times a week, and you'll feel firmer in a month.

BY **SHAUN DREISBACH**
PHOTOGRAPHS BY **MARLEY KATE**

**CARDIO
BASICS**

Start with 30 seconds of light cardio, then choose any heart-pumping activity (such as jumping rope) for your three cardio bursts. On a scale of 1 to 10 (1 is no effort, and 10 is as hard as you can go), you should be at an 8 or a 9.

START
HERE
↓

:90

Cardio Burst



:60

Walking Plank

Start in low plank position, forearms on floor. Place right hand under right shoulder, then left hand under left shoulder; straighten arms to push-up position (as shown). Lower to starting position and repeat, alternating starting hand each time.



Begin with 3-lb. weights and work your way up.

:60

Reverse Fly

Stand with feet apart, a dumbbell in each hand. Hinge forward so torso is almost parallel to ground, knees bent, arms extended toward floor, palms facing each other. Lift arms out to sides at shoulder height (as shown); pause, then lower to the start. Repeat.



:60

Static Squat

Stand with feet hip-width apart, holding a dumbbell in each hand, arms extended in front of you, palms facing in. From here, squat down, knees bent 90 degrees (as shown); hold this position until the minute is up.

:90

Cardio Burst



:60

Pulsing Lunge

Stand with feet apart, a dumbbell in each hand. Press straight arms up toward ceiling. Step forward with left foot and lower into lunge (as shown). Pause, then straighten legs. Lower and straighten for 30 seconds, then switch sides for 30 more seconds.



:60

Mountain Climber

Place hands shoulder-width apart on floor with feet in push-up position. Jump right foot forward, landing with ball of foot under right shoulder (as shown). Quickly switch sides, jumping left foot forward and right leg back. Continue, alternating legs.



:60

Wall Flattener

Stand with back and heels against wall, feet together, knees slightly bent. Bend elbows 90 degrees in a goalpost position (as shown), and rest arms against the wall. Keeping elbows bent, slowly slide arms up the wall 4 or 5 inches, then lower back to the goalpost position. Repeat.

:90

Cardio Burst



:60

Bridge With Knee Lift

Lie on back with knees bent, feet flexed, arms by sides. Curl tailbone off floor and lift hips into the air; hold. Lift right foot off floor and bring knee in toward chest (as shown). Return foot to floor. Do five lifts, then switch for five lifts with left leg. Repeat.



:60

Side Plank

Lie on left side with legs extended and hips stacked. Prop yourself up on left forearm. Lift hips off the ground as high as you can, extend right arm toward ceiling, and hold for 30 seconds (as shown). Lower, switch sides, and hold for 30 seconds.



:60

Supermom

Lie facedown on the floor, arms and legs extended. Slowly lift arms, chest, and legs; gaze at floor to prevent neck strain (as shown); pause, then lower to starting position. Repeat.

● **And that's it! You can take a break now—you've earned it.**

ON-SET TRAINER: AMANDA BUTLER. WARDROBE STYLING BY LAURA PRITCHARD. PROP STYLING BY CARLA GONZÁLEZ-HART. HAIR AND MAKEUP BY DINA CALABRO FOR BERNSTEIN & ANDRIOLI. PREVIOUS PAGE: SHIRT, ALO YOGA. BRA, VICTORIA'S SECRET SPORT. PANTS, ADIDAS. THIS PAGE: SHIRT, MARA HOFFMAN ACTIVE. SHOES, ADIDAS X STELLA MCCARTNEY.

WHAT IT'S LIKE
TO BE A

MAMA

in
Latin America



Our *comadres* abroad share the traditions that nurture their little ones. You might just be inspired to try a few yourself.

BY WANDA MEDINA





NO MATTER WHERE THESE MOMS LIVE...



THEIR KIDS' HAPPINESS IS TOP PRIORITY.



1

LATIN-AMERICAN MAMIS... avoid postpartum plans.

Staying home for 40 days after a baby is born—a tradition known as *cuarentena*—may give some moms cabin fever, but Grace Gómez de la Rosa, in Barranquilla, Colombia, welcomes the self-imposed quarantine. “I don’t go out during those first days except to our pediatrician appointment when the baby is 7 days old, and even then, I come back home straight away,” says Gómez de la Rosa, who is expecting her third child in July. The break is a chance for Mom and her baby to rest and bond while friends and family handle cooking, cleaning, and other household chores. “When my daughter was born, *Mami* came every morning to make meals. Even my uncle helped out,” says Ecuadorean mom María Rivadeneira, in Quito, who relished having the time with her now 8-month-old, Mya Rafaella. “I was only focused on getting to know my baby and taking in every beautiful experience with her. It was incredible.”

2

LATIN-AMERICAN MAMIS... know how to party.

To celebrate their children’s birthdays, Mexican moms aren’t afraid of making a delicious mess. After blowing out the candles, the guest of honor’s face gets gently pushed into the *pastel* for a



first bite while everyone chants “*Mordida, mordida!*” “It’s such a fun tradition; everyone enjoys it, including the child,” says Ana Laura Saucedo, who lives in San Cristóbal de las Casas with her 2-year-old son, Andrés.

