

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.

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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.

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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!

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.

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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.

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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!

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.

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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.

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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.

Parenting Advice: 4 Types of Parenting Styles



By [Mara Miller](#)

Celebrity parents Will Smith and Jada Pinkett-Smith encourage their children to show their creative sides and allow their kids to make their own decisions as long as they have a sound reason for doing it. Julie Bowen believes you shouldn't be your kid's best friend. Whether you're a laissez-faire parent, or super strict, in this [parenting advice](#), we'll look at four parenting styles and how they can affect your kids!

Check out our parenting advice on various types of parenting styles.

The type of parent you are has a lot to do with the type of person your child will turn into as an adult. It can affect everything from their weight to how they will treat other people (bullying vs. non-bullying, anyone?). Your kids rely on

you not only to show them how to take out the trash or do the dishes but how their choices can have positive or negative consequences. Keep in mind that you might not fall into any one category as a parent. Parenting styles can blend depending on how old your children are and the mood you're in. So don't feel bad if you're a permissive parent one day and an authoritative another day.

1. Authoritarian: Authoritarian parents are the ones who force their children to do as they say. "Because I said so" is a common phrase used with this parenting style. Kids aren't allowed to do anything without their parent's permission and feelings are not taken into consideration. Studies show kids who grow up with super strict parents are excellent at following the rules but it comes at a price. They grow up thinking that their opinions don't count and suffer from high self-esteem problems. They also may grow to be excellent liars in order to avoid punishment.

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2. Authoritative: Unlike authoritarian parents, authoritative parents enforce their rules, but they also take their children's feelings into consideration even though the parents are still involved. Children have consequences for bad behavior, but they also get rewarded for good behavior. Kids who grow up with authoritative parents tend to be well-rounded adults who are happy and successful. They have no problems making decisions on their own because they are able to evaluate the risks involved in any choices they make. Studies show that this is the best type of parenting style.

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3. Permissive: Permissive parents set rules but they rarely enforce them. They don't like to hand out consequences for

their children's behavior. They encourage their children to talk to them about their problems but there isn't a lot of effort made to influence their child's behavior one way or the other. They try to act more like a friend to their child rather than an actual parent. In fact, being liked by their child is more important than enforcing punishment for this type of parent. Studies show children with permissive parents tend to struggle academically and poor eating habits. Kids with permissive parents may struggle with obesity and dental issues because their parents don't want to enforce healthy eating habits.

4. Uninvolved: An uninvolved parent simply isn't involved at all. These types of parents tend to be neglectful, but it isn't always because they don't care about their children. They may be overworked or stressed by other events happening in their lives. They may also lack knowledge of child development. This type of parent expects their children to raise themselves and are not involved in their child's decision-making process. Studies show that kids with uninvolved parents tend to have bad grades and misbehave in school. They also tend to develop self-esteem issues.

What kind of parent are you? Let us know in the comments below!

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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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 teething rings. 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.

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

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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.

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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.

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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.

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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.

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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 an 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](#).