



Amanda Pacheco Height 5'9" | 175cm Bust 34" | 86cm Waist 26" | 66cm Hips 36" | 92cm  
Dress 2-4 US | 32-34 EU Shoe 7.5 US | 38.5 EU Hair Blonde Eyes Blue



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**CGM**  
CAROLINE GLEASON  
MANAGEMENT



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GO TO SLEEP, KIDS!  
BEDTIME SURVIVAL GUIDE

CHOCOLATE BONANZA FOR  
VALENTINE'S DAY

HELP YOUR CHILD  
WITHOUT HOVERING

# Parents

ALL ABOUT THE

LOVE

50+  
WAYS TO MAKE  
AMAZING  
MEMORIES THIS  
YEAR

WILMER  
VALDERRAMA &  
AMANDA PACHECO  
with NAKANO

JANUARY/FEBRUARY 2022 PARENTS.COM

# Parents Latina.

DISCIPLINE  
DO-OVER  
TRY EMPATHY  
AND HUGS

KIDS ASLEEP?  
INDULGE  
IN A  
RELAXING  
BATH

WILMER  
VALDERRAMA  
and his sweethearts,  
Amanda Pacheco  
and Nakano

## Baby Love

DOULA  
ADVICE NEW  
MAMIS NEED

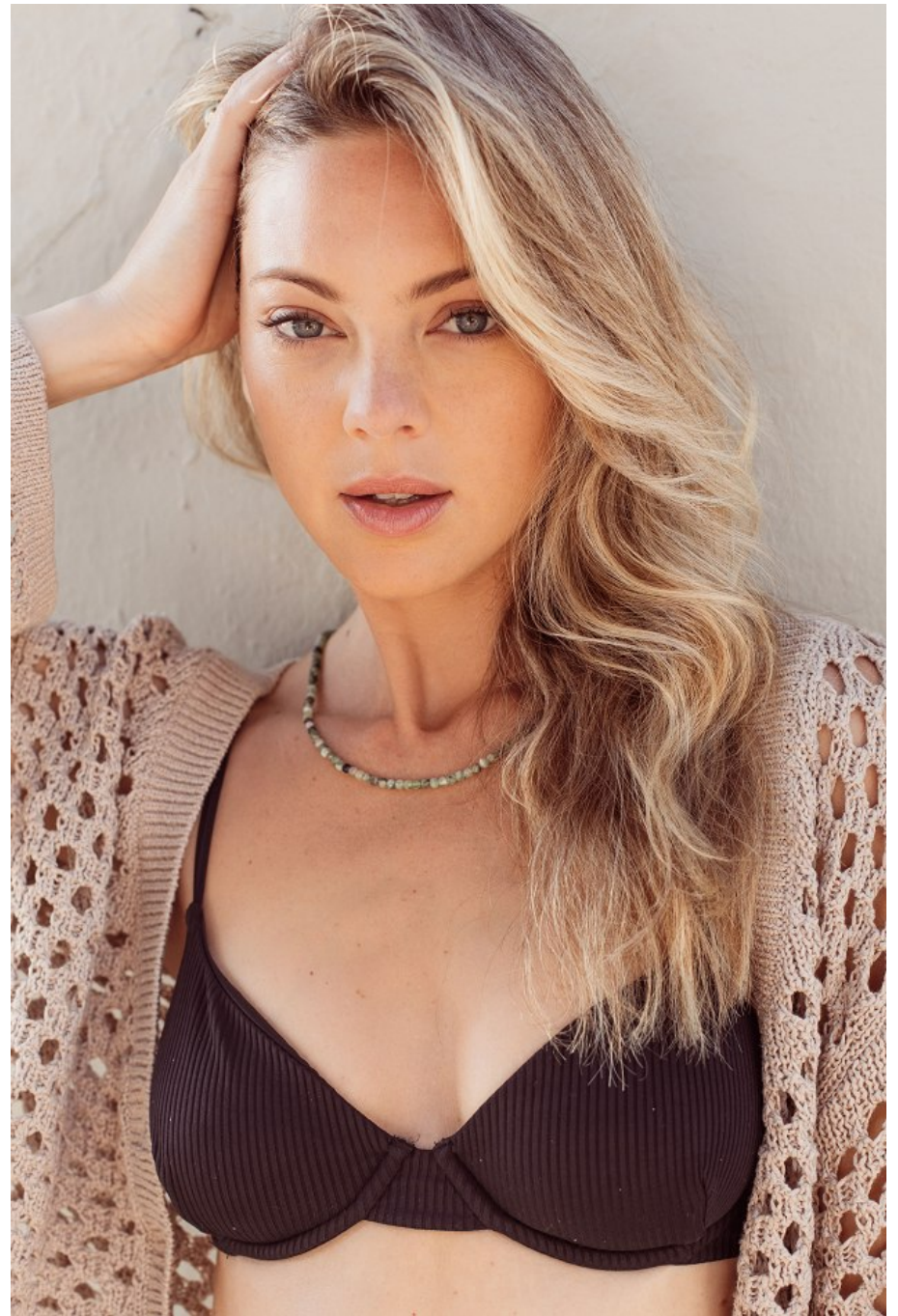
CREATE  
A DREAM  
NURSERY

BUILD  
RESILIENCE  
FROM BIRTH

FEBRUARY/MARCH 2022  
PARENTSLATINA.COM

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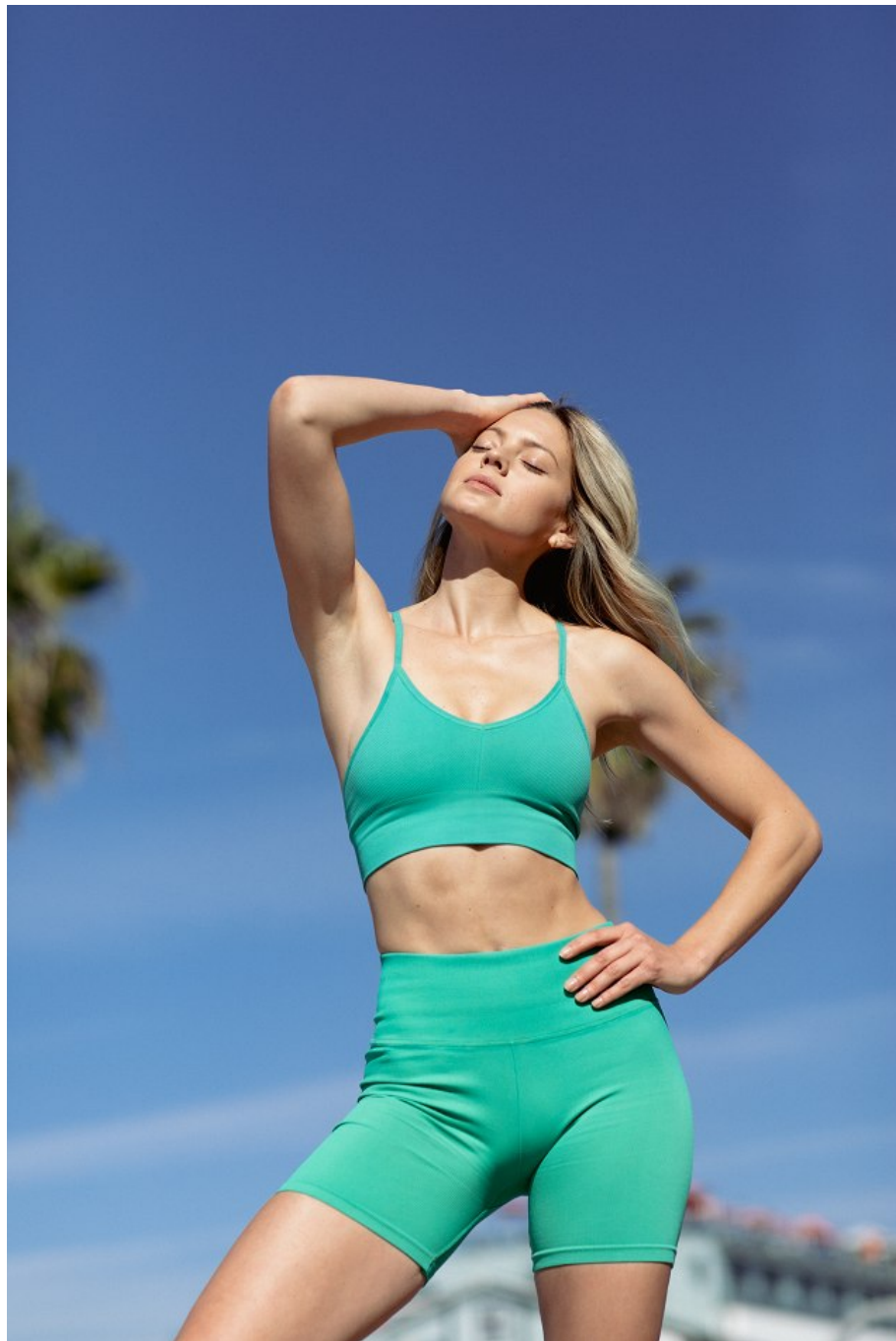
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