

Parenting Advice: 7 Ways to Help Your Partner Cope with Postpartum



By [Mara Miller](#)

It's normal for a woman to feel sad, anxious, lonely, or tired after her new bundle of joy has been delivered, but usually those feelings go away fairly quickly. For some mothers, it becomes much more severe, affecting one out of seven women. Postpartum depression can take affect months after the baby is born. It also doesn't affect only new mothers; it can affect someone who already has children. The disease can be so serious that some mothers have taken their lives because they couldn't get the help they needed.

Parenting Advice: Postpartum depression can be a scary, frustrating time for the whole family. Here are 7 ways you can help your partner cope.

It can be hard to know what to do in this situation when you don't know how your partner will feel from day to day. Here are some ways you can help make your partner's life easier:

1. Listen to her: Her anxiety is sky high right now. She might feel like her ability to be a good mom isn't there and that you and the baby would be better off without her. You don't have to give her resolutions or ways to do better; you just need to listen.

Related Link: [Parenting Trend: Weighted Blankets](#)

2. Make sure she rests: It's easy to lose sleep when there is a new baby in the house, especially for the mother. Make her stay in bed a little longer while you take over for the midnight feedings or in the middle of the day if she needs to recharge.

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

3. Seek help elsewhere: Asking for help from a trusted friend or family member isn't wrong. If your partner needs help taking care of the baby, making sure she has a support system besides yourself is important. Friends can also be a good motivator to get her up and out of the house to shop, have lunch, and feel normal while you bond with the baby at home.

Related Link: [Parenting Advice: Make Your Own Fresh Baby Food](#)

4. Help around the house: It can be easy to let the household chores all fall on your partner. Do not do this to her. Get a baby sling, attach your little one to your chest, and cook some dinner for Mom while she fits in a nap. Take the dogs for a walk. If you have older children, some extra time watching TV or playing outside while she relaxes won't hurt either.

5. Don't forget to spend time alone: Get a babysitter when the baby is old enough, and take her out on a date. She might feel fat and want to wallow in her own misery right now, but don't let her. She needs time alone with you so she can feel like the beautiful human you fell in love with again.

6. Make her feel supported and safe: The experience of postpartum can be lonely for the mother because she devalues her self-worth. Tell her she's doing a good job with a baby. If she gets angry, ask her why she feels angry.

7. Do research: The more you know about postpartum depression, the more you can help your partner. You can also find support groups and hotlines to help. And yes, this includes finding a therapist who can prescribe medication to help if necessary.

What are some other ways you can help your partner through postpartum depression? Share your tips below.

Product Review: Keep Your Baby Healthy With MADEOF Products



By [Gillian Lee](#)

Do you have a baby on the way, and you want to use the most organic and safe products? We were so excited to try out some amazing products from [MADE OF](#). Their baby products are plant-based and are organic to ensure the safest products for your baby. Read the rest of this piece for some of our favorite products for [parenting](#)!

Product Review: MADEOF products are the tools you need to win parenting!



[Foaming Organic Baby Shampoo & Body Wash](#), \$13.00

This soap is perfect to ensure that your baby is getting a gentle and clean wash without all the chemicals! Most importantly, it's sulfate-free, so it doesn't strip the baby's natural oils from their skin, protecting them from irritation.



[Organic Diaper Rash Cream](#), \$14.00

Babies often get skin irritations from their diapers. This organic cream can prevent the redness and chapping of a diaper rash while using organic oils.



[Moisturizing Organic Baby Lotion, \\$14.00](#)

It's important to keep the moisture levels up in your baby's skin! MADEOF is non-greasy and absorbs extremely quickly into the skin. It's made from organic oats and soothing aloe vera and made without sulfates, synthetic fragrances, and so much more.



[Organic Foaming Dish Soap, \\$9.00](#)

You can finally wash your baby's dishes without the worry of using harsh chemicals! A lot of dish soap can leave a harmful residue, but MADEOF soap leaves a clean-free streak. It will make your dishes sparkling clean and get rid of all bacteria.



[Soothing Organic Baby Wipes – 80 count](#), \$8.00

These baby wipes are made from plant-based ingredients and nourishing oils that get rid of residue without stripping your baby of their oils. Alcohol and chemical-free wipes will ensure that your baby isn't getting harmful ingredients into their body.

If you are interested in more baby products by MADEOF, check out their website madeof.com

Parenting Advice: How to Decide What TV Shows & Movies to Allow Your Kids to Watch





By [Courtney Shapiro](#)

Giving your kids access to TV shows and movies can be daunting. You don't want them to see or hear something that is inappropriate, but you can't keep them guarded forever. It is important to understand that each parent has different opinions on what they will show their kids as well as when they show them. Don't feel like a bad parent if you limit your child's TV consumption. Some celebrity parents, like [Victoria Beckham](#) and husband [David Beckham](#), are notoriously strict on their [celebrity babies](#)! Here is some [parenting advice](#) on how to decide what your kids can watch.

Check out our parenting advice on deciding what TV shows and movies you allow your kids to watch

Cupid's Advice:

1. **Check the ratings:** This may be obvious, but the ratings of

movies are decided based on the content. Usually, the ratings will share details such as language, adult content, or violence, yet you can find out more specifics by just doing a bit of research. Search the specific show or movie and find out exactly why it was rated that way; you can then decide if it's appropriate for your children.

Related Link: [Parenting Tips: Keep Kids Safe Online](#)

2. Keep the generation in mind: Content in TV shows or movies isn't the same as it was when you were growing up. Something that was rated R years ago is probably now only considered PG-13, so look at the content and choose what you want to ease your kids into seeing and hearing first.

Related Link: [Parenting Advice: Road Trip Hacks](#)

3. Reiterate that what happens on screen isn't reality: Kids have wild imaginations, so you have to be careful of what they watch. Remind them that the things they see on screen don't equate to what happens in real life and it is just for public entertainment. Also, as a parent, explain concepts that they might not fully understand yet. It's better if it comes from you rather than a stranger.

