

Product Review: The Perfect Jewelry to Earn a Parenting Win



By Rachel Sparks

Want the know the best tokens of affection you can offer your loved ones? As if [parenting](#) isn't hard enough, trying to please your children is downright challenging. Your child's devotion to the latest trends is unparalleled and practically impossible to keep up with, but these jewelry finds will help make you Parent of the Year and help your child flaunt the latest [celebrity fashion](#)!

Check out these product reviews for your parenting score!

Tiny Dancer Necklace



Isabelle Grace Necklace. Photo Courtesy
of Isabelle
Grace/Isabellegracejewelry.com

Designed and hand-made by Isabelle Grace, this [necklace](#) features a ballerina charm and a personalized initial charm. It's perfect for commemorating a dance competition or to help your little darling live out their dancing dream! The ballerina charm is three-quarters of an inch tall and half an inch wide. The initial charm, a tiny circle, rests just above the dancer's head. Both charms are fine silver and can be gold coated or oxidized. What's better? You can customize with gems and other charms. Priced at a reasonable \$48, it's an easy to dream of gift for your child.

Related Link: [Product Review: Find Out Why Celebrity Babies Love Lorena Canals Rugs](#)

Crushed Glass Earrings



Isabelle Grace Drop earrings. Photo Courtesy of Isabelle Grace/Isabellegracejewelry.com

Another great design by Isabelle Grace! These [drop earrings](#) are hand-crafted with crushed German glass and Swarovski teardrop stones for an elegant and retro look. The design comes from Isabelle Grace's Gypsy Glam look that encourages a fearless sense of self and the courage to live life as an adventure. What better gift to give to your children as they enter the turbulent teenage years? The earring hangs on a gold-plated lever back wire and hangs approximately two inches. Priced at \$46, it's an affordable token of your love and support.

Related Link: [Product Review: A Diaper Bag Fashion Statement](#)

You can shop more custom looks from Isabelle Grace at their website isabellegracejewelry.com or check out their [Facebook](#) and [Twitter](#) pages!

Product Review: The Next Best Crib Mattress to Help You Become a Parenting Pro



By [Rachel Sparks](#)

This post was sponsored by Colgate Mattress.

This [product review](#) features the newest technology and innovation for baby sleeping gear. Colgate Mattress, the leading USA-based infant mattress manufacturer, has introduced a new mattress that will ensure your baby sleeps safely and lets you have a sound night of rest. You'll be confident in offering your own [parenting tips](#) after you buy this amazing mattress!

This product review of Colgate Mattresses will help you and your love slay at parenting!

Released March 20, 2018, the newest sleeping technology for infants is the best the market has to offer. The Colgate zenBaby collection offers three types of mattresses for your little one's needs. The Hybrid 2-in-1 cares for your baby up through toddler ages. This mattress features varying degrees of stiffness to develop posture and, above all, safety. The 2-Stage mattress is a lightweight option composed of dual zone certified eco foam. Colgate's third option, the Portable Crib Mattress, is ultra-lightweight for parenting on the go. The mattress's cover is tear-resistant, waterproof, and easy to clean.

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While these mattresses evolve to your children's growing needs and to your desires for versatility, they also promote child safety. KulKote technology is a water-based coating design that adapts to your baby's temperatures, maintaining cool comfort.

What other product review can help your little one feel like a [celebrity baby](#)? Colgate produced the first foam crib mattress from sustainable plant-based oils. All of Colgate's products are hypoallergenic, odorless, and GREENGUARD Gold and CertiPUR-US safe for no harmful emissions. You can feel like parent of the year by buying something that's both great for your baby and the planet!

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When you buy a Colgate mattress, you know you're buying quality. The Hybrid 2-in-1 mattress from the zenBaby collection was announced the Juvenile Products Manufacturer Association (JPMA) 2018 Innovation award during its release last month. Priced at \$273.99, it's the most expensive of the zenBaby options, but well worth the investment into a healthy baby and your peace of mind. The 2-Stage is priced at \$218.99 and the Portable Crib Mattress is at an affordable \$64.99.

We love the peace of mind Colgate's zenBaby mattress collection gives us. Are you ready to buy one or two for the babies in your life? Check out their website at colgatekids.com or check out their [Twitter](#), [Facebook](#), or [Instagram](#).

