

# Celebrity Parenting Tips: How To Keep Your Child Healthy During Flu Season



By [Marissa Donovan](#)

Back in January 2013, *Supernatural* star Jared Padalecki shared that he was feeling bad for his nine-month old sick son Thomas Colton. According to [People.com](#), Padalecki thought that maybe he gave his son his sickness. As a parent, it's easy pass on a sickness to your children. Keeping your children healthy and practicing good hygiene with them can decrease the risk of them catching the flu this winter season.

# Here are some [celebrity parenting tips](#) on how to keep your child from catching the flu bug!

**1. Get vaccinated:** [Kristen Bell](#) strongly believes in children receiving flu vaccination during those risky winter months. According to her [parenting advice](#) for [Parents.com](#), Bell explains that even though the shot is roughly 50 percent effective, it's better than having your child be 100 percent at risk.

**Related Link:** [Celebrity Parents Open Up About Their Best Parenting Advice](#)

**2. Have a strict diet:** [Gwyneth Paltrow](#) is a [celebrity mom](#) who wants her kids eat healthy foods. According to [WomensMealthMag.com](#), she tries to stay away from noticeable food allergens and has her kids eating more plant-based. Eating healthy can keep your immune system on track.

**Related Link:** [Parenting Tips: Why Disciplining Your Kids Is Important](#)

**3. Be on top of their hygiene:** [Tia Mowry](#) keeps her son super clean to prevent catching the flu. According to her interview with [Parents.com](#), she keeps her hand sanitizer handy for her son and once he gets home from school he puts on new clothes. Germs can stay attached to surfaces such as clothing, so Mowry encourages to put them into play clothes to keep them from catching the sickness and spreading it to family members.

**Do you have other parenting tips in time for flu season? Leave your best advice in the comments!**

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# Celebrity News: Best Ugly Christmas Sweaters



By [Katie Gray](#)

It's now sweater weather for our favorite celebrities and [celebrity couples](#). 'Tis the season to be jolly and take out your cute, ugly Christmas sweaters! Regardless of your religion and what holidays you celebrate, everyone likes to rock an "ugly Christmas sweater" in the winter time. In fact, it's super common to have these sweater-themed parties. Whether you're going to a party, a red carpet event, work or are staying at home, it's always fun to sport one of these looks during this time of the year. Deck the halls with lots

of cozy, cute, ugly Christmas sweaters!

## Cupid has compiled the five best celebrity ugly Christmas sweaters:

**1. 5 Seconds of Summer:** Boy band 5 Seconds of Summer includes: Calum Hood, Ashton Irwin, Michael Clifford, and Luke Hemmings. Not only can they sing, but they can rock the ugly Christmas sweater look effortlessly! Last year at the huge Jingle Ball radio event, each member wore a personalized ugly sweater just for the occasion!

**2. Harry Styles:** Pop singer Harry Styles enjoys a good, “Christmas jumper,” as he has posted previously on his Instagram. His name says it all – he has style – even in an ugly Christmas sweater!

**3. Sofia Coppola:** Film director and actress, Sofia Coppola, is all for a good theme. She directed the musical comedy “A Very Murray Christmas” in New York City, so she wore a Bill Murray ugly Christmas sweater to fit the theme! All is merry and bright indeed.

**Related Link:** [Celebrity Couples We Want To Reunite](#)

**4. Tia Mowry & Cory Hardrict:** The celebrity couple that wears ugly sweaters together, stays together. Husband and wife, and fellow actors, Tia Mowry and Cory Hardrict both wore bold ugly Christmas sweaters on the red carpet last year to the premiere of “The Night Before” film.

**Related Link:** [Best Celebrity Couple Engagement Rings](#)

**5. Giuliana Rancic:** She’s a member of the *Fashion Police* on E!, but that doesn’t mean she minds wearing something outrageous from time to time. Giuliana Rancic, entertainment host, wore a Christmas sweater last winter in

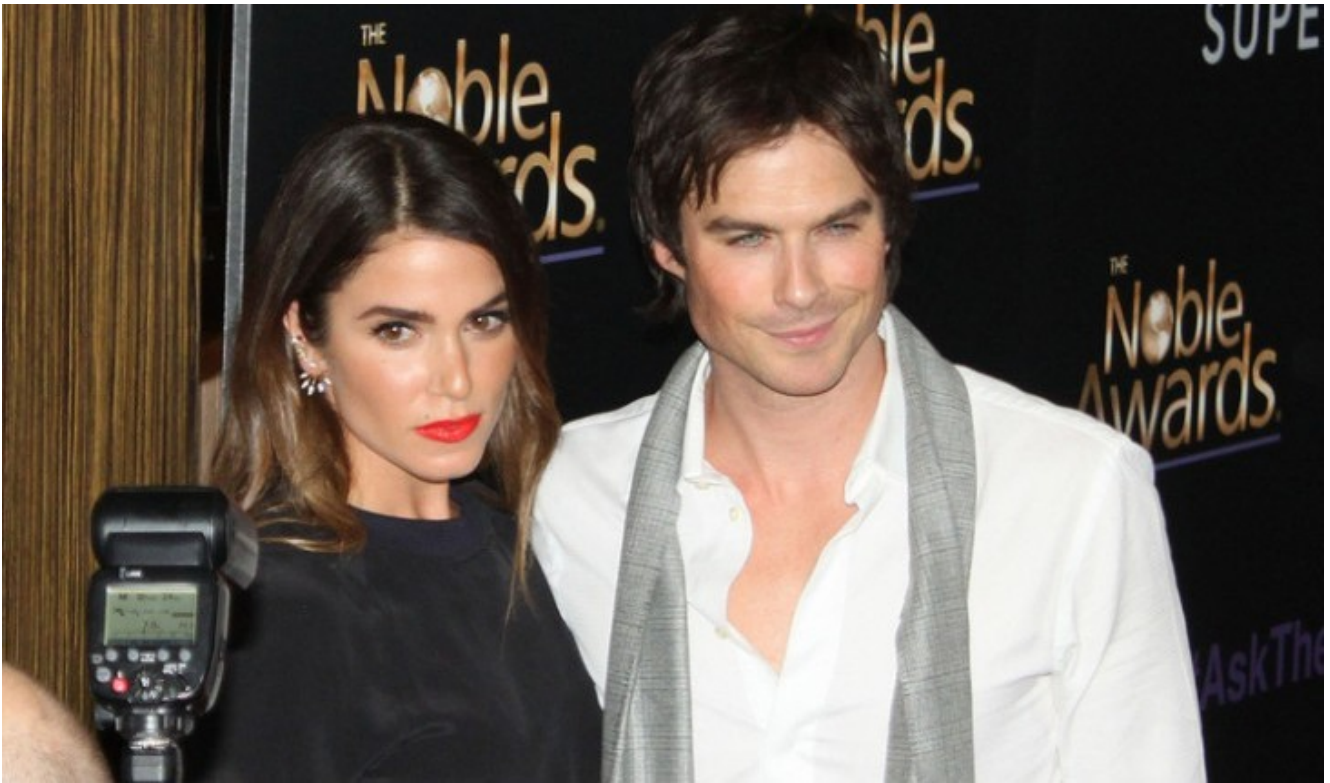
New York City for the Kohl's Holiday Gifting Truck.

