

Parenting Tips: How to Cope with Mom-Shaming



By Carly Silva

Have you ever been bullied or judged for your decisions as a mother? If so, you may have experience the phenomenon called “mom-shaming,” where other parents make mothers guilty for their parenting choices. Mom-shaming can make many women feel like inadequate or unfit mothers, but luckily, there are plenty of ways to help you handle it.

If you struggle with handling mom-

shaming and need some [parenting tips](#), check out these tips and tricks to help you cope with mom-shaming:

1. Do your best to ignore it: While it can be difficult, trying to ignore mom-shamers is a great way to tune out the hate and focus on what matters. If you are confident in your ability to parent, don't waste any time listening to people who mom-shame, and instead focus on the positive things you do as a mother!

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2. Don't take it to heart: Try your best not to take criticism or judgement from others too personally. They could be speaking out of jealousy, or trying to compensate for their own insecurities. Instead of obsessing over particular criticism you've received, try to put mom-shaming into perspective and remember that not everything people say about you is true.

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3. Remember that you're not perfect: If another parent makes you feel guilty for something you have done or a choice you've made as a mother, it's okay to embrace that. Sometimes, people, and especially parents, make mistakes, and that's perfectly normal. Remember that parenting has a learning curve and that you are doing the best that you can do.

4. Consider making your life more private: If you are the type of person to get really bogged down by the things other people say about you, it might be helpful to make your life and your kids' lives more private. Think about getting rid of social

media accounts, or refrain from posting too much about your personal life online to limit the access people have to the details of your personal life.

5. Follow your motherly instincts: At the end of the day, whether or not you are dealing with mom-shaming it's important to always trust yourself over the opinion of others. Remember that you know your children best, and that how you parent them is completely up to you.

What are some other ways to help you cope with mom-shaming? Start a conversation in the comments down below!

Parenting Advice: How to Help Your Kids Deal with Zoom Fatigue





By Nicole Maher

As an adult who may be working remotely, you are mostly likely experiencing your own bouts of Zoom fatigue. Unfortunately, the same feeling could be present in your child as they continue or move to fully remote learning. Dealing with both your own Zoom fatigue and that of your child can be challenging, so try implementing some of this [parenting advice](#) to help you both conquer the struggles of working and learning remotely.

Use this parenting advice to help your kids deal with Zoom fatigue as the pandemic continues.

1. Acknowledge your child's frustrations: In an age where you are likely feeling an overwhelming amount of stress as a parent, it is still important to acknowledge the stresses of your child. If your child appears sad or angry due to their use of Zoom rather than being about to go to school

physically, it is important to understand these feelings are valid. Allow your child to talk openly about being upset or frustrated with online learning and canceled extracurricular activities and show them that you are there as a supportive outlet through their struggle.

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2. Balance the work and fun: Zoom does not need to be used solely for online learning and meetings. One way to help your kids combat Zoom fatigue is to plan some online sessions that revolved around entertainment rather than just schoolwork. By planning online playdates with your child's friends, or having them speak to over relatives over Zoom, they will not see the platform as something solely reserved for work. While an overuse of Zoom for entertainment purposes can still lead to Zoom fatigue, adding in a few fun sessions every once in a while should help your child think positively of the platform.

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3. Change up the environment: While having a designated work area may help them focus, sitting in one place everyday to complete schoolwork or sit through classes can be exhausting for your kids. By occasionally changing up the location to somewhere else in the house, your child may feel slightly refreshed when logging onto Zoom that day. If your child does have trouble focusing, reserve one location for Zoom learning and a different one for Zoom playdates and conversations. This will help your child associate different locations with the need to study and others with rewards.

4, Allow for the occasional skip: If your child was feeling sick or having a terrible day, you would probably allow them to miss a day of in-person class under normal circumstances.

Even though their lessons are taking place remotely, this allowance to skip on bad days should still be present. By allowing your child to take the day off when they are not feeling well, you will prevent them from associating any negative feelings toward Zoom sessions, which could make their remote learning and online fatigue even more apparent in the future.

5. Step away from the screen: Zoom fatigue can be carried and transferred from other screens even when your child is not in a learning environment. Try to control the amount of screen time your child experiences throughout the day, such as watching television or playing video games, so that they can take a break from technology altogether. Even if it is something as simple as going for a walk for half an hour or playing a board game after dinner, including activities not related to screens throughout the day can help your child deal with future Zoom fatigue while online.

What are some other ways to help you kids deal with Zoom fatigue? Start a conversation in the comments below.

Parenting Tips: 5 At-Home Activities for the Winter





By Nicole Maher

The winter season is upon us, and that usually means a short break in the school year for many children. While you may usually use this time to travel, your seasonal family vacation may be swapped with staying at home this winter due to the ongoing pandemic. However, this doesn't mean that all plans have to be canceled. Make the most of this time at home by testing out some of these [parenting tips](#) and trying a new at-home activity with your children.

In these parenting tips, check out five at-home activities to share with your children this winter.

1. Home-theater night: Movie nights are the perfect winter activity, even if you have to do them from home rather than going to the theater. Try to maximize the experience by adding movie theater elements, such as popcorn and candy as you get ready to watch the movie together. Turning your living room

into a theater by dimming the lights or building a pillow fort is also a great way of making the night feel more special. Once everything is set up, get ready to stream the newest release, or re-watch a family favorite with your kids.

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2. Bake together: Staying home this winter provides the perfect opportunity to bake with your children. Whether you are opting for a boxed mix or trying out a recipe from scratch, baking together is a great way to spend time with your children while teaching them a little bit about the kitchen. Baking and decorating cookies is a good option for younger children while older kids may find more interest in something slightly more complicated, like decorating a cake. Try testing out a new recipe each week so that each baking experience feels new to your child.

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3. Game tournament: Family game nights are a staple in many households. Make the most of this ongoing family tradition by hosting a game tournament one night this winter. Allow each member of your family to select their favorite game and take turns playing them. If you live with multiple other people, you can spread this activity out by doing it over the course of a week. Use this parenting tip to introduce your children to games you enjoyed when you were younger, as well as to find a new game that you all enjoy playing together.