Of course, the party isn’t over until favors are handed out. In Chile, kids are sent home with a practical gift their parents will appreciate. “Some years ago, goodie bags were filled with candy and small plastic toys, but now a guest might receive a fun swimming cap instead,” says Javiera Hurtado, mom of Isabel, 10, and Elena, 8, in Santiago. The trend extends to Colombia, where Gómez de la Rosa gives children plate sets or drawstring canvas bags to transport piñata treasures back home.

3

LATIN-AMERICAN MAMIS... mix up *merienda*.

- **VENEZUELA** A traditional arepa stuffed with ham and cheese keeps little bellies full until lunchtime, says Yarimeh Mora, a Venezuelan mom who now lives in Santo Domingo, Dominican Republic, with her sons, Luis Eduardo, 5, and Alberto José, 4.
- **ARGENTINA** In Buenos Aires, it’s all about moderation, so moms will occasionally serve *dulce de leche* sandwich cookies, known as *alfajores*, as an afternoon snack, says Alejandra Remaggi, mom of Ana, 11, and Isabel, 8.
- **MEXICO** Corn tortillas are warmed up on the grill and topped with semisoft *panela* or Oaxaca cheese for a deliciously gooey meal, says Saucedo.



SNACKTIME IS A GREAT CHANCE TO ASK KIDS ABOUT THEIR DAY.

Flexible Familia

If you’re feeling inspired by our Latin-American *mamis*, try bringing some of their traditions into your own home. “When you open yourself up to new experiences, you might find things that you enjoy that you didn’t know about before,” says Aileen Torres, Ph.D., a clinical psychologist and professor in the doctor of clinical psychology program at William Paterson University, in Wayne, New Jersey.

Showing a willingness to explore new paths also teaches kids an important lesson. “Learning to be flexible and adapt to different situations is a life skill that they’re going to take to their future experiences,” Dr. Torres says. “It improves their ability to socialize and fare well in any situation.” So break out the notepad and start mapping out new ideas with the fam.

PREVIOUS SPREAD: CLOCKWISE FROM TOP LEFT: PER SWANTESSON/STOCKSY; DAVID MARTINEZ; ROBERT HARDING WORLD PHOTOGRAPHY/OFFSET; DAVID TSAI; ERIKA VERGINELLI; THAYER ALLYSON COWDY; SALLY ANSCOMBE/GETTY IMAGES; CARLA DOLAN/STOCKSY. CENTER: THAYER ALLYSON COWDY; POLAROID FRAME: ISTOCKPHOTO. THIS PAGE: TOP, FROM LEFT TO RIGHT: PRISCILLA GRAGG; ISTETIANA/GETTY IMAGES.

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4

LATIN-AMERICAN MAMIS...
encourage kids to enjoy nature.

When families are big and homes are small, *mamás* in Mexico use the outdoors to their advantage regardless of the weather. “In San Cristóbal de las Casas, it rains a lot, so I dress Andrés in a windbreaker and boots, and we walk to the town center, where he plays with other kids, splashes in puddles, and people-watches,” Saucedo says. “It’s important for him to see pigeons and trees, and to be in touch with and learn from nature no matter the climate.” In Costa Rica, playing outside helps kids develop a lifelong respect for the environment. “I’ve never seen a culture that’s as protective of nature as Ticos are,” says Alice Bertholin Rice, who lives in San José with her 7-year-old daughter. “Here, it rains six months out of the year, but parents encourage their kids to go out and discover the animals. There’s a refuge for monkeys and crocodiles near our home and a sloth sanctuary right by the beach.”

Bringing Up Baby

(AROUND THE WORLD)

Think parenting in Latin America is totally different? Try raising kids in another culture like the moms below.

AMSTERDAM, NETHERLANDS

All pregnancies are attended by midwives at neighborhood midwifery centers. For the Dutch, pregnancy isn’t seen as a disease you treat in a hospital. You don’t even see a gynecologist. Even twin and complicated pregnancies need a letter of permission from your midwife in order to be attended in a medical facility.

—Verónica Baez, Mexican mom of twins Alessandra and Natalia, 9 months

PARIS, FRANCE

It’s inappropriate to eat with your hands—even if you’re a kid! The French eat pizza and burgers with utensils, so we gave our kids forks and knives early on. At 6 months, my daughter was already sitting at the table and imitating the adults by holding a spoon.

—Wendi Urribarri, Venezuelan mom of Amadeo, 8, and Erinn, 2

AUCKLAND, NEW ZEALAND

New moms live their maternity life to the fullest and can take several years off work to care for a new baby. The support continues through government-funded Playcentres, a preschool program where kids learn and play through activities led by their parents. Moms and dads can also take free courses to pursue a college degree in early-childhood education.

—María Isabel Terán Andrade, Ecuadorean mom of Camilo, 6, and Emilio, 2

5

LATIN-AMERICAN MAMIS...
make time for their tribe.