What is some parenting advice on how to decide which TV shows and movies your kids are allowed to watch? Let us know below!

Parenting Advice: 5 Ways to Talk to Your Child About

Bullying



By [Lauren Burczyk](#)

Whether it's cyber harassment or ostracism in the lunchroom, bullying has become all too common. Despite its prevalence, bullying can be a difficult topic to discuss with your child. Kids don't normally tell adults that they're being bullied. It's so important to learn some of the signs and ways to talk to your child about this form of harassment. We have included some [parenting advice](#) that can help you detect and discuss bullying with your children, including [parenting tips](#) to help you determine if your child is a victim of bullying or is the perpetrator.

Check out the five ways to talk to your child about bullying.

1. Look for signs: Most children who are bullied show signs of withdrawal, loss of friendship, and bursts of emotion. While these signs can be similar to typical teenage behavior, it's important to discuss what's going on with your child if you notice any of these changes.

Related Link: [Parenting Tips: Keep Your Kids Safe Online](#)

2. Don't label it "bullying": Even if your child is being bullied, calling it such will make them feel powerless and they will end up just denying it. Instead, you can ask questions indirectly, such as why they aren't participating in activities like they did in the past.

Related Link: [Parenting Advice: Ways to Cope With The Terrible Twos](#)

3. Build coping skills: Building your child's coping skills can allow them to deal with bullying situations. Your child can visit the school counselor, who will document the incidents, and give your child advice on how to deal with the problem.

4. Help them understand why bullying exists: Most of the time, bullies are really just trying to compete with others who they feel might be better than them. Help your child understand that there's nothing wrong with them, this will pass, and that their oppressor is really just jealous of them.

5. Determining that your child is the bully: If your child is the bully, you have to figure out what's motivating that behavior. It's a good idea to talk to your child about the repercussions of bullying and try to set a good example for them.

Can you think of any other ways to talk to your child about bullying? Comment below.

Parenting Tips: Keep Your Kids Safe Online



[By Courtney Shapiro](#)

Being online is almost unavoidable in 2018. There are several ways for kids to use the internet, which can include playing games, learning, and watching TV shows or videos. While these things can be fun for kids, there are also many things on the internet that aren't appropriate or safe for children. Here

are some [parenting tips](#) to keep kids safe while online.

Check out our parenting tips to keep your kids safe while online.

1. Password protected: If your kids are using a device whether it's a phone, computer, or tablet, make sure you put a password in before handing it over to them. If they're older make sure you know all of their passwords so you can be aware if something goes wrong.

Related Link: [Parenting Advice: Road Trip Hacks](#)

2. Limited website access: When your kids are younger there are certain things they shouldn't see while online. Restrict certain websites or words that might trigger inappropriate search results. When the kids finish with the device, check the history to make sure everything they were doing was safe.

Related Link: [Parenting Advice: Ways to Cope With The Terrible Twos](#)

3. Be prepared to talk if something goes wrong: Even while being protected, certain harmful aspects can still appear. Have a conversation with your kid(s) explaining that what they found wasn't their fault and you're now able to talk to them about it if it happens again.

What is some parenting advice on how to keep your kids safe online? Share your thoughts in the comments!

Parenting Advice: Road Trip Hacks



[By Courtney Shapiro](#)

Road trips can be a super fun way to bond as a family, but they can also get old after a while if you don't have a plan in place to keep everyone entertained. There's nothing worse than that dreaded, "Are we there yet?" question being asked multiple times. Here are some [parenting tips](#) for road trip hacks that can help keep the kids occupied.

Check out our parenting advice to

keep your passengers busy along the way.

1. Snacks: Kids can start to get whiny if they don't have proper nourishment during the trip. Make sure you have plenty of snack varieties to keep hunger levels down. You'll win the road trip game if you have cool snacks like granola bars, fruit snacks, Chex Mix, and more.

Related Link: [Parenting Advice: Ways to Cope With The Terrible Twos](#)

2. Car games: There are so many games that can occupy a long car ride. For example, with young kids you could play something as simple as "I SPY" or "I'm Going On a Picnic" where you name an item beginning with every letter of the alphabet until you get all the way through. These take up time and will help your kids forget that there is still time left in the car.

Related Link: [Parenting Trend: Baby-Safe Teething Jewelry](#)

3. Supplies: If you have young kids, make sure you pack everything for easy access while you're traveling. For example, don't forget the diapers, entertainment, and if it's a long trip, maybe even a change of clothes.

What is some parenting advice on how to hack a road trip? Share your thoughts below.

Parenting Advice: Ways to Cope With The Terrible Twos



By [Ivana Jarmon](#)

Welcome to the terrible twos: a time when your once cute-as-a-button baby becomes a living nightmare. Your child may present with the following symptoms: temper tantrums, screaming, kicking and biting, fighting with siblings, total meltdowns and their vocabulary being dominated with the single word “no!” But don’t worry! The terrible twos are a time of rapid growth- mentally, socially and physically. It’s a time when toddlers begin to develop their sense of self and start to want to do things for themselves. This trying time will pass, and while there is no quick fix for unwanted toddler behavior, you can take steps to help things go more smoothly when the

terrible twos begin. Here are some [parenting tips](#) on ways to survive the terrible twos.

Parenting Advice: Check out our parenting advice on ways to cope with the terrible twos.

1. Give them responsibility: At the age of two, your toddlers are developing their senses of self. A two-year-old can do a lot around the house: pick up their toys, empty their plate, and set the table. By giving them mini chores, this will help them build their confidence and will show that you trust them.

Related Link: [Parenting Advice: How To Get Your Child Back On The Right Track](#)

2. Consequences: A child going through the terrible twos is constantly testing limits. No parent likes to give out a punishment, but consequences are a way to show your child that there are expectations, and that if they're not met there will be trouble.