4. Virtual family get-togethers: It can be challenging to be away for family members for a long period of time. If your family is missing out on a holiday or annual get-together this year due to the pandemic, try hosting the event virtually instead. While virtual hang-outs are not the same as spending time in person, it still allows you to have conversations and

keep everyone involved. Rather than hosting one large virtual get-together in place of a holiday, try doing smaller ones over the course of the winter months.

5. Read together: As a parent, you may find yourself looking for ways to get your child away from the screens during the winter months. Reading a book together is a great parenting tip for continued learning and quality bonding time. With younger children, try reading a book to them at some point throughout the day to help them stay on track academically. With older children, try finding a book that you'll both enjoy so that you can read it together and discuss your favorite characters.

What are some other at-home activities to share with your kids this winter? Start a conversation in the comments below!

Parenting Tips: At-Home Holiday Traditions for a Socially-Distant Christmas





By Carly Silva

This holiday season is going to be unlike any other, making it the perfect time to start new traditions. If you want Christmas to still feel magical for your family, there are plenty of innovative ideas and at-home traditions you can start this year to keep your kids in the Christmas spirit while also keeping them safe during the pandemic.

If you're looking for some new [parenting tips](#) for the holidays, here are five at-home traditions for a socially-distant Christmas!

1. Build gingerbread houses: If you or your family has always wanted to make gingerbread houses, but never find the time during the chaos of the holiday season, this year is the perfect time to start the tradition. Children love building and eating gingerbread houses, and it's a fun activity for almost any age group.

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2. Have a Christmas family game night: Starting an annual family game night is a great tradition to begin, especially if you have children who are a little bit older. You can play an array of games, including Christmas trivia, word puzzles, or guess that Christmas song to get the whole family excited and having fun safely this Christmas.

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3. Make cards for family members: If you aren't able to spend the holidays with extended family because of the pandemic, making cards for family members is a great way to let them know you are thinking of them over the holidays. It also is a great craft activity for your children as well! Get your family together to spend a night making Christmas cards, and it may even become an annual tradition!

4. Set up a Christmas scavenger hunt: One way to keep the holidays exciting for your children is to set up a Christmas-themed scavenger hunt around your house. You can set up clues throughout your home and hide different trinkets along the way. This is a great activity for your kids to do at home safely without missing out on the magic of the holidays.

5. Have a Christmas family movie night: Another classic way to celebrate the holidays from home is to start an annual Christmas movie night. You can spend an entire night with your family watching everyone's favorite films, and you can even mix them up each year. You can also have your family wear Christmas pajamas, eat holiday cookies, and make hot chocolate to get into the holiday spirit while you watch.

What are some other parenting tips for socially-distant Christmas traditions? Start a conversation in the comments down below!

Parenting Tips: Co-Parenting Tips for the Holidays



By Carly Silva

Managing shared custody can be tricky all of the time, and the holiday season only adds to the chaos. Trying to share your children's time with your co-parent is essential for making the holidays the the best they can be for your kids.

If you're in need of some [parenting](#)

tips for managing shared time with your children this holiday season, check out these essential co-parenting tips for the holidays!

1. Plan ahead: One of the most important parts of managing the holiday season with a co-parent is to make sure you plan ahead and stick to it. Make a schedule for each holiday, and let your children know the plan so that there is nothing to argue or be upset about come the holidays.

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2. Coordinate your gifts: If you're celebrating a holiday that involves gift-buying, make sure to communicate with your co-parent to coordinate your gifts. This will help you to avoid repeat gifts and will let the children know that you both worked together to get their gifts.

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3. Put your kids first: Another important thing to remember is to always remember what the children would want during the holidays. Avoid conflict, especially for their sake. Having a flexible schedule and making compromises will help make the holidays run smoothly and be enjoyable for the children.

4. Don't be afraid to start new traditions: When co-parenting during the holidays, it can be difficult to accept that the holidays may not be going the way you had always planned. Especially if you and your co-parent have split recently, or if this is your first holiday season having to co-parent, don't be afraid to try new traditions and accept that things aren't the same as they used to be. You can even get your

children to be excited about the new traditions, too.

5. Take advantage of time for yourself: If you and your partner have decided to share holidays, or if you have a schedule where you alternate years, you may find yourself spending some holidays on your own. Instead of missing your children during these times, try taking advantage of the you-time. Use this time to catch up on self-care, or even spend the holiday with friends or extended family.

What are some other co-parenting tips for the holidays? Start a conversation in the comments down below!

Parenting Tips: Help Your Kids Adapt to Change





By Nicole Maher

Change can be a challenging process for people of any age, but especially for children. Whether it's changes in family structure, moving to a new home, or switching schools, these transition periods can be tough to navigate for kids. By incorporating some of these [parenting tips](#) into the change your child is experiencing now, you will help them succeed in this new environment and teach them to adapt to different transitions in the future.

Check out these five parenting tips for helping your child adapt to change.

1. Keep some consistency: No matter your age, everyone looks for some consistency in life when they are facing a major change. To help your child navigate the beginning stages of a transition, try to keep as much consistency as possible. Do not skip out on holidays or weekly traditions just because

your surroundings are different. Even little consistencies like cooking breakfast together on Sundays or watching your favorite television show together can reassure your child that not everything is going to be different.

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2. Have a lot of patience: Even positive changes can be stressful, and whatever stress you are feeling will undoubtedly be felt by your child. Although tensions may be high throughout the family, it is important to have patience with your child, and yourself, during this transition. If you notice your child acting differently during this time, continue to correct their wrongdoings, but understand any extra outbursts may be linked to the impending change.

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3. Use positive language: The language you use to describe the transition can have a large impact on how your child perceives what is happening. Words like “different” and “change” can be scary for young children, especially if they haven’t faced a major transition before. Try using words like “adventure” or “opportunity” to eliminate any fear in your child and show them that the change you are making is for their best interest.

4. Provide them with an incentive: Even if you are framing this new change in a positive way, your child may still be skeptical. Providing them with an incentive can be another useful parenting tip to help them be more accepting of the change. If you are moving houses, an incentive could be that you’ll have a yard big enough for a pet. Similarly, if they are forced to change schools, an incentive could be allowing them to join a new club or sport.

5. Answer their questions honestly: While you want to keep this change as lighthearted as possible, it is still important

to answer your child's questions as honestly as possible. If your family structure is going to be permanently different as a result of this change, it is best to share this information with your child rather than stepping around it. Their age can help determine how much information you chose to share with them, but by explaining the circumstances accurately in a way they will understand, you will help them cope with difficult changes they face in the future.

