

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.

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