Related Link: [Parenting Trend: Baby-Safe Teething Jewelry](#)

3. Patience: As a society, we don't like to wait for anything, and we especially don't like waiting for a difficult situation to get better. A child going through the terrible twos is going through so many psychological and physical changes that they have a right to go a little crazy. As their parent or guardian, this means recognizing that and giving them the opportunity to pass through this stage without getting angry all the time. It's easier said than done, because it's very hard when a child is constantly having tantrums or fighting you on everything. Getting angry will only make things worse and will escalate the situation. So, take a deep breath and respond; don't react.

What is some parenting advice on how to cope with the terrible twos? Share your thoughts below.

Parenting Advice: How To Get Your Child Back On The Right Track



By [Ivana Jarmon](#)

Keeping a child on the right track can be hard, especially in a world with so much ugliness. It's easy to steer away from the right path. Your child may be acting out or maybe you've

noticed they're behavior has changed. As a parent, this is very concerning. You may make rules for your kids, only to abandon these rules when they don't work. We have some [parenting advice](#) to help you get your kid back on the right track.

Parenting Advice: Check out our parenting advice on how to get your kid back on the right track!

1. Honest conversation: Have an honest and real conversation with your child. Treat your child as an equal instead of pulling rank. "I'm the parent you're the child" will not work if you want things to change. To have an honest conversation, it's important to take turns talking and listening. By pulling rank, you may miss out on an opportunity to hear how they truly feel. It's important that you hear each other out.

Related Link: [Parenting Advice: Make Your Own Fresh Baby Food](#)

2. Address the red flags: These red flags could be falling behind in school work, trouble-making at school, or missing homework and extracurricular activities—it's important to address the problem. Talk to your kid as soon as the problem arises. Don't accuse them or get mad. Ask him or her openly what's going on.

Related Link: [Parenting Advice: How to Manage Being a Working Parent](#)

3. Get to the root of the problem: It's important to explore the reason for your child's change in behavior. Talk to your child, their teachers, coaches, friends the people who know them well. By doing this, you will get a better insight at what's causing the problem.

What are some ways to get your kid back on the right track?
Share your thoughts below.

Parenting Trend: Baby-Safe Teething Jewelry



By [Ivana Jarmon](#)

The latest [parenting trend](#) you should be looking into is baby-safe jewelry. Every parent must watch their child struggle with growing pains, such as cutting teeth. As a parent, watching your child in pain is the worst. One of the ways to help your toddler is by giving them something to chew on such

as teething jewelry, a product made to offer a sanitary, safe option to handheld teethers.

Here are some reasons why you should choose baby safe jewelry such as teething jewelry.

1. Sanitary option: Teething necklaces can offer a more sanitary option than handheld teethers. This option can spare parents extra cleaning. Also, you wouldn't have to worry about your child always dropping their teething ring on the floor every second.

Related Link: [Parenting Advice: Make Your Own Fresh Baby Food](#)

2. No more scrambling around: Babies often loses their teething rings. With the teething necklace around their neck, it will always be easy to find.

Related Link: [Parenting Trend: Weighted Blankets](#)

3. Teething necklaces are generally safe: Though it can depend on the material from which it's made, the best teething jewelry are the ones that are non-toxic and free of BPA, lead, cadmium, and phthalates. This basically means that you will want to find a teething necklace that is constructed of medical or food grade silicone or wood finished with natural oils that won't harm your child.

What are some baby safe jewelry? Share below.

Parenting Advice: Make Your Own Fresh Baby Food



By [Ivana Jarmon](#)

Making your own fresh baby food means you know exactly what you're feeding your baby, it also means saving money. By making your fresh baby food, you can expose your child to a wide variety of flavors. You also expose them to a much healthier and nutrition filled diet. Homemade baby food can be very simple: you could choose from fresh or canned fruit, fresh or frozen produce, grains etc. A great, easy baby food to make from scratch is a fruit or vegetable puréed food. Puréed baby food allows your baby to practice their chewing and swallowing skills. To show you how easy it is to puree. We have some [parenting advice](#) to help you make your own fresh

peach puree baby food. Recipe was used from Premeditated Leftovers Recipe.

Check out our parenting advice on how to make your own fresh baby food!

1. Ingredients and tools: Grab your ingredients from your local grocery store. You will need: 6 peaches to make enough to fill 1 standard ice tray). Tools: hand held peeler, blender or food processor, small to medium pot with steamer basket and water. This recipe serves 12, prep time should take 15 mins, cook time 15 mins. Everything should take about 30 mins.

Related Link: [Parenting Advice: How to Decorate Your Modern Nursery](#)

2. Process: You will first want to peel and cook them first, either by baking or boiling them. It will not only make it easier for you to puree them, but the cooking process will prove easier for your baby digestion system.

Related Link: [Parenting Advice: How to Manage Being a Working Parent](#)

3. Directions: You will want to begin by peeling your peaches and cut them into smaller pieces. Fill your pot with water, a little below the steamer basket, and then you're your peaches and top it off with the lid. Allow the water to come to a low boil and let your peaches to steam for 15 minutes. FYI the larger and firmer the pieces are, the more time they will need. Remove once you can easy cut the peach with a fork. Place the peaches in your blender and puree.

4. Finish: Feed your baby and watch them enjoy their homemade meal! Be sure to pack away the left overs and put them in the refrigerator or freezer.

Have any more tips on how to make fresh baby food? Comment Below.

Parenting Advice: How to Manage Being a Working Parent



By Dr. Jane Greer

The push and pull between holding down a job and taking care of a home is an ongoing struggle. It can be hard to balance taking care of the kids, pursuing a career, and getting all of the daily housework and chores done. If a mom is going back to work after taking time off to start a family, it can be even harder to transition into the workforce again. Eva Mendes has opened up about her struggles as a working mother of two. She talked about how difficult some of the simple things can

become when you are juggling so much, even just getting dressed.

So what, if anything, is the answer to managing the tug of war and the potential chaos that comes with working and being a parent?

