

# 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!

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**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.

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**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!**

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## **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.

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**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!).

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**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!

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## Parenting Tips: 5 Reasons to Take a Parenting Class



By [Katie Sotack](#)

Though not vocalized enough, parenting is a full-time job. Think of it as your career. Something you need to work at and prep for—whether that be through schooling or experience. Parenting classes offer both. Just like a career, no one

expects a newbie to know everything in the beginning. Though once thought of as natural instinct, parenting is a cycle we've learned through observation plus trial and error. The [parenting trend](#) offers safe spaces to explore incorrect theories and learn without doing any term damage to the little ones (physical or psychological).

## Classes offer [parenting tips](#) and tricks to raising a family, but what are the specific benefits of attending parenting classes?

Parenting classes offer a sense of community and the know-how to those who want to up their parenting game. Whether you're expecting your first child or you're pregnant with your third, there's always room to learn. You can follow the expert parenting advice offered in these classes through level-based classes to begin your journey to more efficient parenting.

**1. Judgment free zone:** There's not any worse feeling as a parent than to worry you're being judged for your parenting style. Not only will a parenting class give you the skills you need to be an efficient mom or dad, but the class will be full of other parents who feel the same way you do, and you're less likely to be criticized. Never let someone's harsh judgments affect how you think you should bring up your kids, but in a class, you're more likely to find like-minded individuals who won't make you feel like an awful parent because you need some extra help.

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**2. Support systems:** Even with your partner and family support, raising a child can feel like a lonely job. Taking a parenting

class can help you connect with other parents going through the same thing you're going through—whether it's supporting your child through a learning disability or coping through postpartum depression after your second child.

**3. Firstborn jitters:** Time to put it out there, having a baby is magical and wonderful, but it's terrifying. To new parents, it may feel like any wrong move could harm your new little angel. That's valid. If you've never had a child before you likely have no idea what you're doing. Attend a parenting class to master the basics and reassure yourself that your parenting skills are up to par.

**4. The latest research:** Parenting trends and topics are always cycling. It can be a challenge to stay up to date with the newest concerns and tactics to battle them. Taking classes may open your eyes to new information and challenge some instincts that may secretly be harming your kid's self-esteem. For example, praising a child's intellect when they achieve may cause frustration and feelings of failure when they cannot immediately master something. Instead, praise their hard work.

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**5. Aid academics:** Studies have shown that engaged parents are one of the top factors to an academically successful child. Classes specifically designed to focus on academics will teach the right questions to ask your child and ways to become more involved in their life, like attending school functions and being more involved in homework.

**How do you feel about taking a parenting class? Share in the comments below!**

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# Parenting Tips: The Benefit of Kind Words



By [Bonnie Griffin](#)

Trying to be a good parent is a full-time job and then some. As a parent, you're always growing, learning, making mistakes and correcting them, and trying to find the best ways to raise your children to be good people. A big part of that includes setting a good example for your child. They see you as a role model so being a kind person yourself is important for their development as they grow. This [parenting advice](#) on using kind words with your children will help you raise your children to be good, kind people.

# Try raising your children with a kind word in these parenting tips!

Your children look up to you. They learn a lot about their language skills and behaviors by mimicking you. If you use harsh language or they see you being unkind to others that could influence their behavior. That's why it is important to set a good example that starts with using kind words with your children. Cupid has some [parenting tips](#) on how using kind words around your children can benefit them and their development as people:

**1. Sets a good example:** Your children love you unconditionally and they look up to you. Often times, especially when they are young, they want to be just like mommy or daddy. It's important you set a good example by being a good role model. You want your child to be kind, then be kind yourself and they will follow suit.

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**2. Teaches them to be positive:** Babies and young children are "sculpted" by experiences. Kind words help you give your child positive experiences. This will help them grow into a happy child full of laughter and love. They will then pass their positive experiences onto others, spreading the kindness you've taught them. Teaching your child kindness and giving them these positive experiences also gives them happy memories; memories they will carry with them throughout their lives.

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**3. Offers them encouragement:** As a parent you want your child to grow and accomplish great things. Teaching them kindness through your words and actions is one of the first milestones to encouraging them to grow and learn and become successful

people as they grow older. Kindness shows them you believe in them and gives them the encouragement to keep pushing forward because they know they have you in their corner to help them succeed.

Kindness goes a long way with your children. It teaches them to be positive and kind to others and helps them succeed. Let us know your thoughts about the benefits of using kind words with your children below.

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## Parenting Advice: Tips to Get Your Child Talking



By [Bonnie Griffin](#)

Kids are full of questions. We can sometimes find ourselves tired of giving them answers, especially when they ask the same question more than once. However tiresome the endless questions may be, it's actually good that they are asking questions and they should be encouraged to ask even more. According to *Parents.com* "When you answer your child's questions, you help keep your child's mind open, says author and parenting expert Michele Borba, Ed.D." This [parenting advice](#) will help you get your kids talking and help them use their imaginations and satisfy their need to learn.

## Parenting Advice: Ask your kids questions to keep them talking.

Teaching your child to talk doesn't have to be all work. It can be fun for both of you. The main important part is to just get your kids talking so they can mimic your words and patterns and continue to learn and grow. Cupid has some [parenting tips](#) when it comes to some ways to get your kids talking more:

**1. Ask them open-ended questions:** You want to get their minds and imagination working and open-ended questions are a great way to do that. Instead of asking them yes or no questions, ask them questions that require a more elaborate answer. Ask them questions that will make them think and talk more. You can ask them what they like to daydream about, or what makes them happy. If they give a short answer prompt them to elaborate.

