

# FAMILY CIRCLE FEBRUARY 2006 ISSUE HIGHLIGHTS

## **-Family Circle Editors Available For Interviews-**

### **A VALENTINE' DAY PARTY--** Page 16

Invite your friends and their daughters for a festive afternoon of card making. With our creative ideas it couldn't be easier - or more fun.

### **JUNIOR HIGH ROLLERS--** Page 26

Gambling is all the rage, especially among kids. Many parents think it's just a cool, fun and harmless hobby. Wanna bet? Family Circle provides you with ways to recognize if your child is in trouble and how and where to set limits with your child.

### **ALL ABOARD! THE BEST FAMILY CRUISES--** Page 34

Days lounging poolside, nights at the legendary buffets-a cruise offers nonstop fun and a chance for your family to sample local culture. These routes feature native cuisine and cool activities for a taste of Mexico, Greece and more. Family Circle also provides you with ways to cruise without breaking the bank.

### **KIDS BEHAVING BADLY--** Page 46

Welcome to the eye-rolling, door-slamming drama of the "tween" years. You'll love it, you'll hate it and you'll survive it. Here's how to keep your sanity.

### **YOUR PUDGY PET--** Page 54

Family Circle suggests ways to help a fat cat or dog shed those extra pounds.

### **LOVE IS MORE THAN WORDS--** Page 56

Even if your husband's not so great at telling you how much you mean to him, pay attention: he's probably showing you all the time. Family Circle gives you 6 ways to warm his heart and tips to pick out the perfect Valentine's Day gift. .

### **THE CYBER-BULLY IN YOUR HOUSE--** Page 62

Are your children being targeted online by their own friends? Here's how to find out-and how to protect them. Family Circle shows you how to protect your kids online- and, if necessary, prevent them from being tempted to play the aggressor. .

### **HEALTHY HEART HANDBOOK--** Page 93

Because you're at the heart of your family, here's our take-action guide to the tests you need, the healthy habits that really matter, and the best ways to stay fit so you can keep on ticking. From 8 ways to be good to your heart, a heart smart diet and ways to shape up your heart, Family Circle provides you with the information you need to stay heart healthy.

### **SIMPLE SLOW-COOKER SUPPERS--** Page 151

For an effortless meal, fill the pot in the morning and come home at night to a delicious dinner. Family Circle gives you 5 new recipes that will get you started with your slow-cooker.

The February issue of Family Circle is available on newsstands January 17, 2006.

###

#### **Contact:**

Marisa Ollins  
(212) 389-5332  
Marisa.Ollins@meredith.com

---