Sundays are for spending quality time with loved ones before the start of a new week, and in Mexico, it’s common for extended family to get together for a meal at *Abuelita’s* house. “Everyone brings a dish, or they all pitch in to make a meal together on the spot,” Saucedo says. “My grandmothers make *caldo de pescado* and beef-tongue stew, and at my mother-in-law’s house, we usually have tamales and *mole con arroz*.” The weekly ritual creates bonding time with loved ones and helps pass on family traditions to the kids. “It’s important for children to spend time with older generations so they can learn about our culture through stories, songs, and crafts.”



6

LATIN-AMERICAN MAMIS...
believe in home remedies.

DOMINICAN REPUBLIC

For big-kid coughs, Mora swears by a recipe passed down from her Dominican mother-in-law. Stir 6 ounces honey with 2 minced radishes and 1 minced red onion, and take 1 tablespoon three times a day. “It’s so good, and it works!” she says.

When it comes to respiratory issues, Gómez de la Rosa follows a folk remedy by giving her kids eucalyptus tea-leaf baths to help clear stuffed noses. “I boil eucalyptus leaves in 3 liters of water for a few minutes and let it cool,” she says. “Once it’s at room temperature, I strain the water and rinse the kids with it from head to toe.”

Infants with swollen gums are given a piece of hardened *cochayuyo* (Chilean seaweed) in Chile, says Hurtado. “They’re sold in rolls at supermarkets, and moms cut off a 4-inch piece. Babies chew and bite on it and are entertained at the same time.”



ABOVE: PRISCILLA GRACC. WARDROBE STYLING BY ASHLEY MONTAGUE. BLUE BIKINI, ACACIA. RED AND PINK BIKINI, FLORA AND HENRI. BOTTOM: GABRIELA HERMAN/GALLERY STOCK.

PLMOM trends

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*GfK, 2014 & 2016



SummerStage Family Day in Central Park

Bring the whole family along to a Mardi Gras celebration in Central Park featuring New Orleans legends Rebirth Brass Band, alongside fun activities for all ages.

July 15, 2018

SummerStage, Central Park
New York City

CityParksFoundation.org



Registration is
FREE!

Join the Meredith Voices Panel

Parents Latina and our sister publications invite you to join our reader panel. **We want to know what you think!**

1
SHARE
what's on your mind

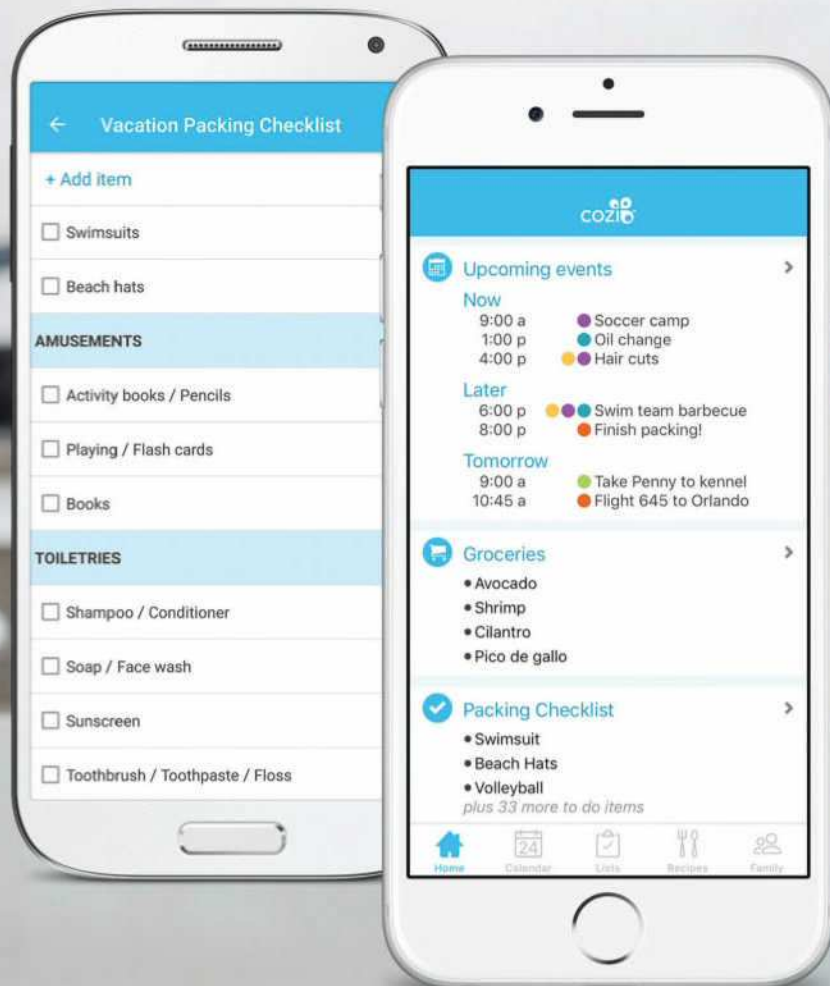
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Ser Padres

› DONDE LA FAMILIA MULTILINGÜE SE UNE



EN EL MAR LA VIDA ES MÁS SABROSA
EN EL MAR TE QUIERO MUCHO MÁS
CON EL SOL, LA LUNA Y LAS ESTRELLAS
EN EL MAR TODO ES FELICIDAD.