What are some other ways to help your child adapt to a change? Start a conversation in the comments below.

Parenting Trend: 6 Baby Gender Reveal Ideas





By Carly Silva

Baby gender reveal celebrations are on the rise as one of the newest parenting trends. These blue and pink announcements, which evolved from the opening of an envelope, have now transformed into entire themed parties and celebrations. A gender reveal party is a great way to add some excitement to your gender announcement, and involve your family and friends while you do it.

If you're looking to join in on the newest [parenting trend](#), check out these six baby gender reveal ideas:

1. Cupcakes: This is a super simple way to reveal your baby's gender if you are looking for something more lowkey. For this idea, you can make cupcakes with surprise colored filling, or have a baking company or trustworthy friend do it if you want to be surprised yourself. These are great for more intimate parties or small gatherings with just close friends and

family.

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2. Smoke bomb: This idea is great if you have a bigger party, or want to really make a statement with your gender reveal celebration. Have someone at the party release the smoke bomb, and watch the air get filled with blue or pink smoke! Be sure to do this one in an outdoor space!

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3. Confetti cannon: Confetti cannons are the perfect way to reveal your baby's gender if you want everyone at the party to be involved. You can give each guest a confetti cannon, and have everyone set them off at the same time. This option is fun for kids especially, and makes for a great photo once the confetti fills the air!

4. Balloon pop: This is another great way to reveal your baby's gender with a little bit of excitement, and it can be done in multiple ways. You can get one big balloon filled with confetti, and pop it that way, or you can make a game out of it, and have a bunch of little balloons, with one holding the blue or pink confetti.

5. Golf ball: The golf ball gender reveal is a great idea, especially if you and your partner are sporty. You can fill this easily breakable golf ball with blue or pink powder, and then have someone take a swing at it!

6. Silly string: Silly string is another way to involve more than one person in the gender reveal. You can give as many guests a bottle of silly sting as you want. Be sure to cover the label, which may say the color. You can also have a trusted friend or family member do this as well if you are hoping to be surprised, too!

What are some other baby gender reveal ideas? Start a conversation in the comments down below!

Parenting Tips: Combating Parental Burnout During the Pandemic



By Nicole Maher

With the pandemic still present in our everyday lives, many parents have realized that they now play another role in their child's life. With the return to school, whether it is fully

online or partially in person, many parents have now been faced with the task of helping their children in the education department. Though the new task may allow for some extra quality time between you and your child, it can also be exhausting. With so much on your plate, it is not unlikely that you will be facing some parental burnout at some point during the school year. But, by incorporating some of the following [parenting tips](#) into your new routine, you may find some ways to combat this parental burnout and enjoy this newfound time with your child.

Check out these five parenting tips for combating parental burnout during the pandemic.

1. Choose your battles: As a parent, you may have to desire to turn every moment into a lesson for your child. However, when you have become both the parent and temporary teacher, it may be better to choose which lessons are more important for the time being. If you are trying to teach your child lessons at all hours of the day, they may have a hard time separating the education and social aspects of their life. While you should not forgo teaching them all life lessons during this time, creating a list of which ones are most important can help maintain this new balance.

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2. Acknowledge your anxiety: While you may be prioritizing your child during this time, it is equally as important to assess your own mental health. If you find yourself feeling anxious or stressed about the new responsibilities you hold in your child's life, it may be beneficial to turn to a therapist or counselor. Discussing how you are feeling with a

professional can help alleviate some parental burnout or stress. Incorporating this parenting tip into your new routine can also help prevent you from projecting any of these new feelings onto your child and help maintain a positive relationship between the two of you.

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3. Use your resources: Just because your child may be learning remotely for a portion of the school year does not mean you are responsible for everything in the education department. Make use of resources, such as teachers and guidance counselors within the school district, to help you throughout the process. These people chose a career working with children for a reason, and will be happy to answer emails or phone calls in order to keep your child on track and ready for future success.

4. Allow for some alone time: Spending time everyday helping your child through remote learning, as well as completing your normal parenting tasks, can be exhausting. It is important to schedule a little alone time each day to allow yourself to recharge and take a break. Whether it is going for a walk, taking a bath, or a date night with your partner, do not feel guilty for needing separation from your child for a little while. By stepping away for a period of time, you will be relieving stress on both ends of the relationship.

5. Prioritize your “parent” role: At the end of the day, and someday the end of the pandemic, your main role in your child’s life is simply to be their parent. While you may be acting as their teacher for a period of time, it is essential that you maintain some of the activities you shared when the relationship was solely parent-and-child. If you and your child used to watch a specific television show together or play soccer in the yard before the pandemic, be sure to keep that in your routine. Incorporating this parenting tip into

your pandemic routine can help maintain the relationship between you and your child, as well as allow for the creation of some new memories!

What are some other ways to combat parental burnout during the pandemic? Start a conversation in the comments below!

Parenting Tips: How to Juggle a Job and Parenting



By Carly Silva

Parenthood itself can be a full-time job, so balancing it with

an actual full-time job may seem impossible. But, juggling parenthood and work is possible; it just requires a lot of preparation and scheduling.

If you're a parent who is struggling to balance parenthood with your work schedule, here are five parenting tips on how to juggle a job and parenting.

1. Stick to your schedule: When you are balancing a job with parenthood, it's important to stick to your schedule to be sure you have allotted enough time for both. Make a schedule, divide up your time, and stick with it. Don't be afraid to say "no" to weekend plans if you think you need to spend more time with your kids on your off-days from work.

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2. Prioritize what is most important: When you begin juggling family life and your career, you need to first identify what your priorities are. This will help you be able to make decisions more easily if you are ever caught deciding where to spend your time. Also, identifying your priorities can help you remember that having time to spend with your children after work might be more important than having a squeaky clean house or perfectly ironed clothes.

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3. Be proactive about childcare: Child care can definitely help ease the stress if you're a working parent. Whether your children aren't in school yet or need care after school hours, it's always helpful to have a babysitter's number on hand.

This is helpful in case you get stuck at work or have extenuating circumstances. If childcare isn't in the budget for you, think about family and friends you can count on to help you out, too.