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**2. Parent-Kid Activities:** Life is busy and sometimes we feel like we don't have enough time in the day to do everything we

need. It's important that we make time to be with our kids because they learn much of their words and behaviors from us. If we just sit around on our smartphones that is what they will mimic. Set aside time every night to do an activity with your child. Working together on a puzzle, or playing an easy game of go-fish is a good way to break into conversation with your child and get them talking.

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**3. Listen and participate:** When your child starts asking you a hundred questions, don't blow them off. It only takes a few minutes to engage them when they want to ask questions, and showing them you are interested in what they have to say will only prompt them to talk even more and ask more questions which are a good thing. It not only helps them learn to talk and open their imaginations but sets the precedent that you are there to listen and help them learn and that is equally important in their development.

Encouraging questions and asking questions of your own are great ways to get your children talking. Let us know your thoughts about getting your young children to talk in the comments below.

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## Parenting Advice: Plan To Fail and Be Okay With It





By [Bonnie Griffin](#)

If there is one thing about parenting is certain, it's that nobody is perfect; not us and not even our children as much as we love them. We're all human and being human means we will make mistakes, but we need to slow down and realize it's okay to fail. Children are growing and learning. They might not meet your expectations on the first try. Admit it—you have experienced moments like this in your own life you learned from. See this as an opportunity for growth instead of failure. Instead of stressing out about mistakes you or your child might make, follow these [parenting tips](#) keep small failures from turning into something big, and help your child grow into a contributing, responsible person.

**We all learn from mistakes. Here are some parenting tips on how to handle your child's.**

Sometimes you're going to zig when you later realize you

should have zagged. Sometimes your children are going to forget or choose not to do their homework or drop a dish when helping clean the kitchen. It is all a way to learn and grow that will make you a great parent, and your children grow into a responsible adult. Cupid has [parenting advice](#) and [parenting tips](#) on accepting those failures with ways to help your children learn from them so they can grow into intelligent, good people:

**1. Learn from mistakes:** Just like you learn from mistakes at work and throughout life, you will learn from mistakes as a parent. You may learn a better schedule, etc. Like you, your children can also learn from mistakes. Instead of stepping in to help them smooth out every mistake they might make, let them make them.

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**2. Rules of homework:** Getting our children to do their homework isn't always easy. In fact, it can be really hard, and mistakes might get made. Remember, it is up to you to help set them up for success but don't do their homework for them. Provide them with a quiet, phone-free environment, and give them the tools they need. If they wait until the last night to do their science project even though they had the tools necessary to complete it, don't jump in and do it for them. They will learn to prepare and use their time more wisely the next time.

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**3. Teach them kindness:** Kids can be mean. It's something we hear often, but it's something that makes it all that more important that. Teach them what kindness is through action, and show them it should be a part of everyday life. Volunteer at a soup kitchen, donate toys and clothes to shelters and let

them be a part of it all.

What are some ways you deal with your children when they don't initially meet expectations? Let us know in the comments below.

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## Parenting Tips: Lifestyle Changes for Better Behavior



By [Bonnie Griffin](#)

We all love our children and would do anything for them, but that doesn't mean getting them to behave in the best way is always an easy task. As a parent, you want the best for your



child and part of this includes teaching them appropriate behaviors so they grow into productive and good people. Luckily, if your children have behavioral issues, we have some [parenting tips](#) to help you develop better your children's behavior.

## Here are parenting tips to help improve your child's behavior.

Raising your children is a full-time gig, and the most important job you will ever have. Sometimes it seems like the hardest job in the world it's because you love your children and are dedicated to them. Parenting is a 24/7 job which doesn't end after the workday. Your children won't always behave the way you want or expect. Cupid has [parenting advice](#) on lifestyle choices to help with nurturing your children so they behave better:

**1. Routines:** Children thrive on routines. Make sure you have a strictly set routine for important parts of the day like mornings, breakfast, school, after school, dinner, and bedtime. That doesn't mean you have to dictate to your kids exactly what the routine has to be comprised of, it means you can work together to make a routine; allow them to give input and come up with a routine together.

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**2. Daily one-on-one time:** The one thing that will have the best effect on your children's behavior is spending quality time with them individually. They have an emotional need to feel connected with you as their parent and need positive attention or they will seek out your attention other ways. This often means they will act out negatively because they see negative attention as better than no attention.

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**3. Sleep is important:** When you're tired you feel sluggish and cranky. So do your children. Children and teenagers need more sleep to keep up with all the energy their growing bodies require.

**4. Find opportunities to say yes:** Children have lots of questions, they want to go everywhere and see everything which means saying no a lot. To counter the negative tone that can be set every time they hear the word no, find ways to say yes. Make a compromise and help them notice you are trying to help them find their way in life and with their friends. The more positive reactions they get from you the more positive their behavior will be in return.

**5. Look for the source:** When children misbehave it's usually because some underlying issue is bothering them. Take a look at the big picture and try to address the real issue causing the poor behavior.