EXTRACTO DE "EN EL MAR",
DEL MÚSICO CARLOS ARGENTINO.

¿HAY ALGO
MÁS DIVERTIDO
QUE JUGAR
CON ARENA?



A LA PLAYA EN EQUIPO

Súmame a la moda del verano y uniforma a tu familia con idénticos trajes de baño, como estos súper tropicales que vienen en todos los talles, ¡incluso para papá! (Desde \$55, bathingbelle.com)



Bellas y protegidas

Una médica dermatóloga te enseña a seleccionar tu ropa y accesorios de verano para que se conviertan en la primera capa de protección solar.

¿Alguna vez pensaste que la indumentaria que te pones es el primer elemento para cuidarte del sol? Pues así es. Natalia Jaimes, médica dermatóloga, con especialidad en cáncer de piel y en lesiones pigmentadas de la Universidad de Miami y miembro de la International Alliance Against Cancers of the Skin, de la Skin Cancer Foundation, nos da consejos de cómo conviene armar el guardarropa de verano para estar a resguardo de los rayos UV, sin perder la coquetería.

1

Ropa

Las prendas que más te protegen son las compactas, tipo jean, o las sintéticas, como el poliéster o el satén, porque detienen más la radiación solar. Si prefieres las piezas de algodón, que sean en tonos vivos u oscuros, como el rojo o el negro. Otra opción es escoger ropa con factor de protección ultravioleta (UPF, por sus siglas en inglés). Hay líneas de vestir completas, con diseños muy modernos.

2

Gafas de sol

Deben ser anchas para que cubran la mayor superficie de piel posible, y tienen que poseer los filtros que exigen los estándares de protección.

3

Sombrero

Los más indicados son los de ala ancha, idealmente de 7.5 cm, para que cubra toda la circunferencia de la cabeza, incluyendo nuca, orejas y rostro.

¿QUÉ SIGNIFICA UPF?

Sirve para identificar la protección solar de las prendas. Un UPF +50, por ejemplo, indica que 1 de cada 50 rayos ultravioleta va a alcanzar la piel.

BAÑADOR COMO NUEVO

A partir de ahora, quitar la arena y el olor del traje de baño tras un día de playa o piscina dejará de ser un desafío. Lo primero que debes hacer es sumergirlo en un balde con agua fría por 30 minutos previos al lavado con tu detergente habitual. Usa *baking soda* sobre manchas rebeldes y déjalo actuar por 1 o 2 horas antes de lavarlo, o agrégale una cucharadita al agua del enjuague para quitar el olor a cloro o humedad.

Se anotó el mayor número de ~~goles.~~
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#buenostips

CAROLINA ORTIZ

Esta colombiana residente en Miami, autora del blog de belleza que lleva su nombre, y mamá de Benjamín, de 4 años, siempre se interesó por la vida sana. Ahora, esperando a su segundo hijo para septiembre, es todavía más consciente de la importancia de optar por lo natural.



MÁSCARAS FACIALES CASERAS

“Siempre me preparo mascarillas naturales con fresa, papaya o turmeric. Aplico la fruta triturada sobre mi rostro o la mezclo con un poquito de miel o yogurt natural sin azúcar. Lo mismo hago con las especias. ¡Los resultados son superiores a los de cualquier otra mascarilla! Eso sí, primero hay que probar en una pequeña porción de piel por si da alergia”



AGUA

“Tomo al menos 10 vasos de agua por día porque ayuda para la elasticidad de esa piel que se está estirando con el embarazo”.



ACEITE DE COCO PENSADO EN FRÍO

“Es un anti-frizz natural muy bueno. Derrito un poquito con mis manos y lo coloco en el pelo mechón por mechón. Recojo mi cabello y me voy a dormir. Por la mañana me lavo la cabeza muy bien porque nunca hay que salir a la calle con aceite en el pelo: al tomar temperatura con el calor, te puede quemar”.



VINAGRE DE SIDRA DE MANZANA

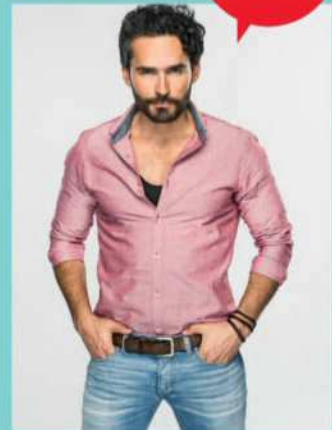
“¡Es bendito! Desde hace dos años, en ayunas, tomo dos cucharaditas diluidas en un vaso de agua. Mi piel mejoró inmediatamente. Es feo, pero te acostumbras”.