4. Talk to your employer or coworkers: Letting your work community know that you are juggling parenthood may help them respect your boundaries. Let them know that you can't pick up extra hours or stay late for that extra project because you have kids waiting for you at home. This could at least help those in your workplace understand how important your time is.

5. Don't blame yourself: Many parents feel guilty for being career-oriented while also being a parent. Try to stop yourself from feeling this guilt. Instead, think of yourself as setting an example for your child by pursuing your goals and working hard.

What are some other ways to juggle a job and parenting? Start a conversation in the comments down below!

Parenting Tips: Create a Positive Learning Environment at Home





By Alycia Williams

Many kids are being forced to learn from home due to the pandemic this school year. A positive learning environment is crucial for your childrens' success. To ensure that your child experiences a nurturing and educational environment in the comfort of your home, you'll need some [parenting tips](#).

Creating a positive learning environment can be difficult, but these parenting tips will help you prepare for the school year!

1. Join them in their learning process: Being with your children while they work and making them feel supported will motivate them immensely. Establish daily or weekly activities you can do together like reading before bedtime or watching the news.

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2. Praise and display their work: Reinforcement is the idea of how the consequences of certain actions make the person more or less likely to perform that same action. Therefore, if parents praise their children's work it will encourage them to keep working hard. A good way of doing this is by displaying their work around the house. Make sure they know you're proud of it so they can be too!

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3. Use their interests as teaching opportunities: You don't have to wait until you are inside to start teaching or guiding your child. Incorporate educational moments outside of "work time" by constructing on your child's interests. For example, give your child a little background history of the sport they like while you practice it. Or watch a movie together that touches on subjects being learned.

4. Create a prepared environment: Children are easily distracted so a de-cluttered, well lit, quiet room is ideal to achieve maximum concentration. Children will do better in a prepared environment in which the children get to choose what they want to work on that day. Try to encourage this self-paced, self-learning practice at home.

5. Get engaged: Show interest in what your child is learning. This will only make them more enthusiastic about their work. Maybe get them to explain the subject to you. This will not only help them understand it better themselves, but it will become a new conversational topic between you and strengthen your relationship.

What are some other ways to create a positive work environment at home? Start a conversation in the comments below!

Parenting Tips: How to Safely Adapt to Online Learning



By Diana Iscenko

Many schools are kicking off the school year with online classes, unable to safely reopen schools during the COVID-19 pandemic. Parents all over the country will have to help their children adjust to learning from home. With this comes increased screen time and the worry of internet safety for many parents. Check out our [parenting advice](#) to help you with this transition.

Are you worried about your kids and their increased screen time because of remote learning? Here are five parenting tips to help your children safely adapt to online classes:

1. Set Boundaries

In a recent study from the antivirus provider Kaspersky, 58% of parents spend less than 30 minutes discussing internet safety with their kids. Be sure to lay down the household rules for internet use with your kids and follow up with them. Explain why these rules are put in place (like making online purchases or downloading music or video files) and what kind of outcomes they can have.

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2. Explore Together

Spending time online with your children will help build mutual trust regarding the internet. This shows children how to properly go online in a safe and fun way. It's also a good idea to leave devices in communal spaces around the house. Even if you're not on the device with your child, your presence will prompt them to self-check that they're following your rules.

3. Limit Time Online

It's easy for your kids to get distracted from their schoolwork, especially during online learning. Set boundaries for their time on screens. Try setting an alarm to ensure they get off their device after their classes are done. If you let

them have additional time later, it'll separate their school time from their personal time.

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4. Ask About Their Experiences

Children can easily stumble across harmful information on the internet, even if they aren't looking for it. They may know what they've seen is wrong and feel guilty about it. Spend a few minutes talking with your child about their good and bad experiences online each day will help them come to you if something made them uncomfortable.

5. Educate Yourself

It's impossible for you to catch every single thing your child does online. Look into different programs that try to ensure your child's safety online. There are plenty of tools to block certain websites, manage screen time and control app usage. The internet is always changing so be sure to keep yourself updated and continue to have conversations with your child.

How are you making sure your child is safe online? Start a conversation in the comments below!

Parenting Tips: How to Help a Young Child Understand the Pandemic



By Alycia Williams

A pandemic can be a hard concept for young children to understand. It can be hard to determine what you should say to them versus what you shouldn't say. You want to be truthful, but not too truthful to the point where you scare them. It's a thin line to walk, but as the parent you have to figure out what to say when your child asks these tough questions. You'll definitely need some [parenting tips](#) for talking to your children about the pandemic.

Are you trying to figure out what to say to your young kids about the pandemic? Here is some parenting

tips for what to say to them?

1. Find out what your child already knows: Ask questions to determine what you're up against. Ask "What are you hearing about coronavirus? What questions do you have? Do you have questions about the new sickness that's going around?" This gives you a chance to learn how much kids know and to find out if they're hearing the wrong information.

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2. Be honest: Answer their questions the best way you can and as truthful as possible. Don't offer more detail than your child is interested in. Keep things to a minimum. If your child asks about something and you don't know the answer, say so.

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3. Keep the conversation going: Keep checking in with your child. Use talking about coronavirus as a way to help kids learn about their bodies, like how the immune system fights disease. Talk about current events with your kids often. It's important to help them think through stories they hear about. Ask questions: What do you think about these events? How do you think these things happen? Such questions also encourage conversation about non-news topics.

4. Make yourself available to listen: Let children know that if they feel unsure about something, feel scared or have more questions that they can come to you.

5. Provide age-appropriate information: For different age groups you should change around what you say. You don't want your teenager to feel like a baby and for your young child to be confused. Make the necessary changes to what you say so that it specifically fits the child.

What are some other tips for talking to your children about the pandemic? Start a conversation in the comments below!

Parenting Advice: Breaking the Negativity Loop



By Alycia Williams

Being a parent is hard work, and on a day-to-day basis you usually don't think about the negativity loop, but it may be time to take a closer look. The negativity loop is when your child seems to only point out the negative things in a situation. Once in a while you may say they're having a bad

day, but if you find that your child is doing this consistently, you'll need some [parenting advice](#) on how to break the cycle.

Is your kids constantly riding the negativity loop? Here is some parenting advice when it comes to breaking that negativity loop.