**What are some ways you redirect misbehavior in your children? Let us know in the comments below.**

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# Parenting Advice: Collaborative Parenting





By [Katie Sotack](#)

Past [parenting advice](#) has sought to punish bad behaviors and reward the good. Collaborative parenting takes a new and innovative approach to parenting that involves treating your children like people. The [parenting trend](#) focuses on working with our children rather than against them to solve problems.

**Collaborative parenting involves working with your children and treating them like people in this parenting advice.**

The beauty of collaborative parenting is the understanding and well-thought-out approach you must take in guiding your child. If they don't want to clean their room, ask them *why*, and then come up with a solution together. They might only need to pick up their room for fifteen minutes a day, for example. Here are some collaborative [parenting tips](#) to help you and your child get on the same page:

**1. Hear your child out:** Instead of becoming angry and grounding your child the moment you find out they haven't done their homework, hear your child out. The collaborative parenting approach encourages you to breathe and think before you dole out punishment. Maybe they have too many after school activities or they don't understand the homework. Communicating with your child and understanding them is an important key factor in being a strong role model for your child.

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**2. Offer choices with boundaries:** Yes, by all means, listen to your child, but you are still the adult. For example, if it's close to bedtime and your five-year-old daughter doesn't want to stop playing with her dolls but you want to read her a book before she falls asleep, give her an option. Keep playing and go straight to bed with no book or you can read the book after you tuck her into bed. It's giving a clear choice and option that makes collaborative parenting work!

**3. Keep your head:** Try not to lose temper with your child. This is easier said than done, but keeping a calm head while you offer choices and the consequences of not listening will prevent you from turning into a screaming banshee to get things done your way. You may have to employ tremendous patience but both you and your child will have a better relationship in the end.

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**4. Seek a CPS expert:** If you truly feel you are failing with collaborative parenting, seeking the guidance of a collaborative parenting solving expert is an option. An expert can show you how to work with your child, teach you patience, and ease your concerns.

**How likely are you to try collaborative parenting? Share in the comments below!**

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# Parenting Trend: 2019 New Age Parenting Trends



By [Bonnie Griffin](#)

Gender reveal parties were all the rage last year. They're becoming more passé in 2019. Having all of your friends and family show up just to set off an elaborate reveal of your baby's gender may not be at the top of your list as a new parent, especially if you are a new age parent who doesn't want to push your baby into gender norms before they are even born. Instead of gender reveals there are many new [parenting trends](#) popular in 2019.

# Move over gender reveal parties, there are new age parenting trends this year.

Everyone has their own parenting style. Some parents are strict, some constantly worry about all the perils their children may face, and some are relaxed and prefer to let their children make their own decisions from a young age. There is no one set “right” way to parent your children. Each parent gets to choose their own personal parenting style. Let’s take a look at some popular parenting trends for 2019:

**1. Parenting with an authoritative edge:** You may not be a very strict or overprotective parent, but you teach your children to respect your authority. Authoritative parents make it clear they aren’t pushovers by setting firm rules. Parents who practice an authoritative parenting style have expectations for their children, and they provide them with the resources and support needed to succeed. They are great at listening to their children as well, but they also believe in fair discipline if their children break the rules.

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**2. Subscriptions:** Parents are taking subscriptions to a level far beyond just using Amazon Prime. Parents are using subscriptions for all things baby including toys, diapers, baby food, and even postpartum recovery items. The convenience of skipping the store with the stroller is a far greater help through online shopping and parents love it!

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**3. Audiobooks:** Parents are looking for ways to limit screen time. Audiobooks offer a great alternative to sitting your children in front of the TV for a little quiet time. It gives

parents something to help distract the kids when needed, or it can help at bedtime to get them lying still and calming down before they fall asleep. It is a great alternative to television with the added benefit of them learning a new book.

Gender reveals used to be the greatest thing for new parents, but this year it's more about the children and convenience in the new age. Let us know some of your parenting style or your favorite methods of convenience as a parent below.

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## Parenting Trend: Authoritative Parenting



By [Emily Green](#)

The way you raise your child sets the foundation for the rest of his or her life. Authoritative parenting is the most recent parenting trend gaining popularity in 2019. This parenting style means you're sensitive to your child's emotional needs but have high standards on how you expect them to behave. It not only allows your child to explore who they are as an individual but teaches them responsibility. Check out these [parenting tips](#) to learn some [parenting advice](#) about why authoritative parenting is an ideal style of parenting.

## **Authoritative parenting is a popular parenting trend in 2019. What are some benefits to raising your child this way?**

While it is important to give your child some freedom to explore life on their own, it is also important that they follow household ground rules! Here are some key aspects to raising your child with an authoritative form of parenting:

**1. Be flexible:** Rules are meant to be broken (as some kids, especially teens, will test you with). You can't always control what happens while you're raising your child. Take into consideration the situation at hand—step away to calm down if need be—and then decide the best and most appropriate course of action.

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**2. Comfort, but don't coddle:** Your child is only human. They'll make mistakes, break rules, and test your patience because there is no way to get them to listen to you 100% of the time. It's important to let your child know after they mess up *why* they made a mistake, but also be there to comfort



and to show them what they did isn't the end of the world because you'll always be there for them.

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**3. Listen:** Your child will form their own opinions as they get older. This is the beauty of parenthood—you get to watch a human you created turn into their own person. Be there to listen to your child if they have something to say. It's important to let them know you care even if they might be wrong.