Parenting Advice: Ways to Talk to Your Child About Sexual Assault





By Krav Maga

Worldwide

According to the *Rape, Abuse & Incest National Network*, 93% of children that have been sexually assaulted know their perpetrator and the recent scandal involving Larry Nassar, the former USA Gymnastics and Michigan State doctor, has reiterated how even “trusted” adults can manipulate a situation and do things that are not appropriate with a child. It’s important that parents have an open conversation with their child about what sexual assault is and what to do if someone is making them feel uncomfortable.

Below are some [parenting tips](#) from Krav Maga Worldwide, a global leader in defense training, on how to approach this difficult and sometimes uncomfortable subject with your child:

1. Begin talking to them as young as 2 years old: This may seem very early but children under 12 are most at risk, especially at 4 years old. Even if they can’t speak well,

children at this age are busy figuring out the world. And they certainly understand and remember a lot more than adults usually realize.

2. Share the only instances when their private parts can be seen and touched: An age appropriate concept for a young child to understand is that nobody – including a parent or caregiver – should see or touch their private parts (what a swimming suit covers up) – unless they’re keeping them clean, safe, or healthy.

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3. Talk openly about sexuality and sexual abuse to teach your child that these topics do not need to be “secret”: Abusers will sometimes tell a child that the abuse should be kept a secret. Let your child know that if someone is touching him or her or talking to him or her in ways that make him or her uncomfortable or scared, that it should not stay a secret.

4. Babysitters, coaches and teachers can all be perpetrators: Teach children not to assume all adults can be trusted. According to the *Rape, Abuse & Incest National Network*, 93% of children that have been sexually assaulted know their perpetrator. It’s important to discuss with children that just because the person is considered a “trusted” adult they can still manipulate a situation and do things that are not appropriate.

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5. Inform your child about the tricks used by sexual predators: Such as continued accidental touching, or where the predator tricks the child into thinking there is an emergency and the child must go with the predator.

6. Teach children that they must trust their inner voice: Especially that feeling we all have inside that tells us what feels right and what feels wrong or uncomfortable. Many

children who have been sexually abused describe a feeling of discomfort as having a “yucky” feeling inside. You must teach your child to trust or honor their inner voice or that “yucky” feeling.

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7. Teach your child that they have the right to say NO!: As the majority of child abuse is based on coercion rather than force, teaching your child to say “NO” strongly and forcefully really can make a big difference in many situations.

About Krav Maga Worldwide:

Founded in 1997 to promote Krav Maga throughout the United States and around the world, Krav Maga Worldwide trains and certifies instructors and licenses over 150 authorized Krav Maga Worldwide training centers in the United States, Canada, Japan, Mexico, South America, and Europe, as well as over 800 law enforcement agencies and military units. Krav Maga offers the highest caliber of instruction to thousands of people, supporting the company’s core commitment to improving and saving lives. Krav Maga Worldwide continues to develop, promote and implement self-defense and fitness programs. For additional information, visit: www.kravmaga.com.

Parenting Tips: 5 Spring Activities To Do With Your Child



By [Jessica Gomez](#)

Spring is here, and kids are ready for it! There are many fun activities to do with your child this season; the list is practically endless. However, where do you start when there is so much to do? A parenting tip is to be aware of what your child's interests. With that being said, we have come up with five activities to get your spring going. Do one, do some, or do them all!

You obviously want to have fun this spring with your munchkin, so get ready for our [parenting advice](#) on outdoor activities to do during this blooming season:

Cupid's Advice:

The following five ideas are sure to keep you and your little one busy. Your child is sure to have fun with these

activities, and they'll also help you bond:

1. Picnic: When it's nice out, prepare yummy snacks together and set up a picnic. During the picnic, indulge in what you've put together. You can also partake in certain activities like blowing bubbles, flying a kite, going on a scavenger hunt, and playing games like football, soccer and flag football. Sounds like a fun day!

2. Planting flowers and plants: This is a nice and productive activity. You can plant in your backyard, front yard, or in any approved place in your neighborhood. Your child will not only learn how to garden, but they'll also build a connection with nature while making the world a more beautiful place.

Related link: [Parenting Tips: 5 Unique Ways to Have Fun in the Sun with Your Child](#)

3. Take photos and make a scrap book: Go out and enjoy the spring day. Take photos in the midst of all the blooming beauty around you. Take photos of nature and yourselves, and then create a scrapbook. To give it more of a spring feel, you can add flowers and leaves to your scrapbook as decorations.