1. Start by validating their emotions: Validation allows your kids to feel heard. You are not agreeing or disagreeing with the emotion; you're showing that you see it. You could add a question to help your kids discover positive aspects of the experience themselves. So, try to validate first before you try to help children appreciate positive aspects of a situation.

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2. Reflect on positive events: For younger children help them identify the big points in their day vs. the low parts. Ask them what was the best part of their day and the worst. It'll help them pin point if they had a good or bad day. With older kids have them right down their positive and negative experiences, it does the same thing that it does for the younger kids, but it's more age appropriate.

Related Link: [Parenting Tips for Learning at Home](#)

3. Foster gratitude: Have your kids identify what their grateful for each day. It shows them that they have something to be happy for. For younger kids you can make it into a daily game and for older kids you can have them write it down and make a daily log.

4. Provide the tool for a solution: When your child is seeking

out the negative, find ways to come up with solutions to their negativity. Ask them questions on why they feel the way they do and try to come up with a solution together.

5. Flip the negative to a positive: When your child is riding the negativity loop, they're looking for the negative in every situation. You should look for the positive in the exact same situations. Try and help them find the positive in things rather than the negatives.

What are some parenting advice when it comes to breaking that negativity loop. Start a conversation in the comments below!

Parenting Tips on Lockdown: How to Keep Your Family Entertained





By Diana Iscenko

After months of lockdown to lessen the spread of COVID-19, a lot of people are running out of activities to pass the time. This wave of quarantine boredom is hitting parents especially hard. Keeping children stimulated and entertained can be difficult right now, especially if you want to minimize their screen time. Check out our [parenting advice](#) to keep your family entertained during lockdown.

Are you running out of ideas to keep your kids occupied while stuck at home? Here are six parenting tips to keep your children entertained during lockdown:

1. Stick to a Routine

The most important thing during lockdown is to stick to a

routine to keep things as normal as possible for your family. Map out responsibilities and activities for the day. This will help prevent having large chunks of unstructured time, which can lead to boredom.

2. Break Out the Board Games

Board games and puzzles are a great way to pass the time as a family. Whether it's Scrabble, Monopoly or Clue, these activities are something the entire family can take part in. According to *TheGuardian.com*, the sale of board games and puzzles increased by 240% during the UK's first week of lockdown.

Related Link: [Parenting Tips for Learning at Home](#)

3. Schedule Virtual Playdates

Adults aren't the only ones missing their friends! Reach out to other parents to schedule a virtual playdate for your children. It's important that your kids still feel connected to their friends even when they can't physically be with them. If your child is young, they're going to need help making these connections.

4. Plan for Play

Being unable to leave the house makes it easier to forget about exercising. Encourage your children to play outside or have a dance party. Making time for exercise right now is a must. Not only does it improve your child's physical health, but it releases endorphins that improve mental health, too.

Related Link: [Parenting Tips: 5 Ways to Boost Your Child's Self-Esteem](#)

5. Get Crafty

Tap into your kids' creative sides with arts and crafts! There is an endless amount of crafts to try with your children, no

matter their age. Crafting is a great way for children to learn problem-solving skills and develop their fine motor skills. Plus, they'll have a space to be creative and express themselves.

6. Take them to the Kitchen

Lockdown is a great time to get children interested in cooking and baking. Bring your kids into the kitchen to help plan and prepare for meals. Not only are they learning life skills but spending this time together will bring your family closer.

How have you and your family been having fun during lockdown? Start a conversation in the comments below!

Parenting Tips for Learning at Home





By Alycia Williams

The Coronavirus pandemic has really shifted all of our plans and our daily routines. Having the kids home 24/7 means that they have to do their school work at home, which can be difficult. Check out our [parenting tips](#) on how to make learning at home as simple as possible.

Learning at home has been such a difficult transition for all kids. Check out these parenting tips to make learning at home a little bit easier.

With the TV, video games, and toys within feet of your kids at all times, they can feel distracted and not want to do their school work. If you want your kids to focus on their school work while at home, Cupid has some [parenting advice](#) for you:

1. Set up a work station: Have your kids do their work at the same place every day. It can be at their desk, at the dining room table, or even outside on the porch. Just make sure it's as far away as possible from the TV or their favorite toys. Explain to them when they're at their work station, that the only thing they should be doing is work.

Related Link: [Parenting Tips: How Your Kids Can Benefit from Audio Books](#)

2. Try having structure: When kids are at school, everything is structured. You should take that same method into the household. Have a portion of time when they get to play and a separate time when they have to do their work. Come up with a planned out day and stick to it every day. Your kids will fall in line just like they do in school.

Related Link: [Parenting Advice: How to Decide What TV Shows & Movies to Allow Your Kids to Watch](#)

3. Praise effort: This is such a odd transition for your children, and that means they can be a little bit more on edge and restless, especially when they're not understanding something. Be patient with them, and praise them for their efforts; they need it.

4. Stay connected: Don't lose contact with their teachers. They can be such a huge help when you don't know how to help your child or if you're confused on what to do. Also, stay connected with classmates and have your kids do work with their classmates over Zoom. It'll make them feel more comfortable.

5. Make sure they still have a bed time: Just because your kids are home all day doesn't mean they get to stay up all night. They still have work to do, which means that they still need proper rest. Have them go to sleep early and wake up early. Keep it as close to normal as possible.

What are some other parenting tips for learning at home? Start a conversation in the comments below.

Parenting Tips: 5 Parenting Goals to Start the New Year



By [Ahjané Forbes](#)

As you help your child write their New Year's resolution, you begin to think about what yours might be for this year. You might want to start with changing up your child's routine, and this is the best time to do so. Each year they get a little older, and parenting does not get any easier. Check out our

[parenting tips](#) on how to make this new year a better one for you and your kids.

Starting the new year off with a resolution for parenting. What are some parenting tips that you can help your family this year?

As parents, we want the best for our kids. The process begins from home. Parenting is a full time job, and you often don't get breaks. Here are some of Cupid's tips to help you with your parent endeavors this upcoming year:

1. Self care is the best care: Taking care of yourself will benefit your kids. Start with small things like a little "pamper Mommy" day, or have a sports night for dad. This will let you relax after a busy week of work and bringing the kids around between their extracurricular activities and school. You can even relax with your kids. Create a movie night in the living room, or do something fun like a mini cooking class. This will keep them entertained and gives you time to relax.