There are two things going on when a mom decides to go back to work after spending time at home with children. The first is something Eva touched on, getting the logistics into place. The second, and this one can often be even more difficult to deal with, is the guilt and longing that can go along with the decision to return to a job, and the transition of actually doing it. Not only might you want to be with your kids, but you also might feel you are not doing the right thing by leaving them with a nanny or at daycare. The hope is that you will be able to find a middle ground so you are not consumed by these feelings, and you are able to enjoy your work and be present there.

Related Link: [Relationship Advice: Get the Birthday Gift Right](#)

There is no one answer for all women, each one has to find her own way and her own balance. Here are a few things to keep in mind, though, as you navigate your way. The first is that while you may not be able to spend all day with your child anymore the way you are used to doing, know that research has shown that what is most important is the quality of the time you spend together, not the quantity. In other words, it is better to have one or two meaningful hours together a day, which you may be able to find before or after work, when you are completely focused on what your child needs, than it is to have all day every day when you are frazzled, possibly unfulfilled, and not paying full attention to your son or

daughter. People often falsely equate the idea that being the “good enough mother “ means being with your child all the time. However, the term, used by Winnicott and other developmental theorists, in fact means setting aside your needs in order to be available and responsive to those of your kids, and in this way you are completely attuned to them, which ensures promoting their emotional well-being. This can be achieved in many different ways, and, in reality, it is how you spend the time you do have together, no matter how much it is in a given day, that really counts. With this knowledge, you may be able to set a few realistic goals which will help ease the transition back to work. For example, you might be able to carve out a chunk of time in the day or night when you can really tune in to your child, whether it be reading together, singing, or even having fun choosing an outfit for the next day.

Related Link: [Relationship Advice: How to Cope with a Loved One Who Is an Addict](#)

Some women, though, become so consumed with being a stay-at-home mom that it can really color the enjoyment of the job. Of course, sometimes there is a hard and fast financial element to deciding to go back, and if that is the case know you are doing exactly what your family needs, and keep in mind that the research is on your side. If you are more flexible, though, and it won't interfere with your sense of self, see if you can delay the return to work so you can continue to be physically and emotionally present for your children for a while longer. Some people choose to never go back to work. Making that choice really comes down to determining how crucial the work is to your well-being. If you know you will regret it and resent not being at work more, explore the possibility of finding a compromise, and try to come up with a plan where you are not away from home all day, maybe you can work part time or a few days a week.

It sounds like Eva is finding her way with that and doing what

every mom has to do – confronting that fork in the road and looking at what will be the most meaningful and viable way to move forward for her and her children. Ultimately, that is all you can ask of yourself.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Product Review: Back-To-School Products For Kids Of All Ages





By Bre Gajewski

No matter how old your child is, back to school can be time-consuming, expensive and all-around stressful.

Product Review: These back-to-school products will score you a parenting win with your kids!

CleanWell's Botanical Hand Sanitizer Spray, ~\$4



Whether your kid is going to elementary school or college, they are going to be surrounded by germs (and lots of them). This is why we love [CleanWell's Hand Sanitizer Spray](#).

It is free of harsh chemicals and has a delicate citrus scent. The bottle is small enough for your kids to carry it in their pocket all day if they want to. The best part? You can buy it on Amazon or directly from CleanWell in a bundle with other amazing products!

Edushapes's Magic Shapes – 81pcs, \$20



For the littlest learners, it is extremely important to continue their education at home each night. This is why we love [Edushape's Magic Shapes!](#) They are fun and encourage open-ended play which allows children to freely express themselves and helps with brain development.

Magic Shapes stimulate your child's imagination and teach them about shapes, colors, magnets and more. They will have so much fun creating designs and when it is time to clean up, all of the shapes fit into one EZ clean-up jar.

Vaya TyffynKids Dino Lunch Box, \$49



Lunch-time is sometimes the best part of the school day for kids. We love the [Vaya TyffynKyds](#) lunch boxes that will keep food hot or cold for 5-6 hours and come with partitions so you can pack more than one dish in each lunchbox. Kids will love the fun designs and you will love that it is BPA-free, leakproof and that you can pack food directly into the sections so you will have fewer containers to wash later.

FAITH Backpack, Fenrici Resilience Collection, \$35



All children need a backpack for school to hold their belongings. These backpacks from Fenrici are unique, durable

and help a good cause. 5% of their proceeds go to Global Genes, a non-profit organization that funds the education and research of rare pediatric diseases.

You can buy these backpacks knowing your children will love the designs and that your money is being spent to help other children get the care that they need.

Well-Kept Screen Cleansing Towelettes, \$6



These screen cleansing towelettes from [Well-Kept](#) are perfect to throw into your teen's backpack for school. Teenagers are constantly touching their phones, tablets and computers which tend to have about 60 times more germs than a toilet seat. Use the towelettes to wipe away all those germs!

Game Day Tote's Berkeley Crossbody in Rose Gold, \$56.50



When shopping for school, you can't forget about your college-aged kids. Fall semester for college kids means football season. These bags from [Game Day Tote](#) are the perfect back to school gift for your daughter because not only are they stylish but they obey the stadium bag policy.

Make sure to check out the [Cupid's Pulse product review page](#) for more recommendations!

Parenting Trend: Weighted Blankets





By Rhodesia Williams

The latest [parenting trend](#) you should be looking into is weighted blankets. These blankets, originally designed for children diagnosed with Autism, have made their mark in the world of relaxation. Children and adults have grown fond of these stress relievers. With being able to create your own, people all over have fallen in love with these custom blankets.

Weighted blankets are the new parenting trend when it comes to relaxation. Why are these new blankets all the rave and how do they work?

1. Create your own: Imagine being able to cuddle up with the perfect blanket. Luckily, these heaven sent covers allow you to design them yourself. From the material to the weight,

enjoy customizing your own blanket. Surprising your child with a custom blanket will not only excite them, but it will show them that you were thinking of them. Knowing what your child likes also helps to create the perfect gift.