**4. Place limits:** Every household has to have rules. Rules are rules for a reason, from cleaning dishes after a meal to no running in the house. It can take a while to strike a solid balance between letting your child be a kid and teaching them responsibility so your rules and boundaries are respected.

**5. Consistent Discipline:** Your kid will think it's okay to keep breaking the rules if you don't practice consistent discipline. For example, it's important for your child to know if they hit your dog, a time out will follow. Studies show this type of cause and effect method to disciplining your children will help them develop their cognitive skills and the ability to make wise choices.

**What are some other aspects of authoritative parenting? Let us know in the comments below!**

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## **Parenting Tips: Social Media**

# Apps to Keep an Eye On



By [Bonnie Griffin](#)

Smartphones, social media, and many cell phone apps make parenting an extra difficult task these days. Facebook, Snapchat, and Instagram were once apps you had to worry about your kids using inappropriately, but they pale in comparison to some of the newer apps available to children on their smartphones. Regularly checking your children's cell phone and following this [parenting advice](#) on watching out for dangerous apps can help keep your children safe on their phones.

**Parenting Tip: Monitor your**

# children's smartphones and watch out for these dangerous new apps.

You might be worried about checking your kids' phones because you don't want them to think you're being nosy. It's important to inform your children aware you are the one in charge of the phones, and you are checking them for their safety and not just to be a snoop. Your job is to parent them, not a friend. You should also set up their phones so your approval is required before they can download new apps. There are too many risky apps and ways for kids to be lured into something dangerous to not monitor their phones these days. Cupid has some [parenting tips](#) when it comes to some of the apps you need to be on the lookout for:

**1. Dating apps in disguise:** You would never be okay with your children using Tinder or Bumblebee, but what you may not realize is there are numerous new apps made for hooking up which are disguised as something innocent. These apps encourage your children to meet up with their matches. Anyone can pose as a teenager online, so you never really know who the other person is they are agreeing to meet when it comes to online hookups. The Yubo app, Hot or Not, and the HOLLA app are all designed to help teens hook up with other teens or people.

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**2. Anonymous ranking apps:** As a parent, you want to teach your child to be kind and not to be a bully. There are apps out there built around ranking people based on their looks. These apps promote negative comments. Some of these apps also allow you to comment anonymously so your cruel or inappropriate comments are not linked to your name. If children can access these apps then so can adults, so you never know who is

judging your children's photos. Some of these apps include Lipsi, Tellonym, and the BIGO LIVE app.

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**3. Apps disguised to hide content:** Nobody wants to think their kids would hide things from them, but in reality, they will. There are apps out there disguised as something innocent which are specifically designed to help your kids hide things on their smartphones. Some of these include the Calculator app, the Locker. This app is especially sneaky because it looks just like an ordinary calculator, but it stores hidden photos, allowing teens to share nudes without parents finding them because they don't know to check this app.

Smartphones can be great tools, allowing you to keep up with your kids as long as they are monitored properly to keep children from downloading apps which could lead them into dangerous situations. Let us know your thoughts about smartphone safety for your children in the comments below.

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## Parenting Advice: How to Support Your Child Through Graduation





By [Katie Sotack](#)

You've made it to the graduation milestone, congratulations! Graduation is a testament to both students and parents alike. Both parties have worked hard to get to this point, but in terms of [parenting](#), you may be asking, "what's next?" Whether your child's looking for their first career or moving onto more school, they need your support now more than ever.

## **Graduation symbolizes the end of an era. What are some ways to ensure a successful transition with this parenting advice?**

With parental pride swelling as your grad sweeps across the stage with their diploma, this is surely one of the best moments shared between you and your child. Here are some [parenting advice](#) and [parenting tips](#) on the road after pomp and circumstance:

**1. Instill confidence:** Avoid expressing your concerns about your child's weaknesses at this moment, especially if they're underperforming. Instead, routinely share your belief in them and their abilities.

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**2. Be proactive:** It's important to be aware of all opportunities. Avoid an explosive reaction by keeping your mind open to all the possibilities your child may consider. When something comes up that you hadn't thought out, process your feelings and then react in accordance.

**3. Encourage the best fit:** Whether it be college or career, find one that is a personal fit. The 'take what you can get' attitude will be harmful to your child's potential in the long run. So encourage them to keep searching until they find what will work for them.

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**4. Sit on the sidelines:** This is your child's journey. While it may be tempting to impart your desires and dictate which way is the right one, let your child take the lead and support their decisions.

**How do you support your child through transitions like graduation? Share in the comments below.**

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## **Celebrity Couple News: Teresa**

# Giudice Shares Worries about Husband Joe's Deportation



By Katie Sotack

In [celebrity news](#), Teresa Giudice of *Real Housewives* announced concern over her husband, Joe's, upcoming deportation. According to *UsMagazine.com* the [celebrity couple](#) is separated, but Giudice shares real worries about her husband's absence from their daughters' lives. Giudice started a *Change.org* petition and wrote to the President in hopes of keeping Joe in the country.

**In celebrity couple news, Teresa is**

# worrying that her husband Joe will miss seeing their kids grow up. What are some ways to help a distant parent stay involved?

## Cupid's Advice:

Even with tremendous amounts of distance, it's possible and important to remain active in your children's lives. Here are some parenting tips to stay present despite the distance:

**1. Facetime:** Keep the face to face interaction going by Facetiming your kids. The video chatting will guarantee the spontaneity and lively conversation with your children.

