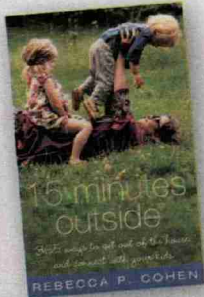


BETTER FAMILY
NEWS

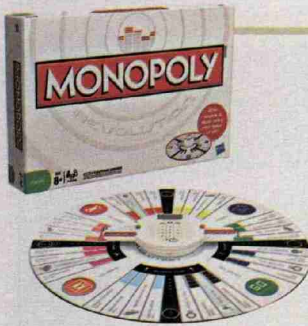


A breath of fresh air

Mom-of-two Rebecca Cohen won't let anything—rain, snow, or slush—keep her family from spending time in the great outdoors. **In fact, she made a pact to get her kids outside every single day for a year**, and compiled her get-out-the-door strategies into the book *15 Minutes Outside* (Sourcebooks, available March 2011; \$15). Her advice for getting the family motivated when it's frigid out? "The first step out the door is the hardest, but make it fun by asking your child to lead you on an adventure of his choosing," Cohen suggests. "After awhile we're usually peeling off a layer—and staying out longer."

Community cookbook

Nothing says 'I care' like a homemade dish. **It's a time-tested goodwill gesture** for welcoming new neighbors, sending condolences, or making the rounds of social "meet-and-eats." But who's got time to whip up yet another meal when you've got your own family to feed? Enter the *Good Neighbor Cook Book* (Andrews McNeel, 2011, \$17), a collection of recipes specifically suited to such occasions. Most dishes have a prep time of just 10–30 minutes, and all are crafted for spill-free transportation.



Game on!

Mid-winter is the perfect time to challenge your family to a board game competition. To keep the energy levels high, try playing speed rounds or place bets against who gets to make the hot cocoa. **You can also mix things up with these new twists on old favorites:** *The Game of Life: 50th Special Anniversary Edition* (\$18, Hasbro) adds five new coins to the action—that is, if you can keep them until your "retirement." In honor of the classic game's 75th, *Monopoly: Revolution* (\$35, Hasbro) comes with a round board, electronic banker, and adjusted-for-inflation money awards (when you pass "Go" you'll now collect \$2 million, instead of \$200). *Scrabble Flash* (\$30, Hasbro) eliminates the pain of staring at seven letters for 15 minutes straight: The fully digitized version of the word-creation game uses electronic tiles that track your words as you shuffle them, and sessions can be as fast-paced as 75 seconds.

Dinner and a movie? Yes, please.

This classic evening plan is the best way to keep your whole family happy and engaged while staying snug at home, say 98 percent of our *Better Homes and Gardens* online community of moms, The Motherboard. Other beloved activities during the chilly season? Cooking, baking, playing board games, or simply hanging out—while keeping warm, of course. "We love watching movies or spreading out an indoor picnic near our toasty living room fireplace," says one mom. **"It's nice to kick back and relax with warm stew and a good movie when the weather is crummy,"** says another. ■