What are your favorite celebrity ugly Christmas sweaters?  
Comment below!

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## 20 Celebrity Couples Who Are Just Like Us





Nikki Reed and Ian Somerhalder

Like many of us, the actors, who tied the knot this summer, have a passion for animals and consider their pets to be their babies. Photo: Willie Pena/Diana Pena / PRPhotos.com

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## **Celebrity Video Interview: Actress Tia Mowry Says, “There’s No Such Thing as Balance!”**





Interview by [Lori Bizzoco](#). Written by Shannon Seibert. Perhaps fans best recognize Tia Mowry from the 1990s television series *Sister, Sister*, but she's come a long way since then! Currently playing Stephanie Phillips on the popular Nickelodeon show *Instant Mom*, she channels her real life experiences as a wife and mother for the role: She married actor Cory Hardrict in 2008, and they welcomed their son Cree Taylor into their family in 2011. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the actress about marriage, motherhood, and her busy career, including her current partnership with the National Center for Missing & Exploited Children (NCMEC) and Honeywell.

**Related Link:** [‘Sister, Sister’ Star Tia Mowry and Actor Husband Cory Hardrict Are Expecting](#)

## Tia Mowry on Being a Celebrity Mom

Finding balance can be seemingly impossible when you're a working parent – but Mowry has figured it out. “Be honest with yourself. In my opinion, there's no such thing as balance!”

the celebrity mom says with a laugh. "Some days, you're going to be a better mom than other days." She candidly adds, "I have a three-and-a-half year old at home, but I still consider myself a new mom. I'm still learning new things."

Of course, there are some days where you just can't do it all. In those situations, she encourages other working parents to lean on their partners. "My husband is extremely considerate," she shares in our celebrity video interview. "That's better than receiving flowers on Valentine's Day!"

## **Actress Shares Relationship Advice in Celebrity Video Interview**

Despite her busy schedule, the star still makes time for her favorite date nights with her man – relationship advice that she says is important for keeping the passion alive in a marriage. "It's when we both get dressed up and get sexy for ourselves, for each other. I put on my really nice, sexy dress and red lipstick, and my husband puts on a really nice suit," she explains. "Then, we go to our favorite restaurant...and really have a great meal and have a great glass of wine."

**Related Link:** [Date Idea: Spend an Intimate Night Indoors](#)

Mowry also talks with us about her work with the NCMEC and Honeywell and the KidSmartz "Safety Dance" contest. For her, this partnership was a no-brainer. "As soon as you become a mother, you're constantly worrying. My child's safety is my number one priority," the celebrity mom reveals. For more information about KidSmartz and the current contest, check out their website.

*You can keep up with Tia on Twitter @TiaMowry and [www.facebook.com/TiaMowry](http://www.facebook.com/TiaMowry).*

*For more videos from [CupidsPulse.com](http://CupidsPulse.com), check out our [YouTube channel](#).*



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# 'Sister, Sister' Star Tia Mowry and Actor Husband Cory Hardict Are Expecting



Former *Sister, Sister* star Tia Mowry and her actor husband Cory Hardict are expecting their first child this July, *People* reports. The expecting couple got married in 2008 in Santa Barbara, California. Mowry is currently on BET's *The Game*. A source close to the couple says, "This is something that they've wanted for a long time and they're thrilled." The pregnancy will be documented on a show for the Style Network.

**What should you think about before having a child?**

## **Cupid's Advice:**

Bringing home a baby is one of the most exciting new chapters a relationship can take on. But before you and your partner decide to add on to your family, sit down and consider just what all goes into raising a child:

**1. Cost:** Not only are babies expensive, but the pregnancy and birth is as well. New clothes for your growing belly and a new room to furnish are two other factors, so there's a lot of preparation that goes into those nine months leading up to the birth.

**2. New roles:** After your maternity leaves ends, decide who will be the breadwinner and who will be the caretaker. Decide whether daycare is an option. Sometimes it is more convenient for the father to become a stay-at-home dad. Find out how he feels about that.

**3. Values and morals:** You and your husband may connect on every level and feel like you've discussed every topic there is, but bringing a child into the world will bring out a whole new slew of conversation starters. Come to a consensus about what values you will raise your children.