Related Link: [Do We Sleep Differently When in Love?](#)

2. Reduces stress: Because the blanket has some weight to it, researchers say it's like being held or even hugged. Ultimately, the weight acts as a pressure which then calms your child without you even having to touch them. This blanket will help to eliminate any anxiety or restlessness that your child may suffer from throughout the night. No more restless nights! Not only will your child sleep, but you will be able to rest as well. Sounds like a win- win!

Related Link: [Relationship Advice: Our Connection With Sleep](#)

3. Worth it: With so many sleep aid options, this may be the least invasive and totally worth it. Although the blanket can be pricey, just imagine the amazing sleep your child will get. Initially, the target consumers were children with Autism, but the popularity of the blankets have spread. Think about it; no trips to the doctor's office, no medications, and most importantly, no more late nights.

What do you think about weighted blankets? Share below.

Parenting Advice: How to Decorate Your Modern Nursery



By [Haley Lerner](#)

When you're expecting a new child, there are a lot of things to worry about. One of those things is nesting and getting a room all set up to house your new precious baby. So, are you looking to design the perfect nursery for your little tot? We've got the [parenting advice](#) to help you perfectly decorate a modern nursery for your baby.

Check out our parenting advice on how to decorate your modern nursery!

1. Neutral tones: One way to make your child's nursery feel really modern is by sticking to neutral colors and avoiding the usual choices like pinks, blues and yellows. Try decorate

in shades of gray, white and black. These neutral colors will allow colorful accent pieces in the room to stand out.

2. Fun lighting: Spruce up your nursery with some cool lighting fixtures. Find a light fixture that can be a statement piece in the room. Whether it's a funky chandelier, contemporary lamps or a neon light sign, go for something that will add character to the room.

Related Link: [Parenting Tips: Make Popsicles with Your Kids This Summer](#)

3. Wallpaper: Another way to make a room more modern is by using wallpaper. Pick a wall of the room to be a feature wall and cover it with a funky patterned wallpaper.

4. Mirrors: If you want to make a nursery look bigger and more modern, incorporate several mirrors into the design of the room. It'll reflect light and make the room look sharper.

Related Link: [Product Review: Baby Fashion for Easy & Cute Parenting](#)

5. Paint the ceiling: Another fun option if you're bold is to paint the nursery ceiling. If you keep the rest of the room neutral, paint the ceiling with bold bright stripes or a fun, bright color.

Have any more tips on how to decorate a modern nursery? Comment below!

Product Review: Dress Your

Baby Girl Like a Celebrity Baby with Feltman Brothers



By Bre Gajewski

Every baby deserves to be treated like a [celebrity baby](#). That all starts with having the cutest outfits! Feltman Brothers has everything from bibs to gowns to make your baby the most stylish one at daycare.

Product Review: [Feltman Brothers](#) baby clothing is the [parenting](#) product you need to dress your

child like a celebrity baby.

Feltman Brothers has been producing beautiful, high-quality baby clothes since 1916. They have sizes ranging from premies to toddlers for both boys and girls.

The company's mission is to provide you with traditional baby clothing that's classically designed and expertly tailored. Each item includes hand embroidered detailing, smocking, fagotting, fluting and intricate open work designs.

We love the following two items for baby girls:

[Knit Cardigan and Bloomer Set – \\$59.50](#)



This set is a classic combination of cute and cozy. It is available in colors ivory and sea coral in sizes 3 months to 24 months.

[Girls Knit Bunny Shortall – \\$46.95](#)



This outfit is perfect for your little cuddle bunny. It is available in sizes 3 to 24 months.

Both of these are made of 100% cotton and are machine washable. Check out their [website](#) and follow them on [Facebook](#), [Pinterest](#), [Twitter](#) and [Instagram](#) for more adorable outfits and accessories

Parenting Trend: Royal Baby Names





By [Haley Lerner](#)

Choosing a name for your child can be extremely tough. You can look through hundreds of baby name books and still not know what to name your little tot. Luckily, we have England's royal family to inspire us with some names perfect for any baby. When [Prince William](#) and [Kate Middleton](#)'s first child Prince George was born, the name George climbed up the top 10 list of baby names for England and Wales, according to the Office for National Statistics. So, we've got the perfect [parenting advice](#) for you to jump on this [parenting trend](#) and give your new addition a royal baby name.

Check out our parenting advice on how to choose a royal baby name for your child!

1. Traditional monarchical names: One way to go in choosing a royal baby name is by going for a more traditional and elegant name, like Victoria or Edward. These names might not be as

common as those currently in the royal family, so one may be a unique choice for your child!

2. Older names: If you prefer a baby name that won't be common, go for a name from older rulers in England, like Matilda, Joan, Edgar or Alfred.

Related Link: [Celebrity Maternity Style: Get Inspired by These Celebrity Baby Nurseries](#)

3. Modern names: If you really love the current royal family, go for a more modern royal name. Whether it's Harry, William, Elizabeth, Charlotte, Louis, Phillip or George, these names can easily be a great fit for your child.

4. Unusual names: Looking for an extra special name for your child? Go for one that's from another royal family outside of Great Britain. Try out Xenia, Zara, Savannah, Cosima, Octavius, Lionel, Nikolai or Charlene.

Related Link: [Product Review: Baby Fashion for Easy & Cute Parenting](#)

5. Opt out of using a royal name: If naming your baby after royals isn't your thing, don't fret! It's perfectly fine to instead go for any name you like. Check out baby name websites and books to find the name you feel is just right!

Have any more tips on how to name your baby after a royal? Comment below!

Parenting Trend: Start A

Garden With Your Children



By Rhodesia Williams

While your kids may love playing with their electronics, a great [parenting trend](#) is starting a garden with your kids! As hot as it can be during the summer months, you can still enjoy this outdoor activity in the mornings and evenings when it's cooler. Not only are you teaching your kids how to garden, you are teaching them responsibility. Picking out flowers or choosing the seeds you want to plant is just half of the fun. Turn their summer into a learning experience away from their iPads.