PAPÁ ESTRELLA

Fabián Ríos

Es parte de la nueva temporada de “Sin senos sí hay paraíso”, de Telemundo, un rodaje que lo llevó a su Colombia natal junto con su esposa, Yuly Ferreira, y su hija Lucía, de 9 años.

POR JULIA TORTORIELLO



NO SOLO EL VERANO ES CALIENTE



El gran día

“Jamás voy a olvidar el nacimiento de mi hija. Estaba grabando la primera temporada de “Sin senos sí hay paraíso”, y me tocó viajar a Bogotá de urgencia, manejando mi carro por unas tres horas. Conseguí llegar exactamente a las 6 de la tarde, cuando ella gritó”.



La de mejor corazón

“Lo que más me derrite de Lucía, es su bondad. Si ella pudiera, regalaría todos sus juguetes o se quitaría la comida de su boca para dársela a otra persona”.



El rey de los padres

“Como yo no tuve un papá biológico cerca, me esfuerzo por trazar un camino propio con Lucía. Con ella, por ejemplo, nos divertimos muchísimo. Tenemos un juego que nos inventamos que se llama ‘El león’. Yo la persigo, le rujo y también la consiento. Para mí es la manera en que ella me ve, como su protector”.



En clave romántica

“Nuestro secreto es saber trabajar para ser felices por el resto de la vida. Yuly y yo vamos a estar juntos en la enfermedad, en lo bueno, en lo malo, en la pobreza... Ese es el compromiso que tengo ante Dios”.



La mejor compañía

“Podemos viajar en familia porque, cuando estamos fuera de Miami por trabajo, Lucía hace *home-schooling*. En esos momentos, ella cuenta con el apoyo de un tutor, de Yuly o mío”.



DISEÑADORA PRECOZ

“Lucía es muy creativa, una artista. Toma clases de diseño de moda y vamos a lanzar su línea de ropa para niñas y perritos muy pronto”.

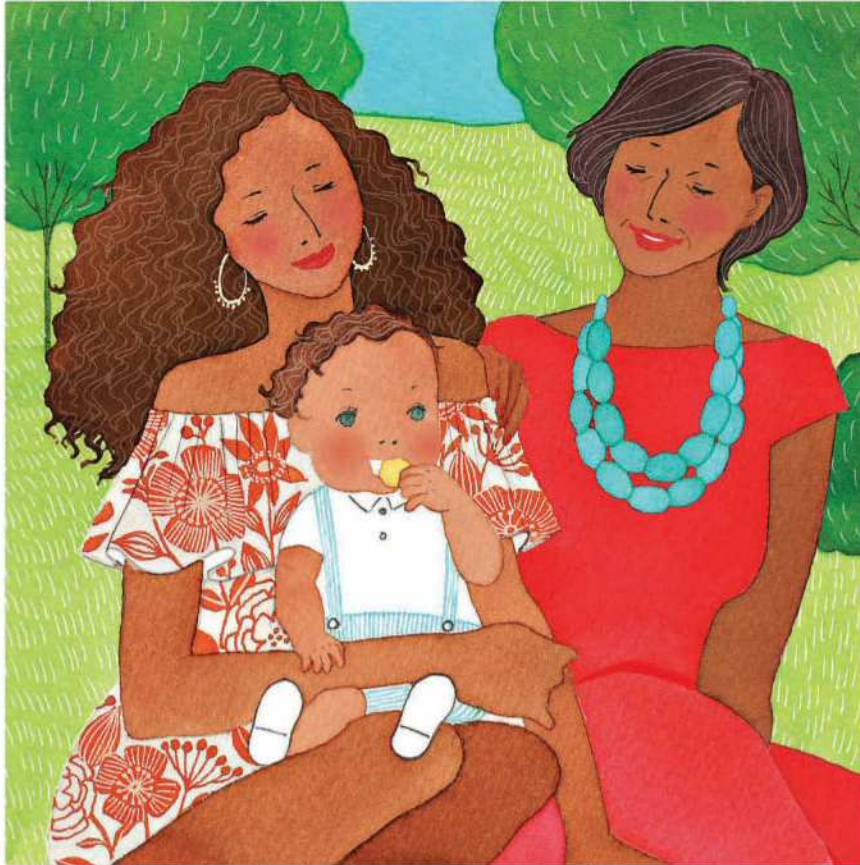


“Me esmero para que Lucía quiera ir cada año a comprarme un pastel para el Día del Padre. En su corazón ella sabe que hago un buen papel”.

ABUELA
SABIA

PALABRAS DICHAS CON AMOR Y EXPERIENCIA

Vivo con mi suegra



LEMA

“SIEMPRE LES DIGO A MIS HIJOS QUE SIEMBREN COSAS BUENAS, PORQUE LO QUE UNO SIEMBRA, RECOGE”.

necesidad de remarcar los errores. Hay que saberlos decir con mucha inteligencia.

▼
Mi suegra es chismosa, y cuenta cosas de mi casa a otra gente. ¿Qué hago?