Related Link: [Parenting Tips: Lifestyle Changes for Better Behavior](#)

2. Keep the learning flowing: The weekends may a tough time to get your kids to focus on school work. Try to sign them up for programs like Khan Academy, Cool Math, or learn a different language on Duolingo or Rosetta Stone. These fun and interactive programs will appear to them as games with pictures and videos. It will also help them to stay engaged in their classes.

Related Link: [Parenting Tips: 5 Reasons to Take a Parenting Class](#)

3. Make exercise fun: Enroll your kids in a sport or a dance class. Get them into something that they are interested in and lets them learn a new skill. Constant exercise helps the growth process and works as “food” for the brain. Try to get them to work in teams with other children. This will help them with leadership skills and collaboration for when they get older.

4. Establish a routine: Completing tasks in a habitual way will help your children to be aware of what’s to come next. If you assigned them a chore to do at home, make sure they follow through each time it needs to be done. This will teach them how to do things in a timely fashion. Starting January 1st, assign a given bedtime, and stick to it. Work to get them in bed at least half an hour before the given bedtime.

5. Remain authoritative: As your children get older, you want to give them more privileges and leniency, but you still have to set the rules. Make sure you draw the lines clearly. Try not to use harsh language like cursing; rather, talk to them in a stern tone. This will help them with their relationships with teachers, coaches, and their future bosses. Treat your child as if they were your employee. If they do good work in school, then you reward them with gifts and praise. However, if they are misbehaving, then you take things that they like away. This will help them work for what they want.

What are some parenting resolutions you plan to make for this year? Share your tips and tricks and the comments below!

Parenting Tips: How to Get

Your Kids to Bed Early on Christmas Eve



By [Hope Ankney](#)

Getting your kids to sleep on any night is tough enough for a parent. But, getting your kids to sleep on Christmas Eve? Almost impossible. With the promise of Santa Claus, ripping open presents, and festive treats, it's guaranteed to be a hard job to get even the most cooperative kids to fall asleep. You're probably feeling a little worn out from the holiday season, as well. And... you're in desperate need of some [parenting advice](#) to get your children to sleep at a reasonable time.

Having your kids go to bed early is a success when it comes to Christmas Eve! What's some parenting advice for getting the little ones to sleep before Santa comes?

Probably deemed one of the most hectic days of the year, Christmas Eve is a whirlwind of last-minute shopping and gift-wrapping. But, the most chaotic part of the day is getting your kids to bed at a reasonable time. If you're dreading the moment you have to bring your kids to bed, don't worry. Cupid has some [parenting tips](#) on how to get your kids to go to sleep soundly on Christmas Eve:

1. Be active on Christmas Eve: Every parent knows that the best way to get your child to zonk out is to tire them out. Figure out a few ideas that the whole family can take part in. Have an outside adventure, go Christmas caroling, build snowmen, or have fun at an ice-skating rink!

Related Link: [Parenting Tips: 5 Ways to Boost Your Child's Self-Esteem](#)

2. Fix them a bedtime snack: Unlike Santa who will be getting a plate of cookies and ice cold milk, prepare something a little less sugary for your kids as you send them to bed. A glass of warm milk with cinnamon, a slice of toast with almond butter, and some cubes of cheese will be enough to relax your kids and get them ready to sleep.

Related Link: [Parenting Tips: The Benefit of Kind Words](#)

3. Stick to the normal bedtime routine: Most times, kids are adapted to their bedtime routine, and any deviation from it

will throw them off for the rest of the night. If you want to try to get your kids to sleep early on Christmas Eve, make sure to stick to their regular routine as you get them ready for bed. Practice this throughout their winter break so they're more tired at their normal time than they would be if they had been going to bed late and waking up late for days.

4. Read a bedtime story: A classic tradition on Christmas Eve is to read *The Night Before Christmas* to your kids before you tuck them in for the night. Reading to children while they're cozy under the blankets has a calming effect that can help them relax and get sleepy. Besides, it's always a nice bonding moment when you can share story time with each other.

What are some ways you get your kids to bed on Christmas Eve? Let us know down below!

Parenting Advice: 5 Tips for Using a Breast Pump





By Marie Burke

If you're a new or expectant mother, then your head is probably overflowing with questions and concerns about your baby. One common concern is feeding the baby: do you go for natural or formula milk? Should you go for natural, your next question is likely: how does a breast pump work? I've worked in the breast pump industry for many years as a supplier and adviser to hospitals and also on a private basis to new mothers. In this article, I'm going to cover the 5 top tips for using a breast pump. Also, see our website with an extensive [Breast Pump](#) FAQ section for more information.

Check out this parenting advice for top tips on using a breast pump.

Electric or manual?

You can choose between either an electric breast pump or manual depending on your preference, but I would recommend having both. Electric breast pumps are convenient but not

always readily available if you need to nurse or feed while outside. In these cases, having a manual breast pump to hand can be a lifesaver.

Get a proper fitting flange

The flange is the piece of equipment that is placed around the nipple and secures to the breast. Having an improperly fitted flange can impede the flow of breast milk, so make sure you get one that fits securely with the nipple exactly in the middle. There are many different standard sizes of flange that can be bought, so you might need to try a few before you get the right fit. Don't worry if you can't find one that is just right for you – every breast is different and custom flanges can be made if you are unable to find off-the-shelf flanges that fit.

Make sure your pump is sterile or new

If this is not your first child or you are friends with mothers of slightly older children, you might already have access to a [breast pump](#) and be tempted to use that instead of buying new. This needs to be approached with caution for two reasons: firstly, reusing breast pumps raises the risk of spreading bacterial contamination, even if you clean it. Secondly, breast pumps are generally only designed to last a few years, so older pumps will likely suffer from declining motor performance. If you are going to use a second-hand breast pump make sure its fully disassembled and key parts will need to be cleaned with bolting water. Ideally use a breast pump that operates a closed system, such as Ameda, for increased hygiene.

Choose single or double pumping

If your baby is struggling to feed naturally, you can't find many times to feed during the day or you're expressing a lot, consider double breast pumping. As the name suggests, this enables you to produce milk much faster. It's also

particularly good if you need to produce more milk – studies have shown double breast pumping can produce on average around 18% more milk than single breast pumping.

