

FamilyCircle®

Quick & Easy Dinners

40+ Pages of BBQ, Slow Cook, No Cook and More

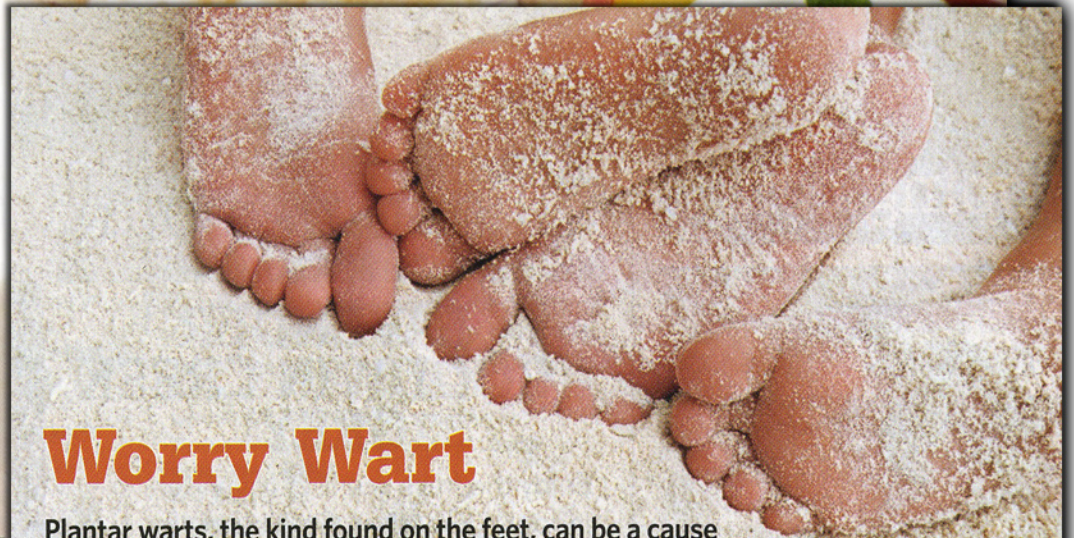
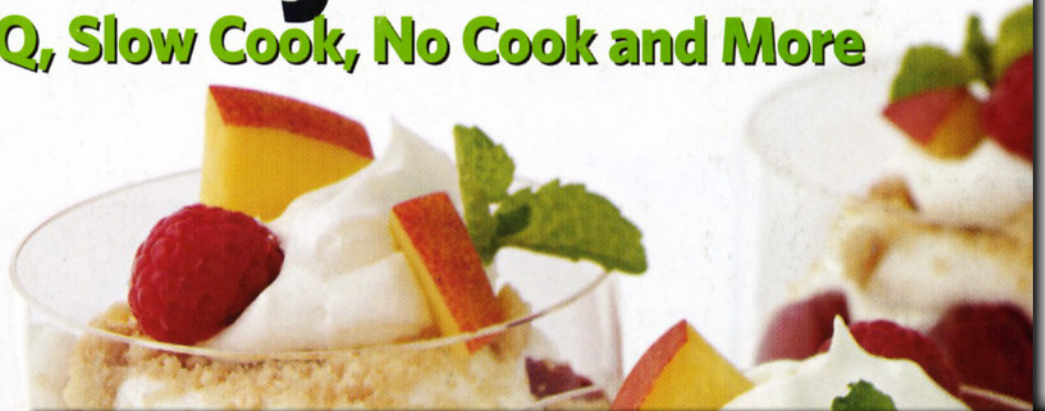
SAVE BIG
\$\$\$
ON HOUSEHOLD BILLS

»» The 10
Best Towns
for Families

8 REASONS WHY
DIET ISN'T WORKING

{ Secrets to P

Love Your
12 Ways to Be



Worry Wart

Plantar warts, the kind found on the feet, can be a cause for concern—especially during the summer. “Going barefoot leaves kids more vulnerable to these viral infections,” says **Dina Tsentserensky, a podiatrist in New York City.** “They’re not serious, but they’re often painful and can multiply quickly.” You can help your kids prevent and treat these bothersome bumps.

✓ DO

Make your kid wear flip-flops. Germs thrive on hot, moist surfaces, like pool decks.

Check the bottoms of your kid’s feet—where plantar warts are usually found—monthly.

Treat a wart right away with an OTC salicylic acid product. Then cover it with duct tape.

✗ DON'T

Let your child share footwear with any friends, since the virus is contagious.

Allow your tween or teen to touch a wart—doing so can spread the virus.

Hesitate to see a podiatrist or dermatologist if a wart is still around after two weeks.