Hay que resaltarle que eso no está bien, que hay que ser discreta y que las cosas no se andan contando. Por el bien de todos, e incluso de ella, no se va por ahí diciendo la vida de nadie y mucho menos de la familia. Dile que no estás de acuerdo y que, además, eso no le queda bien. Ponle ejemplos de cosas que no le gustaría que tú estuvieras hablando de ella. Pero siempre díselo, porque, si te callas, las cosas se van a seguir repitiendo.

P/ Cada vez que les doy una directiva a mis hijos, mi suegra los consiente. ¿Cómo hago para que me respete?

Hay que sanear eso porque ella está distorsionando la crianza que les quieres dar a tus hijos. Una, como abuela, debe saber que está para colaborar, pero no para meterse. Ni siquiera, con los niños. Puedes invitarla a tomar un café afuera de la casa y decirle: “Yo te quiero mucho, mis hijos te adoran, pero tú debes entender que yo me casé con tu hijo y nosotros tomamos las decisiones de la familia. Yo estoy educando a mis hijos y sé cómo hacerlo. Si en el momento en que yo los reprendo tú me desautorizas, los confundes. No es mi intención tener malas relaciones contigo, pero tampoco quiero que mis hijos se sientan mal conmigo y se pongan de tu parte”.

▼
Mi suegra me ayuda pero hay cosas que no me gustan. ¿Puedo decírselo sin llegar al roce?

Debes proteger mucho estas relaciones porque son para toda la vida: ella es la mamá de tu esposo y la abuela de tus hijos. Entonces, ve y habla con ella, pero cuida su corazón. Siempre resalta primero las cosas buenas que tiene, así cuando le digas algo que no te guste, no se ofenderá y podrán conversar sanamente, porque, aunque sea verdad, no hay



CONOCE A LA ABUELA

Alba Muñoz es una abuela colombiana residente en Queens, Nueva York. Tiene 5 hijos y 10 nietos, de entre 2 y 16 años.



Cómo criar niños obedientes

Que los hijos hagan caso y respeten las normas de la casa no es tarea sencilla para ningún papá. Por eso, presentamos aquí seis recomendaciones que te ayudarán a que los “¡No!” se transformen en “¡Sí!”.

POR KRISTYN KUSEK LEWIS FOTOS POR GRACE HUANG

1

Toma una definición clara

La mayoría de los padres no definen las reglas hasta el momento en que ya quieren aplicarlas. Por ejemplo, es hora de salir y regañas a tu hijo por no tener los zapatos puestos, aunque otros días simplemente se los pones tú. Esto te hace sentir frustrada y desconcierta a tu hijo.

Por eso, es importante que tú y tu pareja se sienten y decidan cuáles son sus prioridades. ¿Cuándo debería estar lista la tarea? ¿Quién lava los platos después de comer? ¿Los niños tienen que ayudar a alimentar a las mascotas? Una pauta sugerida por Wendy Mogel, Ph.D., autora de *The Blessing of a Skinned Knee*, es establecer reglas en tres grandes temas: cuidado personal (por ejemplo, lavarse los dientes), responsabilidades de “ciudadanía” familiar (como recoger lo que dejamos tirado) y expectativas para cuando están fuera del hogar (como qué puede ponerse tu hijo para ir a la escuela).

Es importante que te preguntes qué intentas lograr con esas normas, dice Michele Borba, Ed.D., autora de *The Big Book of Parenting Solutions*.

Una vez que las hayas delineado, transmíteselas a tus hijos. El cambio de conducta llevará tiempo, requerirá práctica y tendrás que dar explicaciones de por qué deben hacerlo. En lugar de decir: “Limpien la habitación”, y luego esperar a que lo hagan de inmediato, puedes decir: “Aquí limpiamos todo porque nos gusta cuidar nuestras cosas”.

“Las reglas hacen referencia al reforzamiento de tus valores familiares y a la construcción del carácter. Si explicas el porqué de la regla, es más probable que tu hijo la respete”, dice la doctora Borba.

Una vez que hayas definido las reglas, facilita las cosas para que tus hijos puedan respetarlas sin gran esfuerzo. Por ejemplo, si tus niños están en edad preescolar y quieres que se laven las manos antes de las comidas, asegúrate de que haya un taburete en el baño para que puedan pararse sobre él. O si buscas que tu hijo se ponga los zapatos antes de ir a la escuela, déjalos en una caja al lado de la puerta y dile que su responsabilidad es ponérselos inmediatamente después de que termine el desayuno.

2

No tengas demasiadas reglas

Aunque para los niños es importante tener estructura y rutinas, solo van a poder hacer caso a lo que pides si la lista no es interminable. Una cantidad excesiva de reglas les hace pensar que no los crees capaces de comportarse bien. Y será más factible que obedezcan si se sienten respetados y comprendidos.

Considera qué es lo más importante en tu familia y qué cosas crees que pueden funcionar mejor. Quizás puedas ser más flexible con la regla “no leer después de que se apagan las luces”, si eso te permite reforzar “la hora de ir a la cama es a las 8”.