A little dirt never hurt anybody!

Starting a garden with your children is a cute parenting trend that is fun for everyone.

With kids complaining of boredom or who are too obsessed with electronics, try something new. Gardening is a fun relaxing way to not only teach your kids about nature, but also to give them a sense of responsibility and accomplishment. Here are some benefits of this fun outdoor activity:

1. Responsibility: Enjoy planning and setting up your new garden. After everything is set, work out a watering schedule with your children. Allow them to water and care for their new project. Not only will it keep them busy, but they will learn important life skills around the value of keeping up with your responsibilities.

Related Link: [Parenting Tips: Rainy Day Activities](#)

2. Quality time: Although the summer months bring a shift in scheduling, this cute activity will allow you and the kids to relax and spend some time together. Taking your kids away from electronics and working on an outside project is good for them. While they have rainy days to enjoy TV and tablets, take the nice, sunny days to be outside and enjoy the fresh air, together.

Related Link: [Parenting Tips: 5 Spring Activities To Do With Your Child](#)

3. Never too young to learn: Gardening can help teach your kids the basics of nature and growth. Showing your children how to carefully take care of their plants will encourage them to be accountable. While they will physically see the growth of their plants, you can teach them how plants survive in their environment. Explaining how they grow and the importance

of feeding them, watering them and giving them sunlight will keep your kids interested and involved.

What are some other ways gardening will help your kids? Share below.

Parenting Advice: Social Media for Children



By [Jessica Gomez](#)

Ah, social media – youth and older people alike are very involved in it. When it comes to your children, you obviously

want them to be safe when it comes to the web. Social media platforms like Facebook, Instagram, Twitter, and Snapchat are more for teens and adults than they are for children though. The good news is, there are social media platforms specifically designed for our youth. This is great because it can let parents relax a little. Nevertheless, you want to make sure that you have a serious conversation with your children about safety on social media.

Here are a few fun social media sites for your children to use along with some [parenting advice](#) on how to make sure your kids are safe when it comes to the web:

Make sure to sit down with your children and have a talk about the positives and the dangers of social media. Let them know that they must think before friending people and before clicking the send button. Also, make sure to monitor their activities online. With that being said, have an open line of communication with your kids and make sure there is trust there. This will really help now and in the long run.

Now, here are the social media sites for your little ones:

1. **[Kidzworld](#)**: What is cool about this site is the multi uses for it. Your child will have the choice to create a profile, message friends, partake in secure chat rooms, play online games, create polls, write blogs, and read movie and tv reviews, articles on family and other topics on life! The site is moderated and is for ages nine to 16.

Related Link: [Parenting Advice: Ways to Talk to Your Child About Sexual Assault](#)

2. [Gromsocial](#): Parents will be spiked to know that this site is actively monitored 24/7, and adults can only access it once it is confirmed that they are the parents of a user. It's also password protected and parents can receive emails on their child's online activity. Wow! This site gives kids the option to chat, share videos, and get help with their homework. Sounds great to us!

Related Link: [Parenting Tips: 5 Tips for Co-Parenting](#)

3. [Club penguin](#): This is more of a place to play games, but children can chat with any other penguins (other children). This is a Disney site where children are penguins and can explore. They play games with other users, live in igloos that they can decorate, and more. This fun site is a community that encourages kids to be friendly and creative. Also, this site does not allow third party advertisements and they monitor all chats.

Which social media platform are you excited for your child to try? Comment below!

Parenting Tips: Make Popsicles with Your Kids This Summer





By [Haley Lerner](#)

In the summer, school is out and your kids are typically spending more time at home. This means that coupled with the sticky hot weather, you have rambunctious children to entertain! Everyone knows the perfect summer treat to cool down is ice cream, but instead of waiting for the ice cream truck to come down your block, why not make a yummy dessert yourself? Or even better, have your little tots help you make them. We have the [parenting advice](#) to help make your summer extra sweet with homemade popsicles.

Check out these parenting tips on how to make popsicles with your kids this summer:

1. Pick out ingredients: Head to the grocery store, and let your child pick out his or her favorite popsicle ingredients. If you're looking to go the simple route, any fruit juice is a good base. If you're ready to put more work into it (and have

a juicer/blender at home), pick out some fresh fruit (and some green veggies if you can manage to sneak them in). Consider picking up whole fruits like blueberries or strawberries to throw in at the end as well.

2. Get a mold: It's important you have something to put all that fruit juice into, so while you're at the grocery store, pick out some small paper cups. Some stores even sell special popsicle molds. Don't forget to grab popsicle sticks, too!

Related Link: [Parenting Tips: 5 Spring Activities To Do With Your Child](#)

3. Put it all together: Once home with all of your ingredients, enlist the help of your kid(s) to help put the popsicles together. Help your child pour the juice or fruit puree (after you blend it) into the popsicle molds. It's the perfect parent-child activity that will be super fun for your little chef.

4. Let it freeze: After placing popsicle sticks in the middle of your fruit juice, carefully put all the molds in the freezer and take them out when the pops are frozen. Then, carefully pull the mold off and give your child the perfect frozen treat!

Related Link: [Parenting Tips: Rainy Day Activities](#)

5. Eat the popsicles outside: It's summer, so enjoy the nice weather while it lasts! Set up a picnic in your yard or at a park, and enjoy the fresh popsicles with your children. Spend a perfect summer day eating your healthy cold snack and playing in the sun.

Do you have any more tips for making the perfect summer popsicles? Comment them below!

Product Review: Baby Fashion for Easy & Cute Parenting



By [Rachel Sparks](#)

This post was sponsored by Tiny Universe.

This [product review](#) of Around the Crib infant clothes is the most adorable thing we've seen today. As if [parenting](#) isn't hard enough, finding cute clothes that can withstand the curiosity of your children is near impossible. Every parent wants their children to look just as glamorous as a [celebrity baby](#), and these designs will help you do just that!

