

healthy kids, happy families

Parents®

**TEACH YOUR
KIDS TO SAY
THANKS**
(and mean it)

now hear this!
**ear-infection
update**

**QUICK &
TASTY
POTLUCK
DISHES**



SHARE THE JOY!

5 cookies to
bake with kids

7 cheerful
Christmas crafts

50 nifty gifts

10
best kids'
books
of the year

"I REMARRIED MY EX"
LOVE LESSONS FROM
A MOM WHO KNOWS

kids

keep them healthy and happy

winter skin woes

Sidestep 'em with these tips from Arielle Kauvar, M.D., professor of dermatology at New York University School of Medicine, in New York City.

* frostbite

Dress your child in mittens, a hat, and waterproof shoes, plus two layers of clothing and a coat. Take indoor warm-up breaks, especially if her fingers, nose, toes, or cheeks are tingling.

* sunburn

Yes, even in the winter you need to use a broad-spectrum, water-resistant SPF 30 or higher. Reapply every two hours.

* dryness

Bathe your child in warm, not hot, water; wash with a mild cleanser; moisturize her skin regularly; and put a humidifier in her room.