4. Bike riding: This is an activity that gets you to workout while being fun. Go for a ride at the park or by a beautiful body of water to take in the scenery. If your child doesn't know how to ride a bike yet, then it's time to teach them!

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5. Go to an animal sanctuary: Ditch zoos and aquariums that capture animals to cage them for human entertainment. Instead go to an animal sanctuary where the animals were rescued and are now living happily. Your child is sure to enjoy themselves by learning about them and cuddling with those cute beings.

Which of these activities are you excited to do with your kid?

Comment below!

Product Review: Make Relaxation a Reality While Traveling with Your Baby This Summer



By [Carly Horowitz](#)

As your head lightly falls upon your satin pillow, your mind begins to wander. The white noise machine in the corner of your room prompts your dreams to travel to the beach, in accordance with the wave-like sound. The warm sun shines down on your slightly tanned skin. You taste the sweet, cold margarit... "WAHHH! WAHHHH!" Your precious baby wakes you from this wonderful dream. How great would it be for this dream of

a nice, relaxing vacation to become a reality this summer? But, how will this work when you have to care for your baby? Fortunately, there are great products on the market than can make the traveling process with your baby a lot easier. Two specific lifesavers are the Lulla Doll and Mobile Changing Station.

If you are looking to vacation with your baby this summer, take this parenting advice and get these products!

Lulla Doll: This Icelandic creation works as the perfect sleep companion to give babies a feeling of intense closeness. The doll's appearance incorporates both blue and pink colors in order to work as a suitable companion for all children regardless of race and gender. The coolest thing about this doll is that when the chest is pressed, it plays a real-life recording of the heartbeat and breathing of the child's mother at rest for up to 8 hours. Now, you can travel near and far with your baby in the backseat. You don't have to worry about holding them so that they can have a restful nap because with this doll, they will be able to sleep so soundly listening to your heartbeat and breathing. The doll is made from a soft natural cotton blend so that it is easily machine washable with warm water. It also has the ability to absorb the scent of their caregiver if they hold it close to their skin before giving it to their child. Now, you can either travel far while your baby is guaranteed a restful sleep with this doll by their side, or, you can leave your baby at home with another caretaker while you have an amazing vacation and they will be so content having your heartbeat, breathing, and smell as if you were right there with them. Venture on a fun [date night](#) with your boo while knowing that your baby is safe and sound

with their favorite doll. As lulladoll.com says, “nothing can replace loving human contact but the Lulla doll aims to be a second best.” Purchase your Lulla Doll today for \$69 and start planning your summer vacation!



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[Errands With Your Kids](#)

[Mobile Changing Station](#): As appealing as a vacation alone may sound, you may not be able to fathom the thought of leaving your baby in the care of someone else just yet. That doesn't mean your vacation plans have to be halted. Take your baby with you and venture for the long drive with a Mobile Changing Station! This extremely sturdy changing station has the ability to mold to wherever you need to change your baby: in the car, in the park, on the beach, wherever! It also supplies pockets so that you can store your changing needs in there instead of lugging around a whole other bag as well. It even has a strap that you can attach to a seat in your car and just change your baby in the back seat while you venture on your travels. Don't miss out on traveling in the warm weather this summer, you can get your [Mobile Changing Station](#) for \$99.



Related Link: [Parenting Tips: 5 Unique Ways to Have Fun in the Sun with Your Child](#)

Make traveling easy with these products, you deserve a relaxing vacation!

Parenting Advice: Tech-Free Boredom Busters



By [Carly Horowitz](#)

It's time for your children to visit the pediatrician for a check-up! You gather your three anxious, jumping jelly beans into the minivan and start your journey to the doctor's office. "I don't want to get a shot!" "Mommy, are we almost there yet?" "Susie won't stop poking me, Mom!" You finally arrive and they say it is going to be about a 20 minute wait. Oh, great. The easiest thing to do right now would be to stick an Ipad in front of your children's faces and you know they will be occupied playing games until the doctor is ready to see them. But do you really want to resort to that? It is

great that we have made such vast advances in technology and we have these amazing devices that have the ability to entertain for hours, but for children, this should be a regulated reward. It is not a bad idea to teach your children to spend their time doing other things to pass the time rather than relying on electronics.