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**2. Mail:** Snail mail is a fun way to stay in touch with your kids. Not only will it give you the time to think about what you'd like to say, but it will have the added benefit of exciting your kids each day the mail arrives.

**Related Link:** [Celebrity Interview: 'RHONJ' Star Teresa Giudice Opens Up About New Book, 'Standing Strong'](#)

**3. Regular scheduling:** No matter how you choose to stay in contact make sure you adhere to a regular schedule. Don't leave your kids wondering whether or not you'll call. To be present in their lives you've got to be regular.

**What's your favorite method of contact when you're long distance? Share in the comments below!**



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# Parenting Tips: How to Keep Your Children During a Custody Battle



By [Bonnie Griffin](#)

One of the worst parts of going through a separation can be worrying about splitting custody of your children. In an ideal world, both parents are loving individuals who can come to an agreement to share custody that best suits the needs of their shared children. However, there are times when an agreement cannot be reached or a parent believes it is best for the children to only live with them. This can result in a custody

battle, and there are right and wrong ways to go about winning so that the backlash doesn't come back to haunt your children.

## **Parenting Tips: Custody battles can be difficult. Here are some ways to keep your kids during a custody battle.**

It can be hard to share your children with their other parent; to go from being with them all the time to having to split time with another. Still, an agreement that prevents a custody battle is often the best solution for your children. Unfortunately, an equal agreement isn't always suitable to meet your children's needs and you're forced to fight for custody. Cupid has some [parenting tips](#) on keeping your children during a custody battle:

**1. Preparation:** Not every attorney is equal. If you want to win your custody battle and keep your children you need to be prepared, and a big part of that is doing your research to ensure you hire a quality attorney with experience and a positive win record in child custody cases. A good attorney may not be the cheapest solution, but when it comes to keeping our children finding a cheap lawyer is not a great path to take.

**Related Link:** [Parenting Tips: Apply Research to the Practice of Parenting](#)

**2. Know your kids:** It is important that you know your children well. You may need to show that you know details about their education, sports they play, their favorite pastimes, and if they have any special needs. If you want to be the primary caregiver it's important to show you're invested in their lives and helping them be successful in life.

**Related Link:** [Parenting Advice: Five Reasons to Stop Yelling at Your Kids](#)

**3. Ensure you have good living arrangements:** When you want custody of your kids it is important to be mindful of your home. You need to ensure your living arrangement shows that you are able to provide a stable physical environment for your children. While many judges may be flexible, you will need to show that the home you can provide has enough space for your kids, and it can also be helpful to find a home close to the original family home so the kids are not uprooted to far from familiar surroundings.

Being prepared, knowing your kids, and having a good living environment are important factors to consider when you want custody of your children. Let us know your thoughts in the comments below.

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## Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids





By [Mara Miller](#)

All parents do it: You feel selfish when you put your needs above your children's. This can be even truer when your little one is under the age of five. Whether from self-imposed pressure or from a constant need to be around your child, it feels like there is little time for your passions outside of raising your child. This stems from an age in which we over-parent our children. It's easy to confuse the amount of time you spend with your kid with the quality of your relationship. In fact, by not stepping away, you might be hurting yourself and your child more than you realize.

**In these [parenting tips](#), we explore how taking care of yourself helps you take care of your kids.**

In the [parenting advice](#) below, we have a list of reasons why you shouldn't be afraid to put yourself first once in a while in order to keep your sanity for yourself and your child.

**1. Start Small:** It can be as simple as shutting the bathroom door while your child safely naps in the other room. Starting small allows you to realize that, yes, you don't have to be with your child every second of the day. It will give you time to do what you need. It can be as simple as cleaning the house or taking a shower.

**Related Link:** [Parenting Advice: Five Reasons to Stop Yelling at Your Kids](#)

**2. Recruit your partner:** You don't have to feel guilty for spending time with your friends or doing things you love. Think of it as a chance for your partner to spend quality time with your kid(s) so you can develop individually. While your partner is with your child, this isn't considered babysitting either: it's parenting.

**Related Link:** [Parenting Advice: How to Cope with Your Child's Diabetes](#)

**3. Get help:** Hiring a babysitter while you and your partner go on a date is perfectly fine. Or maybe you've decided you want to go back to school and need help for two hours every day so you can take your class. If you can do something to better yourself for you *and* your family, why not go for it? Don't be afraid to source out help.

**4. Do what you love:** Taking care of yourself means balancing what you love to do with being available for your children. Whether it's a movie night once a week with your best friend or some time away at your favorite coffee shop because you need to work on your blog, make sure you can still pursue your passions as well as be a good parent to your child.

**5. Happier parent equals happier kid:** Even if your child is too young to understand, they'll know that you're happier when you start to put yourself first on occasion. You'll have more energy to run after your little one and you'll feel like the time you spend with them is more meaningful than if you ignore

your life to be a mother or father.

What are some of the benefits of taking care of yourself before you take care of your child? Let us know in the comments below!

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## Parenting Advice: Tips to Leave in the Past



By Megan McIntosh

Do you remember when you last tried an old wives' tale because you thought it was solid [parenting advice](#), but it didn't work? It might have even made the situation worse. We now know some

advice our elders swore by is best left in the past.