También recuerda que los niños tienden a portarse mucho mejor en la escuela, pero se relajan y hacen lo que quieren cuando llegan a casa. Hasta cierto punto, está bien que eso pase. La doctora Mogel lo llama “conducta indebida preventiva”. Se trata de dejar que tu hijo tenga un poco más de independencia en casa, como permitirle escuchar música alta en su habitación o explorar en el jardín y ensuciarse, para evitar problemas de conducta más grandes.

3

Deja que tus hijos opinen al elaborar las reglas

Es probable que los niños, incluso los más pequeñitos en su afán por querer ayudar, se comporten adecuadamente si se sienten miembros activos del grupo familiar. Válete de esto para decidir juntos de qué “tarea especial” podría ocuparse cada uno. Las opciones son muchas, como guardar los animales de peluche en una caja al fin del día o poner la ropa en una cesta antes de bañarse. Con niños mayores de 4 años, en lugar de regañarlos repetidamente para que hagan sus tareas, siéntense juntos con una lista de cosas que deben hacerse en la casa y déjalos elegir cuáles les gustaría asumir. Podrías incluso considerar tener una “reunión de negocios” familiar para que cada uno opine y proponga.

Cuando asignes responsabilidades, toma en cuenta las fortalezas y las debilidades naturales de tus hijos.

“Al hijo de 3 años de una de mis amigas le encantaba guardar las cosas”, dice Borba. “Entonces ella cargaba siempre el lavavajillas en el estante superior y su hijo la ayudaba a colocar los platos y boles más pequeños y resistentes en la parte inferior. También ordenaba sus gabinetes de manera que el nene pudiera colocar cosas en los cajones más bajos”.

O puedes hacer que el ayudar se torne divertido. Por ejemplo, puedes dejar a tu hijo mayor escuchar su música favorita mientras barre el piso de la cocina y al más pequeño acurrucarse a tu lado para leer un cuento especial después de haber guardado todos sus juguetes.

4

Sé coherente

Si eres contradictorio respecto a la aplicación de las reglas, tus hijos solo las respetarán algunas veces. Por ejemplo, si le dices a tu hija que cada día debe hacer la tarea apenas llega de la escuela, pero luego le permites que dos o tres veces por semana la deje para después de cenar, no la puedes culpar cuando decidas aplicar la regla y ella quiera posponer los deberes escolares. “Las mamás y los papás con frecuencia siguen un patrón que yo llamo ‘simpático, simpático, simpático, furioso’”. Es cuando dejan pasar las cosas una y otra vez, hasta que de repente se enojan cuando han tolerado suficiente y deciden que es el momento de ser estricto”, dice Mogel. Si implementas una regla, será bueno aplicarla a un ritmo regular.

Ser consistente significa que tú también debes respetar las pautas familiares. Si estás tratando de que tu hijo pequeño aprenda a decir “por favor” y “gracias” o de que diga “sí” en lugar de “ajá”, entonces ustedes, como padres, deben dar el ejemplo para esa conducta. Convierte esto en tu mantra: “En lo que respecta a las reglas, el objetivo es

hacerlo con ellos en lugar de a ellos”, dice la doctora en educación Jane Nelsen, autora de la serie de libros para padres *Positive Discipline*.

5

Céntrate en lo que sí se puede hacer, más que en lo que no

“Cuando dices ‘no’ con demasiada frecuencia, los niños se vuelven inmunes a eso”, dice Borba. Por lo tanto, es importante enfatizar la conducta que quieres alentar. Por ejemplo, si tu hijo pequeño golpea, recuérdale que, en cambio, debe usar palabras. Es natural que los más chiquitos prueben los límites, ya que ese es el modo en que descubren cómo actuar en el mundo. Si este es el caso en tu casa, y notas que tu hijo está por romper una regla, interviene y dale ideas de lo que sí podría hacer. Esta táctica es efectiva aun con niños más grandes. En vez de gritarle “¡No!”, pregúntale: “¿Qué te parece que podrías hacer en lugar de eso?”.

Intenta que las expectativas en cuanto al comportamiento de tus hijos sean realistas. “A los niños pequeños les gusta hacer cosas por sí mismos, pero los desalentamos cuando los apuramos o buscamos la perfección”, dice Borba. Si no lo regañas porque no puso la mesa con prolijidad, es posible que lo haga mejor la próxima vez. Y no te olvides de mostrarte entusiasmada frente a sus conductas positivas. De este modo, contribuirás a formar su orgullo y a reforzar las posibilidades de que siga haciendo las cosas bien. “En última instancia, tu función como padre es ayudar a tu hijo a estar preparado para que un día te deje”, dice Mogel, y concluye: “Vivir de acuerdo a reglas les da a los niños herramientas emocionales y espirituales que los ayudarán a tener éxito cuando llegue el momento de que entren al mundo real”.



“A los niños pequeños les gusta hacer cosas por sí mismos, pero los desalentamos cuando los apuramos o buscamos la perfección”.