Product review: baby clothes to help you parent in style!

Around the Crib, a division of Tiny Universe, is couture fashion for your beloved little one. Tiny Universe started as a family business 55 years ago and has since become the leading company in headwear. Since then, they have branched into subsidiaries, such as Around the Crib, designed and tested by parents, to create everything you could need for ultimate parenting.

1. [All Tulle Dress](#)



Tulle Dress from Around the Crib. Photo courtesy of aroundthecrib.ca

Colored in soft pink or black and white, this layered, short-sleeved dress can be as delicate or as modern as you choose. Sizes range from newborn to that of a six year old, so siblings can match! The zipper in the back allows for easy dressing on those frustrating mornings. The dress is machine washable and certified by Oeko-Tex, indicating a lack of harmful substances. Priced at \$77, it's the perfect dress for a special occasion.

Related Link: [Travel and Dress Your Kids Easily this Summer with These Products](#)

2. [Body Ballerina Short Sleeves](#)



Body Ballerina Short Sleeve
from Tiny Universe. Photo
courtesy of
aroundthecrib.ca

This tiny dancer outfit will help those wiggly little legs look even cuter! Sized from newborn to 24 month olds, the ballerina dress is great for hyper toddlers. The ballerina skirt is made from tulle, while the body is 100% cotton. Another machine washable dress means an instant addition to your toddler's wardrobe. At \$43, it's a affordable way to show off your energetic baby!

Related Link: [Product Review: Mom and Baby's Favorite Clothes](#)

3. [Single Rabbit Night Light](#)



Single Rabbit Night Light
from Around the crib. Photo
courtesy of
aroundthecrib.ca

What better way to end a product review for your kiddos than with a night light? It will help end your day in the most peaceful way. This rabbit-shaped light is as unique as it is delightful. Designed for little hands, the rabbit lights up all night from anywhere in the room, even from within the crib! With a twelve hour battery life, it automatically lights up when it's off of its charging base. Just set it on the base in the morning for another night of uninterrupted sleep! Best of all, a restful night only costs you \$44.

We love the way Around the Crib makes our babies look! Want to buy one of these cute options? Check out their website at aroundthecrib.ca or their social media pages like [Facebook](#) and [Instagram](#).

Product Review: The Perfect Jewelry to Earn a Parenting Win





By Rachel Sparks

Want to know the best tokens of affection you can offer your loved ones? As if [parenting](#) isn't hard enough, trying to please your children is downright challenging. Your child's devotion to the latest trends is unparalleled and practically impossible to keep up with, but these jewelry finds will help make you Parent of the Year and help your child flaunt the latest [celebrity fashion](#)!

Check out these product reviews for your parenting score!

Tiny Dancer Necklace



Isabelle Grace Necklace.
Photo Courtesy of Isabelle
Grace/Isabellegracejewelry.
com

Designed and hand-made by Isabelle Grace, this [necklace](#) features a ballerina charm and a personalized initial charm. It's perfect for commemorating a dance competition or to help your little darling live out their dancing dream! The ballerina charm is three-quarters of an inch tall and half an inch wide. The initial charm, a tiny circle, rests just above the dancer's head. Both charms are fine silver and can be gold coated or oxidized. What's better? You can customize with gems and other charms. Priced at a reasonable \$48, it's an easy to dream of gift for your child.

Related Link: [Product Review: Find Out Why Celebrity Babies Love Lorena Canals Rugs](#)

Crushed Glass Earrings



Isabelle Grace Drop earrings. Photo Courtesy of Isabelle Grace/Isabellegracejewelry.com

Another great design by Isabelle Grace! These [drop earrings](#) are hand-crafted with crushed German glass and Swarovski teardrop stones for an elegant and retro look. The design comes from Isabelle Grace's Gypsy Glam look that encourages a fearless sense of self and the courage to live life as an adventure. What better gift to give to your children as they enter the turbulent teenage years? The earring hangs on a gold-plated lever back wire and hangs approximately two inches. Priced at \$46, it's an affordable token of your love and support.

Related Link: [Product Review: A Diaper Bag Fashion Statement](#)

You can shop more custom looks from Isabelle Grace at their website isabellegracejewelry.com or check out their [Facebook](#) and [Twitter](#) pages!

Product Review: The Next Best Crib Mattress to Help You Become a Parenting Pro



By [Rachel Sparks](#)

This post was sponsored by Colgate Mattress.

This [product review](#) features the newest technology and innovation for baby sleeping gear. Colgate Mattress, the leading USA-based infant mattress manufacturer, has introduced a new mattress that will ensure your baby sleeps safely and lets you have a sound night of rest. You'll be confident in offering your own [parenting tips](#) after you buy this amazing mattress!

This product review of Colgate Mattresses will help you and your love slay at parenting!

Released March 20, 2018, the newest sleeping technology for infants is the best the market has to offer. The Colgate zenBaby collection offers three types of mattresses for your little one's needs. The Hybrid 2-in-1 cares for your baby up through toddler ages. This mattress features varying degrees of stiffness to develop posture and, above all, safety. The 2-Stage mattress is a lightweight option composed of dual zone certified eco foam. Colgate's third option, the Portable Crib Mattress, is ultra-lightweight for parenting on the go. The mattress's cover is tear-resistant, waterproof, and easy to clean.

Related Link: [Product Review: Make Relaxation a Reality While Traveling with Your Baby This Summer](#)

While these mattresses evolve to your children's growing needs and to your desires for versatility, they also promote child safety. KulKote technology is a water-based coating design that adapts to your baby's temperatures, maintaining cool comfort.

What other product review can help your little one feel like a [celebrity baby](#)? Colgate produced the first foam crib mattress from sustainable plant-based oils. All of Colgate's products are hypoallergenic, odorless, and GREENGUARD Gold and CertiPUR-US safe for no harmful emissions. You can feel like parent of the year by buying something that's both great for your baby and the planet!