## **Cupid shares parenting advice that's best left in the past.**

We've all heard one of these parenting tips from either our parents or grandparents when they want to help us with our children. Sometimes the best thing you can do is agree and move on. Here are a few things we should all leave in the past:

**1. Spanking:** Your parents might have spanked you when you were a kid. They probably thought it was the most effective way to punish you. Society now understands a child can't understand your explanation, nor can they connect spanking as a consequence of their wrong-doing.

**Related Link:** [Parenting Advice: Five Reasons to Stop Yelling at Your Kids](#)

**2. Chicken soup for colds:** Your parents probably made a bowl chicken soup for you when had a cold while you were still a kid. Chicken soup has no actual medical value to cure your illness. Soup as a comfort food when you're sick will make you feel better mentally. It won't get rid of your cold. Best to stick to medicine.

**3. Put some alcohol on your teething baby's gums:** You know this is a risky remedy. Alcohol in any form is bad for your baby. Give them a teething ring or some baby's aspirin instead.

**Related Link:** [Parenting Advice: Cooking Fun with Your Kids](#)

**4. Do as I say:** This is a frequent statement you might make to your kids, "Do as I say, not as I do." You might realize that the best lesson is a visual one. Show your kids your good

behavior and they will imitate you.

What are some old wives' tales about parenting that you no longer listen to? Share below!

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# Parenting Tips: Apply Research to the Practice of Parenting



By [Mara Miller](#)

Let's be honest: it's easy to second guess yourself after you have your first baby...or your second...or even your third (if you



decide you want that many kids!). This is totally normal! Your parents may have parenting styles that you didn't agree with as kids, so now you want to do better for your own children. If you feel this way, it's why you might consider applying research to the practice of parenting in these [parenting tips](#). We are now in an age where information is literally a tap away on a phone screen or a computer keyboard, so it's easier than ever to access the information you need.

## Here are some parenting tips for applying research to help you become a better mother or father!

You can use a search engine on the internet to find just about any information you need, but don't discount parenting books for [parenting advice](#)! They can have a wealth of information as well.

**1. Figure out the kind of parent you are:** Doing a quick Google search on "the four kinds of parents" can give you a wealth of information on parenting types. Whether authoritarian, permissive, uninvolved, or authoritative, you will be able to figure out areas where your parenting skills are working just fine or where you need to improve for your kids.

**Related Link:** [Parenting Tips: 4 Types of Parenting Styles](#)

**2. Find new ways to entertain your kids:** Are you the type of parent who doesn't want your child to spend *hours* playing video games? Running out of things to do to entertain them? Research new ways to play with your kids will take only a few minutes. It doesn't mean that you're a bad parent just because you have run out of things to do, it just means that you need help!

**Related Link:** [Parenting Advice: How to Cope with Your Child's](#)

## Diabetes

**3. Find new ways to bond with your child:** Bonding with your child should be obvious, but figuring out new ways to do it so your child doesn't get bored or show disinterest is another beast altogether. What might work for one parent when it comes to bonding with their child may not work for another. It depends on how old the child is but using research to help you find new things to bond with your kids might help you find something you didn't think about before.

**4. Keep up to date with the latest research:** Research centered around child development continually changes and evolves. Keeping up to date so you can make the best decisions, like that children actually need to *play* in order to learn, for your child. That way you'll have the power to say "no" if someone—like a teacher—tries to tell you otherwise.

**5. Find support groups:** Parenting little ones is a difficult task that can become overwhelming if you don't have the right type of support. If you find the right group of people, you can not only make lifelong friends but might be able to find future playmates for your children if it's an online group for your local community. Groups like this also tend to share a lot of research that you can use in order to adjust your parenting style!

**What are some other ways you can apply research to the practice of parenting? Let us know in the comments below!**

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**Parenting Advice: Five**

# Reasons to Stop Yelling at Your Kids



By [Mara Miller](#)

Parents yell at their children, even if they might not want to openly admit it. Maybe you snapped because you're mad they haven't put on their shoes yet. Or, you have *had* it because they won't do their homework. Or, maybe you've had a bad day yourself, and your teenager just smart-mouthed you one too many times, so you decided to let them have it. We'll explore why you need to stop yelling at your kids in this [parenting advice](#).

# Parenting Advice: Five Reasons to Stop Yelling at Your Kids

You'll snap, your baby will burst into tears (or if your kids are teens they might snap back)—and then the entire family will be upset. It should go without saying: if you can stop yelling at your children, they will be happier. But if you're still not convinced, here are a few things to consider that you may not have thought about before:

**1. They will learn to yell back:** Yelling at your kids will eventually turn into you being yelled at by your children. And they may not just yell at you—they'll possibly yell at teachers, peers, or a future partner. Remember, you are teaching your kids cultural and social norms and they will mimic your behavior.

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

**2. It causes anxiety:** Yelling can cause anxiety attacks and severely limit your ability to interact socially with other people as an adult. Yelling can also trigger full-blown panic attacks later when your children are older. This can lead to struggling with performance in school. They will also have trouble finding, and keeping, employment when they are older.

**Related Link:** [Parenting Advice: 5 Steps to More Effective Parenting](#)

**3. It's emotionally draining:** Have you ever gotten just as upset as your children after yelling at them? Yelling at your children can be stressful and damaging to them, but it can be stressful and damaging to you even though your first response might be to raise your voice to your children.