Michele Borba, doctora en educación

Con el color del sol

POR MONICA PIERINI
FOTOGRAFÍA POR YUNHEE KIM



PALETAS DE COCO

En una sartén mediana, combina 2 $\frac{2}{3}$ tazas de leche de coco líquida, $\frac{1}{2}$ taza de crema de coco, 2 ramas de canela y 1 $\frac{1}{2}$ c. de cúrcuma. Cocínalo a fuego medio por 5 minutos. Pasa la mezcla a una taza medidora a través de un tamiz o colador de malla fina y deja que se enfríe por unos 10 minutos. Incorpora $\frac{1}{4}$ taza de jarabe de agave y 2 c. de extracto de vainilla. Luego, vierte la preparación en moldes para paletas y ponlos a enfriar en el congelador hasta que la mezcla se solidifique. Al servir, separa de los moldes, humedece con agua la punta de cada paleta y pásalas por coco rallado tostado. Rinde 10 porciones.

COCONUT PALETAS

In a medium saucepan, combine 2 $\frac{2}{3}$ cups coconut-milk beverage, $\frac{1}{2}$ cup coconut cream, 2 cinnamon sticks, and 1 $\frac{1}{2}$ tsp. turmeric. Simmer over medium heat for 5 minutes. Strain through a fine-mesh sieve into a liquid measuring cup; cool for 10 minutes. Whisk in $\frac{1}{4}$ cup agave syrup and 2 tsp. vanilla extract. Freeze in ice-pop molds until solid. To serve, remove from molds, run cold water over the end of each ice pop, and dip in toasted shredded coconut. Makes 10 pops.

PARA DARLES UN TWIST, SUMERGE ESTAS PALETAS EN CHOCOLATE DERRETIDO.

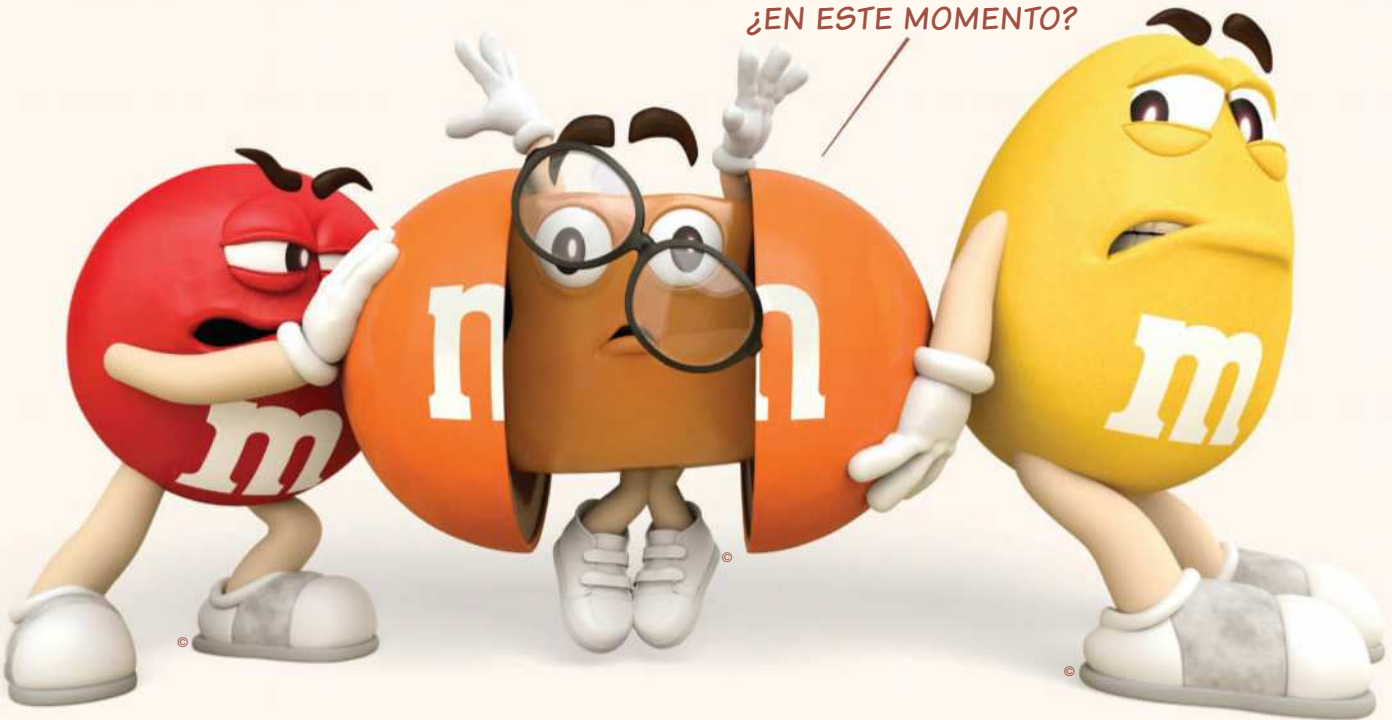
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