Related Link: [3 Must-Have Items for Running Errands with Yours Kids](#)

When you buy a Colgate mattress, you know you're buying quality. The Hybrid 2-in-1 mattress from the zenBaby collection was announced the Juvenile Products Manufacturer Association (JPMA) 2018 Innovation award during its release last month. Priced at \$273.99, it's the most expensive of the zenBaby options, but well worth the investment into a healthy baby and your peace of mind. The 2-Stage is priced at \$218.99 and the Portable Crib Mattress is at an affordable \$64.99.

We love the peace of mind Colgate's zenBaby mattress collection gives us. Are you ready to buy one or two for the babies in your life? Check out their website at colgatekids.com or check out their [Twitter](#), [Facebook](#), or [Instagram](#).

Parenting Advice: Ways to Talk to Your Child About Sexual Assault





By Krav Maga Worldwide

According to the *Rape, Abuse & Incest National Network*, 93% of children that have been sexually assaulted know their perpetrator and the recent scandal involving Larry Nassar, the former USA Gymnastics and Michigan State doctor, has reiterated how even “trusted” adults can manipulate a situation and do things that are not appropriate with a child. It’s important that parents have an open conversation with their child about what sexual assault is and what to do if someone is making them feel uncomfortable.

Below are some [parenting tips](#) from Krav Maga Worldwide, a global leader in defense training, on how to approach this difficult and sometimes uncomfortable subject

with your child:

1. Begin talking to them as young as 2 years old: This may seem very early but children under 12 are most at risk, especially at 4 years old. Even if they can't speak well, children at this age are busy figuring out the world. And they certainly understand and remember a lot more than adults usually realize.

2. Share the only instances when their private parts can be seen and touched: An age appropriate concept for a young child to understand is that nobody – including a parent or caregiver – should see or touch their private parts (what a swimming suit covers up) – unless they're keeping them clean, safe, or healthy.

Related Link: [Parenting Tips: 5 Tips for Co-Parenting](#)

3. Talk openly about sexuality and sexual abuse to teach your child that these topics do not need to be "secret": Abusers will sometimes tell a child that the abuse should be kept a secret. Let your child know that if someone is touching him or her or talking to him or her in ways that make him or her uncomfortable or scared, that it should not stay a secret.

4. Babysitters, coaches and teachers can all be perpetrators: Teach children not to assume all adults can be trusted. According to the *Rape, Abuse & Incest National Network*, 93% of children that have been sexually assaulted know their perpetrator. It's important to discuss with children that just because the person is considered a "trusted" adult they can still manipulate a situation and do things that are not appropriate.

Related Link: [Parenting Tips: How To Cope With Stress](#)

5. Inform your child about the tricks used by sexual predators: Such as continued accidental touching, or where the

predator tricks the child into thinking there is an emergency and the child must go with the predator.

6. Teach children that they must trust their inner voice: Especially that feeling we all have inside that tells us what feels right and what feels wrong or uncomfortable. Many children who have been sexually abused describe a feeling of discomfort as having a “yucky” feeling inside. You must teach your child to trust or honor their inner voice or that “yucky” feeling.

Related Link: [Parenting Tips: How To Set a Good Example For Your Child](#)

7. Teach your child that they have the right to say NO!: As the majority of child abuse is based on coercion rather than force, teaching your child to say “NO” strongly and forcefully really can make a big difference in many situations.

About Krav Maga Worldwide:

Founded in 1997 to promote Krav Maga throughout the United States and around the world, Krav Maga Worldwide trains and certifies instructors and licenses over 150 authorized Krav Maga Worldwide training centers in the United States, Canada, Japan, Mexico, South America, and Europe, as well as over 800 law enforcement agencies and military units. Krav Maga offers the highest caliber of instruction to thousands of people, supporting the company's core commitment to improving and saving lives. Krav Maga Worldwide continues to develop, promote and implement self-defense and fitness programs. For additional information, visit: www.kravmaga.com.

Parenting Tips: 5 Spring Activities To Do With Your Child



By [Jessica Gomez](#)

Spring is here, and kids are ready for it! There are many fun activities to do with your child this season; the list is practically endless. However, where do you start when there is so much to do? A parenting tip is to be aware of what your child's interests. With that being said, we have come up with five activities to get your spring going. Do one, do some, or do them all!

You obviously want to have fun this spring with your munchkin, so get ready for our [parenting advice](#) on outdoor activities to do during this blooming season:

Cupid's Advice:

The following five ideas are sure to keep you and your little one busy. Your child is sure to have fun with these activities, and they'll also help you bond:

1. Picnic: When it's nice out, prepare yummy snacks together and set up a picnic. During the picnic, indulge in what you've put together. You can also partake in certain activities like blowing bubbles, flying a kite, going on a scavenger hunt, and playing games like football, soccer and flag football. Sounds like a fun day!

2. Planting flowers and plants: This is a nice and productive activity. You can plant in your backyard, front yard, or in any approved place in your neighborhood. Your child will not only learn how to garden, but they'll also build a connection with nature while making the world a more beautiful place.

Related link: [Parenting Tips: 5 Unique Ways to Have Fun in the Sun with Your Child](#)

3. Take photos and make a scrap book: Go out and enjoy the spring day. Take photos in the midst of all the blooming beauty around you. Take photos of nature and yourselves, and then create a scrapbook. To give it more of a spring feel, you can add flowers and leaves to your scrapbook as decorations.

4. Bike riding: This is an activity that gets you to workout while being fun. Go for a ride at the park or by a beautiful

body of water to take in the scenery. If your child doesn't know how to ride a bike yet, then its time to teach them!

Related Link: [Product Review: 3 Must-Have Items for Running Errands With Your Kids](#)

5. Go to an animal sanctuary: Ditch zoos and aquariums that capture animals to cage them for human entertainment. Instead go to an animal sanctuary where the animals were rescued and are now living happily. Your child is sure to enjoy themselves by learning about them and cuddling with those cute beings.

Which of these activities are you excited to do with your kid? Comment below!