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Celebrating the day of love as a family

Valentine's Day is not just for lovers: it is also a celebration of other kinds of love. It's true that on February 14 most of the fuss is all about the Romeos and Juliettes of this world, but family love also deserves some of the limelight.

Fly away love birds

The couple is the cornerstone on which the family is built. Before giving up all your quality time for family cocooning, don't forget the importance of maintaining a strong relationship and making the most of every possible occasion to put some romance into your daily lives.

Making a special effort to spend time together on or around Valentine's Day is a must. Organize a babysitter for the children and plan to take a break from your usual routine. Make the love of your life happy without forgetting about yourself. If the weather allows, go skating arm in arm. Treat yourselves to massages, a good

bottle of wine, and a merry time. Close your eyes and for just a few hours imagine there's only the two of you.

Celebrate with your little cherubs

Children love celebrations. At home or at school, arts and crafts are often the expression of the love and creativity of our little ones, who adore the symbols of love: bright red hearts, cupids, and arrows. Add even more excitement to the occasion by including the children in the preparation of a surprise meal for your soul mate. They'll love to add their very own touch to salads, mix up a festive macaroni, or prepare an irresistible chocolate fondue.

In other words, experience Valentine's Day not once, but twice! What a great thought for all those hearts overflowing with love.



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Beating the blues: A survival guide for singles

Valentine's Day is a celebration of love but what if you haven't had anyone in your life for years? You might be very happy to be single, but as February 14 approaches you feel a little lump in your throat. You don't want to admit it, but you kind of wish you could participate in this celebration of love, just like everyone else. To avoid feeling down on Valentine's Day, you will have to be clever and well prepared.

One strategy is to avoid all those places that will be crowded with couples on the fourteenth. Stock up in advance for everything you need for your meals that day. You might want to stay away from grocery stores on Valentine's Day, or you'll likely be confronted with all kinds of lovey couples shopping for their very own romantic dinners. Don't go to a restaurant either, as that is where couples

flock to celebrate their love. Instead, go to a bar or a pub or a place that is advertising a singles evening. Your other option is to stay at home, cook yourself a good meal, or order in.

If possible, surround yourself with single friends and spend an evening out together. Or stay at home with a rented action movie or TV series on a DVD that you can watch from beginning to end. Just choose carefully what you watch: don't bother with movies like Dirty Dancing or Ghost or any other romantic movies. That would be sheer torture!

Go ahead and cook one of your favourite recipes that will keep you busy most of the evening, since there's nothing like a little soul food for comfort.



Mature love is still love!

Couples who have spent more than a few Valentine's Days together needn't feel that celebrating February 14 is a redundant, meaningless routine. This day of love deserves to be thought of as an important moment in the life of every couple, a mythical date to recall and celebrate the love they feel for each other.

Yes, it is still important to spend time together and highlight the event with a small gift or some tender written words. Showing your partner that you are thinking of him or her is what is most important, and giving a gift is often the easiest way to do that. However, a gift doesn't have to cost a lot of money. A handwritten letter, a framed photograph, a

small heart-shaped decoration, an "I love you" written on the bathroom mirror for your loved one to see in the morning; these are just a few of the gestures that can demonstrate your love and the importance you give your partner in your life.

You might decide to treat yourselves to a shared gift rather than two separate ones. You'll have to decide together on what would please both of you, whether it's a designer item to enhance your home, a new kitchen accessory, or a romantic evening out. You might even want to treat yourselves to a night at a hotel or a country inn, even if it's close to home. The change of scenery will add a touch of excitement to your evening and bring you closer together.



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Eternal words of love

Valentine's Day is the perfect occasion to give, receive, and express our love. Even though gift giving isn't really necessary, it always gives us pleasure to think that our loved one has thought about us.

Of course, the way we express our feelings to our loved ones is crucial. There's nothing wrong with ready-made Valentine's gifts, but remember that showing your love can also be a simple gesture. It isn't a cliché to express your heartfelt feelings; that's why Valentine's Day is such a great opportunity to write a love letter straight from your heart. Here are some of the advantages:

- Everyone can afford to write a love letter
- A love letter prepared with infinite care could even replace a gift
- If you still want to add a little extra, your words of love will be the perfect accompaniment for your gift

Because they are yours alone, your loving words will go straight to the heart of your loved one. Think about it: it's pretty rare to set down our feelings on paper. You'll see that going back to the simple things in life is often the best way. Make Valentine's Day an annual rendezvous with the eternal words of love!

Perhaps you're no Shakespeare, but if you take a few moments to reflect, the one who will receive your love letter is sure to inspire a few tender words. Write them down and then look for some quotations about love on the Web or look up some "love" words in your old dictionary. Remember that loving words don't have to be a poem, so rhymes are not necessary.

If you'd like to give even more value to your missive, be sure to write it by hand. Surrounded as we are by e-technology, using pen and paper will give your letter its very own unique cachet. So, lovers of the world: are your pens poised?



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