Don't always use your breast pump

For all the convenience a breast pump offers, it's also important to find time to breast feed naturally if you can. A lot of new mothers choose to breast pump during the week and then feed naturally at the weekend and on holidays. Feeding naturally produces the feel-good chemical oxytocin and is a good opportunity for mother-child bonding. Finding the right mix of natural feeding and using a breast pump will take experience and depends entirely on your lifestyle, but don't exclusively rely on one or the other. Both methods offer their own advantages, and as a new mother it's one less worry for you!

Marie Burke works for O'Flynn Medical. They specialize in breast pumps & medical equipment for hospitals and the home environment.

Parenting Advice: How to Help Kids Learn to Express Gratitude





By [Emily Green](#)

With Thanksgiving coming up, it is important that we all remember to express our thanks to others not only this time of year, but year round. As a parent, it is important to teach kids from an early age to express thanks to those they interact with. Check out some of these [parenting tips](#) to helping kids to learn to express gratitude year round:

Having your kids learn how to express gratitude is an important aspect of growing up! Here is some [parenting advice](#) on how to help your kids learn to express gratitude on more than just Thanksgiving Day:

Gratitude is a key lesson to learn, and the earlier your kids

learn the better! Gratitude is the attitude that everyone should have- it helps make the world a better place! Here are some of Cupid's tips on how to teach your kids gratitude:

1. Lead by example: If your kids see you expressing gratitude every day, they will be sure to follow in your footsteps! By remembering yourself to express gratitude to others, even with the smallest acts of kindness, your kids will learn that gratitude is an important part of growing up.

Related Link: [Parenting Tips: The Benefit of Kind Words](#)

2. Practice small acts: Intertwining small acts of gratitude into your everyday life is a great key to having your kids learn just how important gratitude is. Whether it is remembering to send a thank you card after an event, or simply just saying thank you after someone holds the door open for you, your kids will learn to integrate these acts into their everyday lives.

Related Link: [Parenting Tips: Lifestyle Changes for Better Behavior](#)

3. Take it easy: Making the environment for learning as easy as possible is the most important key to your kids learning gratitude. Provide them with the appropriate materials, resources and don't discourage them if they mess up. Learning takes time, and with you helping them along the way, they will express gratitude year round without any reminders.

What are some other ways parents can help kids learn to express gratitude? Let us know in the comments below!

Parenting Advice: Stay Safe on the Spookiest Night of the Year



By [Emily Green](#)

Halloween is one of the holidays that kids look forward to the most each year. Who wouldn't want all that candy? As fun as the holiday can be, though, kids and adults have to remember to stay safe. You never know what spooky creatures might be out and about in the dead of night! Check out some of these [parenting tips](#) on how to make sure you and your kids come home safely on Halloween.

Keeping your kids safe is the best parenting advice anyone can ask for! What are some tips for staying safe on the spookiest night of the year – Halloween?

As parents, all we want to do is keep kids safe! While we want them to have an unforgettable Halloween night, staying safe is also a priority. Here are some of Cupid's tips to making sure you and your kids always return home safely on Halloween night:

1. Bring a flashlight: It can get pretty dark when trick or treating at night, so having a flashlight will help you make sure you know where you are, where you're going, and who's around you! You can keep the little ones at arm's length, and make sure no one gets left behind!

Related Link: [Parenting Tips: How to Find the Best Tracking App for Your Kid](#)

2. If you separate from your kids, have a designated meeting place: There's always the awful chance that you and your kids could get separated at some point. If that does happen, make sure you have a designated meeting spot that is very familiar to your child. This will ease the anxiety on both ends, and it's a surefire way to make sure you find each other again.

Related Link: [Parenting Tips: Social Media Apps to Keep an Eye On](#)

3. Make sure your kids know your phone number: On the off chance that your kids get lost and can't find their way back to you, make sure they know your cell phone number! If they can't remember it, write it on a tag or necklace for them to

wear. This way if they can't call you and let you know where they are, a trusted adult will.

4. Don't talk to strangers: This may be an old rule, but it stands tried and true. Make sure your kids know to only talk to trusted adults – no one they aren't familiar with. If they stick with other parents they know, they'll return home safe and sound in no time.

What are some other tips to ensure your kids return home safe on Halloween night? Let us know in the comments below!

Parenting Trend: Raising Confident Daughters





By [Emily Green](#)

Raising children is never an easy feat, and in today's society raising confident daughters is more important than ever. Women are constantly looked down upon by people by men, other women, and so many more. Women need to learn that they are strong and powerful individuals that are worth so much more than society's standards today. By following these [parenting tips](#), our daughters will be sure growing up that they are beautiful souls, no matter what anyone may say.

Raising confident daughters is a parenting trend that we all need to hop on! What are some tips to help your daughter's self-esteem?

Women and girls of all ages need to know that they are wonderful, beautiful people that deserve nothing but the world! Here are some of Cupid's tips to helping your daughter's self-esteem:

1. Use positive reinforcement: Let your daughter know when she's done well. Rather than just saying "nice job" truly acknowledge the effort she has put into her work. Even the small victories deserve celebrations!

Related Link: [Parenting Advice: Plan To Fail and Be Okay With It](#)

2. Validate your daughter's thoughts and experiences: As your daughter grows up, she is constantly learning about the world and what surrounds her. As your daughter grows, listen to her thoughts and opinions about various situations. Letting her form her own opinion will let her know she is valid in her opinions and has the right to express them.

Related Link: [Parenting Tips: Lifestyle Changes for Better Behavior](#)

3. Use encouragement: Everyone has bad days. If your daughter comes home feeling a bit down, be sure to sit down with her and talk about what's wrong. Whether it's a fight with a friend, a bad grade on a test, or maybe a problem with a crush on a friend at school, make sure you listen to your daughter and offer advice and encouragement, she will develop a sense of purpose and continue to keep on trucking no matter what happens.

4. Set boundaries on both ends: Respect your daughter's privacy. By giving your daughter space, you are letting her know that you trust her, and then she will trust you too. This trust will build her own trust in herself, and ultimately confidence in herself too.

What are some other tips to raising confident daughters? Let us know in the comments below!

