

Celebrity Parents Open Up About Their Best Parenting Advice



By [Melissa Lee](#)

Hollywood parents aren't always the first place we look to for parenting advice, but realistically, they understand the daily hardships of having kids that we all go through. Plus, they look good while doing it, so why wouldn't we listen to their offered words of wisdom? Instead of flipping through your favorite parenting magazine, take some of these tidbits of information into consideration.

Check out some parenting advice from our favorite celebrity parents below!

1. "Be open to any help." Elizabeth Banks' number one tip is to accept and ask for help when needed. She says that a lot of today's moms may feel like they need to be "supermoms", but that shouldn't be the case – and she's right! You should never feel ashamed when you need to ask for some assistance from your friends or family members. Being a mom is a tough job!

2. "Roll with the flow." Heidi Klum explained that her house is basically chaos due to her kids, but she's perfectly okay with it – and you should be too! She emphasizes the fact that her house is "full of life, laughter, and mayhem", and any mom can relate to that. When stressing about the natural disorder that comes with having kids, remember Klum's words of advice:

“My house is not a museum. You can see that children live there. It’s their house as much as it is mine.”

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3. “It passes so quickly, so enjoy every moment.” This tip comes from Alicia Silverstone, who is a mom to six-year-old Bear Blu Jarecki. Even though moments of motherhood can seem beyond stressful, Silverstone advises to enjoy it all. Try not to get wrapped up in the anxiety that comes with raising a child, and rather appreciate every laugh, mess, and smile.

4. “Listen to your child, and always be supportive of who they are.” Jaime Pressly says that it’s extremely important to let your child grow into the person they want to be, and to accept their likes and dislikes. Instead of forcing who you want them to be onto them, let them discover what *they* enjoy – at the end of the day, they’re going to become their own individual person anyway, and you should be proud of that regardless.

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5. “This too shall pass, so take deep breaths.” Perhaps one of the most important pieces of parenting advice comes from Kimora Lee Simmons. Similarly to Silverstone’s tip, both celeb moms emphasize the fact that motherhood shouldn’t be *all* stress. There will always be difficult days and moments, but remember not to let them consume you. Take a few deep breaths and return to the situation with love and kindness.

What are some of your favorite parenting tips? Leave them below.