Take this [parenting advice](#) and occupy your children with tech-free boredom busters!

1. Make slime: If your child is really into science or they just like slime (most kids do) then this is a great idea. All you have to do is mix school glue, water, borax, and food coloring together! The mixing process may get a little messy, but once you are done, your children can take these globs of colorful slime wherever! As long as they get the okay from mom.

2. Get out the craft box: If you're at home, and your children are in an antsy mood, shift them into an artsy mood! Gather all your art supplies like paint, crayons, markers, oil pastels, and get to work! This can occupy your children for hours. If you are on the go, there are many portable art kits that you can purchase for your little Picasso.

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3. Mad Libs: Mad Libs is a word game where you are given a template of a story, and you have to fill in random missing words. One player prompts others for a list of words to substitute for the blanks in the story. Then, they read the story out loud and it usually comes out in a funny way that barely makes sense. If your child is at an age where they are

honing in on their language skills, this is perfect! Your kids will be having fun and learning about verbs, nouns, and adjectives at the same time. You can even indulge in other games similar to Mad Libs like Scrabble, My Word!, Mad Gab, or Boggle.

4. Make bracelets: There are so many cool ways to make bracelets for both boys and girls. You can get your kids a book that details how to make bracelet patterns with string and then get them a portable box with a bunch of different string colors in it. They can also make bracelets with beads, noodles, or shells! This activity will be able to get your kids focused. If they get really good at making bracelets, they can even try to have their own little business at the end of your street or at the beach. They can sell their bracelets for \$1 each and start being young entrepreneurs.

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5. Go outside!: Prompt your children to put down the iPad and video games and do some fun activities outside while there is nice weather. They can have some running races with other kids on the block or play hide-and-seek. Plan an exciting treasure hunt for them if it is really a struggle for you to get them up and out. A family bike ride is never a bad idea. Hula hoop, draw with chalk, play in the sprinklers, have a water balloon fight, organize a lemonade stand. The possibilities are endless. There are so many different activities that kids can indulge in that don't have to revolve around technology, you just have to open your mind to all of the options. If you can get your children occupied for long enough, you may even be able to squeeze in a [date night](#) with your hubby!

What are some other tech-free boredom busters? Comment below!

Parenting Tips: Eating Healthy



By [Carly Horowitz](#)

It's extremely important to showcase a healthy lifestyle as a parent. The eating habits that you start your children with set the pace for how your children will eat in the future and throughout the rest of their lives. It's all about balance. Obviously your kids want some treats every so often, and that's okay. As long as most of the foods you are feeding them are healthy, then that is perfect. We all know that sometimes this can be a challenge! Luckily, Cupid is here with some tips and tricks on how to get your kids to eat healthy!

Introduce your children to a

healthy lifestyle with these [parenting tips!](#)

Here are some clever tips and tricks to help your kids be the healthiest they can be:

1. Go on an adventure: If your children are struggling to enjoy fresh fruits and vegetables, take them to a farm and have them experience picking the fruits and vegetables themselves! Kids love hands-on activities, and this is a great way for them to feel in charge of their own food consumption. Maybe if they pick the blueberries and tomatoes themselves, they will want to eat them!

2. Dip it in: Try adding enhancing ingredients to your children's food to make the experience more delicious for them! Dip vegetables in ranch, hummus, or salsa. Sprinkle some sugar on fruits, or dip them in a yogurt-based sauce! Also, here's another interesting tip: brown sugar can go very well with carrots. Every child has different tastes, so figure out which works best for them personally. It may take some experimenting, but you will have your kids eating healthy in no time.

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3. Playful peer pressure: Invite over someone who your child looks up to for dinner –maybe their older cousin or friend. Make it clear that they are eating the healthy food on their plate and so little Johnny should too so that they can be like him! There are plenty of encouraging television shows and YouTube videos as well that promote healthy eating for children. You can even show them that [celebrity kids](#) like Bear Blu Jarecki and Rocco Ritchie eat very healthy as well!

4. Cook with them: This is another hands-on activity that can

engage your child in eating healthy. When you are preparing dinner, invite the kids to help out so that they will feel like they're contributing. They would be silly not to try eating the healthy meal they have just helped prepare!

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Bonus tip- Watch sugary drinks: Most kids love juice and those yummy, sugary, calorie-packed drinks. Try to limit your child's juice intake to just one cup of juice per day. Prompt them to then drink water throughout the day! Staying hydrated is very important, especially for active kids.

