

Celebrity News: Jana Kramer & Husband Slam Parent Shaming 'Trolls'



By [Lauren Burczyk](#)

In [celebrity news](#), Jana Kramer and her husband, former NFL player, Mike Caussin went on a rant on Thursday, shaming critics for judging their parenting style. According to *People.com*, the country singer, 35, and her husband, posted a photo of their two month old [celebrity baby](#) on Instagram, including a caption stating that he sleeps for seven hours per night, while praising the Baby Wise method of sleep training for its results. The [celebrity couple](#) wasn't expecting to receive so much backlash from the post, so they decided to address their critics in a series of videos on Kramer's

Instagram Story. Caussin, 31, shot back at the critics, saying, "Oh, 'cause you guys live here and know that we let him scream and cry?"

In celebrity news, Jana Kramer and her husband are defending themselves against those who are slamming their sleep training style. What are some ways to defend yourself against unfair criticism?

Cupid's Advice:

It's never easy to face critics who judge you unfairly, but in a generation where we rely on social media for advice, you're bound to come across it sooner or later. Here are some ways to defend yourself against unjust criticism to help you avoid an emotionally-charged reaction:

1. Take a minute and remain calm: Before reacting right away, take a step back to let yourself cool down. Negative criticism can make you feel inadequate and can cause anger, it's important to remain calm so that you don't find yourself in a deeper mess.

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2. Have the feedback repeated: Stay calm and have your critic repeat their point of view. This will allow you to tell if your critic has any validity behind their rationality or if they are simply trying to cause trouble.

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3. Move on graciously: It may seem difficult, but your best option is to respond politely and acknowledge the person's feelings, while sharing your point of view before you move on. Showing that you're the bigger person will reinforce your point of view and allow you to gain respect.

Can you think of some other ways to defend yourself against unfair criticism? Comment below.