**4. They'll stop listening:** Yelling at your children will

trigger a fear response deep in the brain that will turn off their listening completely. This can lead to bad grades in school because your kids will automatically tune out their teachers. Adults who have been yelled at often as children will neglect orders at work or their partner.

**5. Your children will learn to crave negative attention:** Do you want to teach your kids to crave negative attention? Yelling at them frequently can teach them to seek that kind of attention later in a potential partner. It can also negatively affect any other social relationships, like with siblings or friends.

**What are some other reasons to stop yelling at your kids? Let us know in the comments below.**

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## **Parenting Advice: How to Cope with Your Child's Diabetes**





By [Mara Miller](#)

According to the American Diabetes Association, approximately 1.25 million children have diabetes. It can be a scary situation when you first find out a loved one is affected by this disease, but even scarier when one of them is your child. And, no matter if they have Type 1 or Type 2, it can be hard on you as a parent to not feel like it's your fault or to feel guilty because there is a way you could have prevented it. We have some [parenting advice](#) and [parenting tips](#) on how to cope with your child's diabetes because it *isn't* your fault and you *shouldn't* feel guilty or alone with your family's struggle to cope with it.

## Parenting Advice: How to Cope with Your Child's Diabetes

**1. Get help when you need it:** Rely not only on your support network with your partner and extended family but your child's healthcare professional too.

**Related Link:** [Parenting Advice: 5 Steps to More Effective](#)

## [Parenting](#)

**2. Make parenting decisions together:** It's important to make decisions with your child's parent together as a team rather apart. And more than anything, be consistent.

**Related Link:** [Parenting Advice: 7 Ways to Help Your Partner Cope with Postpartum](#)

**3. Share your feelings:** Don't bottle up your feelings about your child's diabetes. Connect with other parents in a support group or seek help from a family therapist.

**What are some other ways to cope with your child's diabetes? Let us know in the comments below!**

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# Celebrity Parenting: Kristin Cavallari Says Jay Cutler Is the 'Stricter Parent'





By Megan McIntosh

Though no one would argue that celebrity parents [Kristin Cavallari](#) and Jay Cutler aren't a team, they do have slightly different parenting styles. According to *UsMagazine.com*, Cavallari is a more laid-back parent. Though she's insistent that she doesn't let the kids run wild, she admits, "I'm more along the lines of let kids be kids and make a mess..." Husband Jay Cutler, on the other hand, likes to be a little stricter than his wife and can do without the mess.

**Even celebrity parents have to discipline their children. What are some tips to keep in mind for disciplining your kids?**

**Cupid's Advice:**

Disciplining your kids is never a fun time, but it's a necessary evil when it comes to helping your kids grow up the



right way. Cupid has some tips:

**1. Keep it positive:** Don't focus on what they're doing wrong. Keep the focus on the positives. If they washed their face and didn't brush their teeth, emphasize how good it was that they washed their face. Give them a high five or words of affirmation. They will associate good behavior with good feelings.

**Related Link:** [Celebrity Parenting: Khloe Kardashian Is 'Extremely Upset' With Tristan Thompson For Not Being Involved with True](#)

**2. Give them individual attention:** Rather than waiting for your child to misbehave, give them attention. This proactive approach, gives positive attention to the child so that they strive to emulate positive behavior that they see mommy or daddy do.

**Related Link:** [Celebrity Parenting: Hayden Panettiere 'Hasn't Had Much Time' with Daughter Kaya](#)

**3. Have clear rules with tangible punishments:** There should be a clear direction or even written paper that dictates to your child what rules they are expected to follow. If they know that not doing homework means no dessert, they are not punished after the fact. Your kids already know what will happen if they don't do their homework. But make sure you're consistent with what you expect from your child.

**How do you balance disciplining your child? Share below.**

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# Parenting Tips: How Your Kids Can Benefit from Audio Books



By Megan McIntosh

There's something about hearing a story that makes it a little more exciting than just reading it. When someone tells you a story, it leaves room for you to focus on imagining the characters and learning the vocabulary. Celebrity parent and model, Chrissy Teigan reads aloud with her daughter Luna and the benefits from reading aloud are many. But when you don't have the time, or when kids want to be a little more independent, children can really benefit from audio books.

# Parenting Tips: Reading aloud and using audio books can be a great benefit to your kids and give them a little independence!

Here are some helpful tips to start using audio books to help your kids with vocabulary and reading:

**1. Do it together:** it's always a good idea to introduce your child to audio books with them. You can help them with the cues and help them follow along with the words in the book. You can even review vocabulary words they may have learned.

**2. Try to keep it close:** Use books that you've already read aloud to them previously. This way they're already familiar with the story and can more easily follow along when you're not present. Once they've adapted more vocabulary from the audio books or you've summarized the story beforehand, then you can move on to more difficult and new books.

**Related Link:** [Parenting Advice: How to Keep Your Kids Motivated Throughout the Rest of the School Year](#)

**3. Let them multi-task:** Just like it can be hard for kids to sit still in class, it can be hard to sit still and listen to a story. Let them play with a toy, draw a picture, or even eat a snack while they're listening to their audio book. This increases their love of reading while teaching them to multi-task.

**4. Utilize your resources:** There are so many sources for audio books. Use websites like Overdrive and Hoopla to access your local library without needing to take the drive. Audible is an app with audio books that you can access on your phone.