Product Review: Reduce Anxiety This School Year with Oilogic



By [Hope Ankney](#)

With school back in full swing this season, it can cause a bundle of nerves for you AND your kids! With homework and projects balanced with work and extracurricular activities, it can feel like you barely have time to breathe. Fortunately, you can break away from all of the stress and redirect your focus with Oilogic and their newest products: Attention and Focus and Nervous and Anxious Essential Oil Roll-Ons that help

refocus and reduce anxiety naturally. A safe and effective prescription alternative for adults, children, and babies, there's no more asking about prescriptions or investing in expensive options to help with these very common conditions.

It's back to school season, which means anxiety and distraction for both you and your kids. Reduce those nerves with safe and effective essential oils. Learn more about the new Oilogic Attention and Focus and Nervous and Anxious Essential Oil Roll-Ons in this [product review](#).

There is a rise in diagnosis and awareness of learning differences and mental health among children which makes it challenging for parents to cope. With the new school year throwing curve balls and being chalked full of distraction, it's easy for both you and your kids to feel overwhelmed. Don't worry, though. Be open to introducing your son or daughter to Oilogic's Attention and Focus Essential Oil Roll-On and Nervous and Anxious Essential Oil Roll-On, and see the difference yourself! Here is some more information for Oilogic's newest products for focus and anxiety:

Best Use

To best use this product, roll-on on the wrist and breathe in the 100% Pure Essential blend, diluted for Kids 2 years+. It can also be applied to the back of the neck and behind ears.

Related Link: [Product Review: Relive Your Childhood with a Razor Electric Scooter](#)

Oilogic's oils are pediatrician and dermatologist tested. The Attention & Focus Oil includes Orange Oil, Litsea Oil, Bergamot Oil, Lime Oil, Lemon Oil, and Spearmint Oil. Oilogic's Nervous & Anxious includes Orange Oil, Mandarin Oil, Chamomile Oil, Geranium Oil, and Bergamot Oil. It's also cruelty-free and vegan, free of petroleum, phthalates, parabens, sulfates, gluten, DEA, dyes, synthetic perfumes, artificial colors, mineral oil.

Related Link: [Product Review: Rock Long Hair on Date Night with Barely Xtensions](#)

Price and Where to Buy

Retail = \$7.99-\$9.99, and it's available at CVS now.

For more information about Oilogic's newest products, please visit Oilogic's website [here](#).

Product Review: Relive Your Childhood with a Razor Electric Scooter





By [Katie Sotack](#)

As kids grow into teens and become more attached to indoor activities, parents worry about their physical and mental well-being. Break your teen away from their screens by purchasing a brand new E Prime Air Razor that has an extra kick of power. The scooter is recommended for those 14 years of age or older. Your teen can relive their childhood with this scooter, as any 90s' kid can testify that wicking down the street on a snazzy two-wheeled scooter was the ultimate pastime.

If you want to get your teen away from screen-time, consider a Razor electric scooter or skateboard. Learn more about the new E Prime Air in this [product review](#).

The easiest way to get your teens active is to entice them

with fun. An electric scooter is a cool and convenient way to get back and forth to school. Bring your favorite childhood toy back by introducing your son or daughter to the Razor electric scooter. Here are some benefits to the new Razor model, the E Prime Air:

It's suitable for all sizes.

The E Prime Air electric scooter's handles and height are adjustable. The padded, easy-adjust handlebars are comfortable and lock so that they do not move during your travel.

Related Link: [Product Review: Bravity Bras Defy Gravity](#)

It makes commuting easy and convenient.

This electric scooter runs up to 15 mph and lasts for 35 minutes of continuous use. Travel easily around town with the E Prime Air to get to class. The battery is rechargeable if your son or daughter's journey to class requires more output than the scooter can give at one time.

Related Link: [Product Review: Rock Long Hair on Date Night with Barely Xtensions](#)

It fits in a locker.

The scooter is compact enough to fit into your child's locker. With the dimension of the front and back rubber wheels being only 8 inches each and the fact that it has a fold-up design, the scooter is perfect for storing both at school and at home.

It's a lot cheaper than a car.

If it's between buying your teen a car and buying them a Razor electric scooter, the electric scooter is the clear winner price-wise. Razor's new E Prime Air Electric Scooter retails at \$419.99.

You can check out a cool video featuring the E Prime Air

Electric Scooter [here](#). For more information, please visit Razor's website [here](#).

Parenting Tips: 5 Ways to Boost Your Child's Self-Esteem



By [Mara Miller](#)

You love your children, then you want nothing more than for them to be happy and healthy. You want to praise them like crazy whenever they succeed, like learning to play an

instrument or winning the game for their sports team. We've gathered together five ways to boost your child's self-esteem in these [parenting tips](#).

Check out our five ways to boost your child's self-esteem with our parenting tips!

Boosting your child's self-esteem is important but be sure not to overdo it. You can actually cause more harm than good if you praise your children too much, causing them to think they need to be perfect at everything they do and setting impossible standards—but we'll touch upon that in a few moments. A child with high self-esteem and confidence in themselves will grow to be well-adjusted adults who own their own house by the time they are twenty-five because they have an amazing job, so here are five tips on boosting your child's self-esteem with our [parenting advice](#):

1. Let them make choices: Kids won't learn if you constantly nag them. Let them make a choice not to do homework. They'll mess up and get a C on an assignment or feel completely lost because they haven't practiced playing piano for a music recital audition. Not only will your kids learn responsibility from messing up, but they will also start to surprise you with their choices.

Related Link: [Parenting Tips: Lifestyle Changes for Better Behavior](#)

2. Let them help around the house: Let your kids help you cook and clean. Even if they are little, you will help build their self-confidence when they show you they know how to wash a dish or help cook breakfast (and you'll teach them important life skills, too!).

Related Link: [Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids](#)

3. Show them unconditional love: Letting your children know you love them is one of the most important things you can do as a parent. If they feel loved, they'll feel more confident in whatever they're trying to do!

4. Keep goals within reach: Encourage your children to set goals within their reach. Don't let them set unreasonable goals like learning how to play the piano perfectly in a week, for example.

5. Don't lose sleep over it: If you see your child fail, don't blame yourself. They have to learn and adjust as children if they are going to be well-balanced adults. You can't micromanage everything. Give constructive criticism, encourage them to try again, and watch your child's success rate flow off the charts!

What are some ways you boost your child's self-esteem? Let us know in the comments below!