

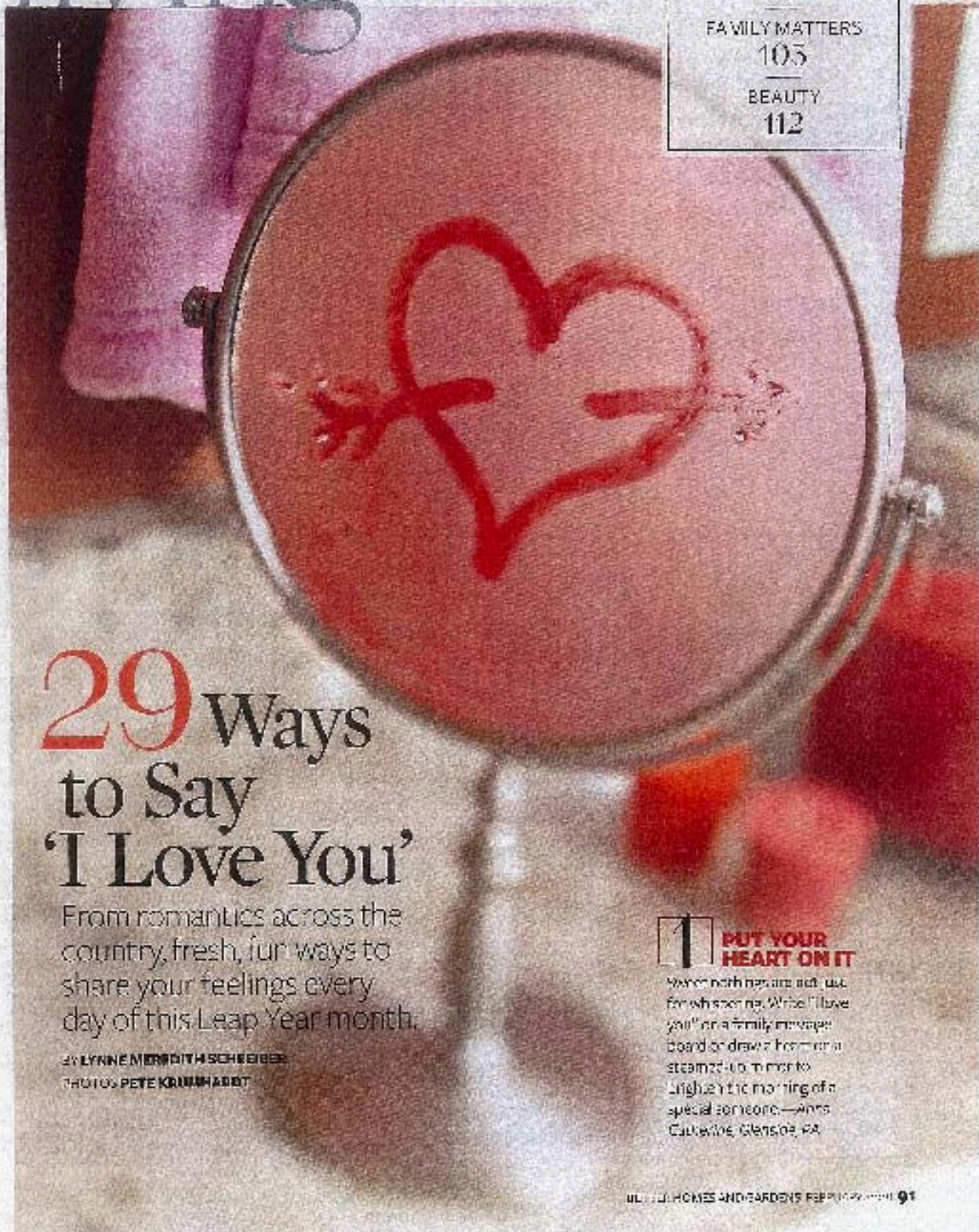
Better Homes and Gardens[®]

FEBRUARY 2008 \$3.49
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29 Ways to Say 'I Love You'

From romantics across the country, fresh, fun ways to share your feelings every day of this Leap Year month.

BY LYNN MERRITH SCHEIBER
PHOTOS: PETE KRUMHABDT

1 PUT YOUR HEART ON IT

When both hearts are set, just for whispering, write "I love you" on a family message board or draw a heart on a steamed-up mirror to brighten the morning of a special someone.—ANN CATALANO, Glenside, PA



2 MAKE PANCAKES

Cut heart shapes out of your family's morning pancakes or waffles. For a supper or dessert surprise, sliced veggies or candy pieces make great letters to spell out messages, too.

3 PLAY GAMES

Compete in a sport together—tennis, golf, even football, admiring each other's strengths as big winners. "Once and Alexander Men, Chicago, IL.

4 DRIVE WITH DEVOTION

Driving with your kids does it: You have to be a period of awkward silence. Use those opportunities to say what you feel: "I really enjoy our time together. You're a special kid!" —Mandy O'Reilly, Springfield, MO

5 TAKE YOUR TURN TOO

Mat, do not show me in a while." watch our baby while my wife stands and nurses. It's just a little way to show I'm pampered!" —Adam Kliger, New York, NY

6 PAMPER HIM

Guys like getting special treatment, too. Treat him to a morning at the spa, a professional massage, or even a pedicure (clear polish is just fine). —Barbara Pierce, New York, NY

7 GET ACTIVE

After dinner, take the kids powerwalking, jogging, or to a family-friendly yoga class. Tee-goods and other gear generate closeness and promote healthy living.

