

## Seven ways to celebrate Valentine's Day as a family

Valentine's Day can be a time to celebrate love of all kinds. This year, instead of making romantic plans with your partner, why not include your kids and celebrate as a family? Here are some Valentine's

### Day activities you and the kids will love:

1. Profess your love. Each family member takes a turn telling the others something they love about them, including themselves.
2. Eat a special breakfast. Serve heart-shaped pancakes or oatmeal with strawberries and chocolate chips.
3. Go on a family date night. Eat at a local restaurant you haven't tried before and catch a movie after.
4. Take a walk down memory lane. Reminisce and share stories while looking at old family photos. The kids will love looking at themselves and you in your younger days.
5. Bake cookies. Use a heart-shaped cookie cutter to make Valentine's
6. Day cookies. Decorate them with pink icing.
7. Have a movie marathon. Make popcorn, buy candy and snuggle up together under your cosiest blankets.
8. Make cards. Gather red and pink paper, glitter, stickers and markers to make valentines
9. to hand out to friends and family members.



Taking the time to celebrate Valentine's Day as a family will create memories your kids will have for a lifetime.

you  
LIGHT UP  
my life



HAPPY VALENTINE'S DAY!

## How to navigate Valentine's Day when you've just started dating

Whether you've only been on a couple of dates or you've spent every day together for the last two months, Valentine's Day can be uncomfortable when you've just started dating someone. However, it doesn't have to be an awkward event. As long as the two of you talk to each other about your expectations, Valentine's Day can be a hassle-free affair.

want to exchange gifts but still want to do something, cook dinner together and have a quiet evening in.

Navigating the waters of your first Valentine's Day together can make or break you as a couple. If it goes well, you could be starting a tradition that will last for years to come.



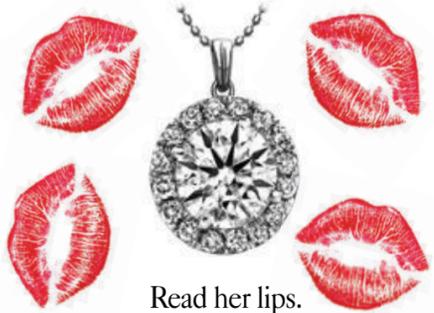
### BROACH THE TOPIC

It's never too early to learn to communicate with your new partner. If you see a future with this person, you should talk to them about your expectations and hopes for Valentine's Day. Bringing up the topic can be as simple as asking, "how do you feel about Valentine's Day?"

### FIGURE IT OUT TOGETHER

The two of you should decide how you'd like to celebrate mark the occasion. No matter what you decide, don't go overboard. If you choose to buy each other presents, decide on a budget and stick to it. If you don't

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