What are some other tips and tricks to get your kids eating healthy? Comment below!

Parenting Advice: How to Keep Your Kids Motivated Throughout the Rest of the School Year





By [Jessica Gomez](#)

Your child's school year is almost over! However, as they approach the finish line, some students may get off track. This is unfortunate considering that they're so close to the end! Having a support system to encourage kids with their studies is essential. The approach to motivating your children can depend on the child's age. However, some methods can be useful for children of any age if they're customized or "tailored" to the girl or boy, and that is where you, the parent, comes in!

Keep your child motivated with this [parenting advice](#), along with some examples from [celebrity parents](#):

1. Stay involved: When you are constantly involved in parent teacher meetings and school events, your child is more likely to keep their interest in school going. Being active in your child's school not only helps you keep an eye on them, but also familiarizes you with the environment they're in for the majority of the week. Being attentive is key. Celebrity couple [Beyoncé](#) and [Jay-Z](#) stay involved with daughter Blue Ivy's school. Bey volunteered at a fundraiser last year where she

performed three hit songs, while Jay-Z attends PTA meetings. And, the duo alternates picking her up and dropping her off to school. If this busy, power couple can make the time, so can you!

Related Link: [How to Keep Your Children From Getting Hurt at School Valentine's Day Parties](#)

2. Create a reward system while keeping yourself up-to-date:

Whether the reward is big or small, a reward is a reward. For example, having your kids do their homework straight after school before taking part in other activities is one way to do it. After doing their homework, getting to play, watch TV, or do any other acceptable activity is a reward. When creating and implementing a reward system, it is important to keep yourself updated with your child's work. Make sure they do their homework and projects, and don't forget to ask them how school went and what they learned. For a little more information on creating reward systems (specifically ones based on the child's age), read on [here](#) along with other creative ideas on [Pinterest](#).

Related Link: [How to Connect with Your Teenager](#)

3. Encourage them:

This sounds simple, but many parents tend to sometimes miss it. School becomes something they expect their kids to do because they have to, but that does not mean that it requires any less encouragement than any other activity. Sometimes we're focused on tough love or are just not as involved as we should be (back to tip #1 above). Whichever the case, parents need to find different ways to keep their kids going. Be their cheerleaders! Many celebrity parents like Sarah Jessica Parker, [Jennifer Lopez](#), Sarah Michelle Gellar, Jessica Alba, and [David Beckham](#), took the approach of encouraging their kids on the first day of school by posting photos on social media – photos can be seen [here](#). This can also work toward the ending of the school year because it's an exciting time that should be celebrated.

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

4. Create a nice, clean work space for them: Having a study area free from clutter and unlimited distractions is an important space to have. It encourages you to do work and keeps you situated. Ideally, a good work space will be organized, well-lit, and comfortable. If your child is easily distracted by what's going on outside, their study space should be away from any windows. If they work well in silence, choosing the quietest place is a good idea. If they like some low background music, choose a space where you can set that up. Learn your child's learning and productivity style, and then appoint a space as their study area based upon it.

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

5. Share a productive and motivating lifestyle with them: Your mentality has a big say in how motivated and productive you are. Besides controlling your way of thinking, there are a few ways to change your lifestyle and your child's. Getting eight hours of sleep is important, depending on your child's age, even 10 hours of sleep is good for them. Many kids don't get the proper amount of sleep, which makes them too tired to be fully focused and productive in school. A good diet is also important because your child needs the energy to do well in school and in the other parts of their lives. Dark fruits and vegetables along with ones rich in Vitamin B (like broccoli, spinach, celery, beets, blueberries, apples, potatoes, and beans) improve memory and cognition and are also good for alertness. And of course, stay fit by exercising together as well.

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These are just a few ways to help your child stay motivated for the rest of the school year – there are many more! Being a

parent is a huge responsibility, and in order to do the job right, you have to know your child and incorporate different aspects of life into your parenting style, like described above.

What are some ways you keep your little one motivated as they become eager to finish the school year? Share below!

Product Review: 3 Must-Have Items for Running Errands With Your Kids



By [Karley Kemble](#)

If you're an on-the-go parent, you know how challenging it can be to have your little ones tag along with you on your errands. From tantrums in the toy aisle, to sneaking snacks into your cart, a short shopping trip can take a lot longer

than you originally planned. While it may seem impossible, these three products are huge game-changers for your next trip to the store!