8 BOOGIE DOWN

Pick a regular date to indulge in a mutual passion. "We've been hiking since we were young, so my friend Nisha and I celebrate our birthdays by going to our favorite trails together!" —Saraella Mote, Miami, FL

9 SIGN IT

Make up your own special language or signals to express yourself to loved ones. Example: Swiping a finger in the dirt, then making a dot for each letter of "I love you." This is especially great for kids on kids since you can say how you feel in public without risk of embarrassing them. —Ellen Bookhart, Menlo Park, CA

10 GET AN E-GROOVE ON

Send fifty e-mails via electronic postcards. Great for long-distance couples, including servicemembers.

11 MAKE COUPONS

Coupons are something any family member can make by hand or on a home computer. Kids might make them redeemable for phone or other goodie deals. For a sweet treat, you could make them good for a dish, fig, or back rub at any time.



12 FILL THE FRIDGE

While they're gone for a weekend or overnight, stock a cooler with their favorite or party so they'll return home to snack they love. —Lewie Colvard, Louisville, KY

13 FIND THE GOOD

Get a short message or a friend or family member and tell that person just one thing you love or appreciate about her. She'll remember that in special act of honoring a love far longer than any other gift you might give her. —Cheryl Karoon, Anoka, MN

14 TELL THEM AT WORK

A heartfelt note slipped into a briefcase or dinner bucket, a message on their personal e-mail, or a gusy (but safe-for-work) e-card to their office address are all great ways to brighten their day at the job. —Archie Moore, Paradise Valley, AZ

15 LET IT RISE

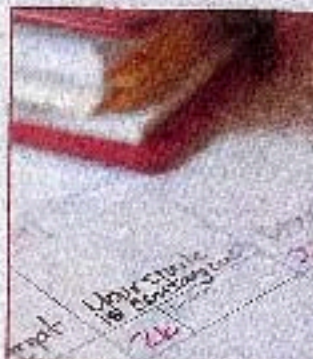
Cooking or baking for people you love remains one of the oldest, best ways to convey your affection of them. Sweet treats are Valentine's Day favorites, of course, but don't feel you have to limit yourself to cookies and homemade candy. "My kids love it when I bake bread, and I love it when their faces light up. It's like getting a little high!" —Aimee Gould, Gallego, CO

16 CANDLES & A BATH FOR ONE

Valentine's Day is a time of year to show special people how much you love them—and that includes you. So pamper yourself. "Draw a bath, light some candles, enjoy some indulgence. If you don't care for yourself, you have nothing left for everyone else."

—Stacy Kaiser, Los Angeles, CA





17 FILL THE DAYS

Get a daybook or daily calendar and write down the reasons you love someone on every page. Make them a mix of silly and serious reasons, and see how long it takes you to come up with 365. —Michelle Krollen-Dorf, White Plains, NY

18 SING IT

If you sing or play a musical instrument, convey your love through music. Write a song just for them, or at least learn one or two of their favorite tunes. Hook, try singing to them even if you can't sing. A moment's embarrassment will give them a lifetime memory. —Cecile Kawaunga, Chicago, IL

19 WRITE A BOOK

Fill a scrapbook, journal, or family cookbook with more than just photos, notes, and recipes. In the margins, write down someone's great advice or favorite sayings, too. —Susan Kreny, Sarasota, FL

20 GIVE THEM CONTACTS

Make sure your loved ones know all the different ways they can reach you—your direct line at work, your cell phone number, and all of your e-mail addresses. Tell them they can call you for any reason. Their love.

21 POST IT

Leave notes inside a month's supply of a desk drawer: "Someone told me images of love around my house are rare. Week after I can still find notes in coat pockets, between cereal boxes, and under lamps!" —Juliana Guerman-Love, Seattle, WA

22 TEXT YOUR CHILDREN

Traveling? Send quirky text messages to your kids. It's a quick and fun way to remind them that you care.



94 FEBRUARY 14, 2008 BETTER MOVES AND GAMES

23 SAY IT SWEETLY

Every year, Sweetheart Conversation Hearts feature new messages. Share some with your sweetie.



24 CROWN HER

Name your kids King or Queen for a cap and devote that day to enjoying her favorite activities.

25 FIND HEART CENTER

Do yoga together. "The purpose of yoga is finding yourself. Then you can share openly with those you love." —Tessa Kennedy, Little Haiti, Miami Beach, FL

26 END A FIGHT

Being the first one to say "I'm sorry"—even if you've still feeling hurt—sends a whole lotta love. —Alyse Barber, Providence, RI

27 WRITE A LETTER

In this fast-paced, high-tech world, you may not remember precisely the last time you got a handwritten letter, but you probably remember how good it felt to get one. Spread that feeling by writing one yourself. No need to make it a love note; just share your day with someone.

28 REMEMBER IN-LAWS

Even if you do it have the best relationship with them, remember, they created the love of your life. Show your appreciation with a home-scented candle, even a homemade casserole. —Dina Koutou-Pach, New York, NY

29 FEED THEM

Remember, cats need love, too. Bring in a canper them regularly. "I keep salmon treats all around the house for my three cats. That way they know they'll always get something scrumptious from me!" —Jill Marie Corbin