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

**5. Have fun:** Don't stress if your child doesn't understand every word in a book; if the story is interesting to them, let them listen anyway! If a child isn't feeling an audio book, no need to push it. Move on to the next audio book that sparks their interest in vocabulary and story telling.

What are some tips you have when getting a child to enjoy reading? Share below!

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## Parenting Advice: 5 Steps to More Effective Parenting



[By Courtney Shapiro](#)

Sometimes being a parent can get the best of you, it can be overwhelming, and you're not sure if you're truly doing what's best for your kids. Don't worry, you're not alone, there is no perfect way to be a parent. Here are some [parenting tips](#) on how to be more effective with your children.

## Check out our parenting advice with steps on being more effective.

**1. Accept that you have flaws:** No parent is perfect and you shouldn't strive for that either. Do the best you can, and come to terms with the fact that everyday won't be easy, but your kids will still love you regardless.

**Related Link:** [Parenting Advice: 7 Ways to Help Your Partner Cope with Postpartum](#)

**2. Make time for your children:** Life can be crazy sometimes. With a job, kids, trying to have a social life, it can be hard to fully make your kids a priority. Plan a special day where you go out of the house and do something fun as a family. It will be fun for everyone to take a break, and it will show your kids you care even though you get busy.

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

**3. Stick to your limits and boundaries:** If you set specific rules for your children, make an effort to keep them. You can stand your ground and remind your kids that you're the one in charge. It will teach them to respect authority and be good for both of you in the long run.

**4. Give your kids positive reinforcement:** It seems that kids only get noticed when they do something negative. Tell your kids you're proud of them, or be happy for them even when it's

something small. Maybe they cleaned up their mess without being asked to, or were nice to their sibling. Pay attention to the smaller things and tell your kid that they've done something good.

**5. Take time for yourself:** Spending all of your time with your kids can be exhausting. You can't be effective as a parent if you're constantly tired and stressed. Remind yourself to do things that are good for your mental health, and it will be much easier to take on the tasks of being a parent.

**What is some advice on how to be more effective as a parent? Share your thoughts in the comments!**

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## **Parenting Advice: 4 Ways to Promote Healthy Growth & Development**





By [Lauren Burczyk](#)

The way you parent has a huge impact on your child grows up. It can affect everything from how much she weighs to how confident she is about herself. It's important to keep yourself in check and make sure that your parenting style is supporting healthy growth and development for your child. The way you parent and how you discipline your child will influence her for the rest of her life. Check out these [parenting tips](#) to learn some [parenting advice](#) about different ways to promote healthy growth and development for your child.

**Read on to learn more about these four ways to promote healthy growth and development for your child.**

It's important that you show your child how much you care about them and build their self-esteem. Here are some ways to ensure your child grows and develops into a happy, successful adult:

**1. Set family rules:** Family rules help children know that the family lives with specific expectations and that they stand for something. Have as few or as many family rules as you would like and enforce them consistently.

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

**2. Invite cooperation:** Establish regular family meetings, it will teach your child to cooperate. These family meetings are designed to discuss any concerns or problems.

**Related Link:** [Parenting Advice: 5 Ways to Talk to Your Child About Bullying](#)

**3. Expect accountability:** You can teach your child to be held accountable by assigning them some household chores. Make sure the chores are appropriate for her age and hold her accountable with natural or logical consequences for not completing her chores on time.

**4. Express appreciation:** Let your child know you appreciate her help with household chores. Make sure to reward her for a job well done with words or gifts.

**Can you think of some other ways to promote healthy growth and development for your child? Comment below.**

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## **Celebrity Parenting: Hayden Panettiere 'Hasn't Had Much**



# Time' with Daughter Kaya



By Megan McIntosh

According to *UsMagazine.com*, in the last year, Hayden Panettiere went through a [celebrity break-up](#) from her fiancé of nine years, Wladimir Klitschko, and as a celebrity parent, she hasn't been able to spend much time with her child. She's opted instead to do what's best for her child and allow her to spend more time with her father and grandmother overseas. Break-ups are hard to handle for everyone, but they can be especially difficult for parents.

**Break-ups are hard, and that**

# doesn't change when you're a celebrity parent. What are three tips to successfully co-parent your children with your ex?

## Cupid's Advice:

Many celebrity parents have found a way to put their children first after a break-up and are able to successfully co-parent. As long as you find that the child is the center of the relationship, you will be able to successfully parent your child with your ex, too:

**1. Put the child first:** Like Hayden Panettiere, you must always think about your child first rather than your own feelings. It might be better for the child to have a set schedule or live with one parent full-time, but ultimately it's whatever is best for the child. Co-parenting can lead to happy co-families.

**Related Link:** [Why Celebrity Exes Kourtney Kardashian & Scott Disick Are Happier Than Ever](#)

**2. Be consistent:** [Celebrity exes](#) Chris Pratt and Anna Faris keep their relationship separate from their parenting relationship. This allows them to spend time with their child together consistently. Don't assign a fun parent; both of you are examples for your children.

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

**3. Don't put anything on your child:** Keep any issues with your ex away from family conversation. Don't expose your kid to any conflicts in the relationship. When it comes to co-parenting, it's all about making agreements for the children.

**How are you able to successfully co-parent with your ex? Share some tips below!**