Grocery shopping just got a little easier with [Molo](#) and [Candy Lane Kidz](#) clothing, [Binxy Baby](#), and [Maddy & Maize Popcorn](#). Check out our product review:

1. [Molo & Candy Lane Kidz](#): Say goodbye to your embarrassment over bringing your child to the store in his or her pajamas. Your little one will be more stylish than you in the awesome outfits from Molo or from Candy Lane Kidz. Both these brands supply fashion-forward clothing for boys and girls of all ages! Molo specializes in wallet-friendly trends that are flexible, high-quality, and detailed. Candy Lane Kidz is on the pricier side, but perfect for treating your kiddos to something nice! You can't go wrong with any item from either of these brands.

Related Post: [Product Review: A Lounger Fit For a Celebrity Baby](#)

2. [Binxy Baby](#): Carrying around your car seat or lugging a stroller along is not always practical or easy. It's even more challenging when you have more than one baby with you! The Binxy Baby Shopping Cart Hammock really changes shopping as you know it. This revolutionary invention uses strong cups and a super secure harness that hook on both sides of the cart. Your baby will be safe and comfortable while you grab those groceries! Serena Williams and Heidi Montag love Binxy Baby and use it to cart around their [celebrity babies](#) on their trips to the store.

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3. Maddy & Maize Popcorn: Sometimes, all your kiddos need is a snack to pacify them. Maddy & Maize Popcorn is the perfect solution, as long as your kids are over five years old. These snacks are awesome because they are all-natural, non-GMO, have no artificial ingredients or preservatives, and are made with organic ingredients. They have very yummy flavors that your kids will love – aged white cheddar, cookies and cream, birthday cake, and more! The popcorn is made in small-batches, which makes it perfect to pack in your diaper bag, too.

You deserve a easy and breezy shopping trip, especially when you have your kids tagging along. Do yourself a favor and bring these products into your life! May all your trips to the grocery store be tear-free and forever happy.

Parenting Tips: Rainy Day Activities





By [Karley Kemble](#)

It's raining, and your kiddos are loving the day inside. At first, they're having a blast playing with their toys, but now they're becoming restless with their pent-up energy. (There are only so many toys, after all, you don't have a [celebrity baby](#)!) You still can't go out since it's wet and raining, so what is there to do? If you've ever been in this predicament, you know how frustrating it can be for you and your kids! The days where you can't go outside are always the days that your kids want to go outside the most! Never fear, Cupid is here. The next time rain tries to put a damper to your day, you'll have an arsenal of games and activities ready to go!

These [parenting tips](#) are sure to alleviate rainy day restlessness and boredom!

1. Build a pillow fort: Relive the days of your childhood, and build a pillow fort with your kids! The best forts don't need much: just pillows or couch cushions, blankets, and chairs. Forts are truly a timeless art form and can be used for many different purposes. Your kiddos will have a blast playing pretend all day and hanging out inside!

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2. Create a scavenger hunt: Scavenger hunts are an awesome way to release pent-up energy. You can set the stakes high with a new toy, or simply hide some candy bars. Get bonus points for having a cohesive theme for the entire hunt, such as pirates or princesses. You'll find that your little ones will really get into the theme and feel as though they're actually looking for buried treasure!

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3. Make a mini museum: Make the old feel new again to your kids, and turn your living room into a museum. Have your kids set up shop by making displays of whatever they feel like showing off – toys, books, and pieces of art – the list is endless! Once the museum is “ready to open,” have your kids act as the museum docents and take you on a tour. Encourage them to share the history and backstories of all the items, whether they are true or not!

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4. Get crafty: There are tons of crafts you can do while being cooped up inside. One of the biggest DIY crafts with kids right now is “slime.” All you need is Elmer's glue, borax, water, and food coloring! Crafts keep your kids occupied and engaged and truly help develop their creativity. They'll also have tons of pride once they have a completed product.

5. Bring out the board games: Contrary to what most people may think, board games are still alive and thriving. Kids aren't just glued to their technology; they still like board games! Rainy days are the perfect opportunity to open that cabinet full of games and spend quality time with each other. These moments will instill many wonderful memories within your kids' lives, too!

What do you like to do on rainy days? Tell us in the comments – we'd love to hear about it!

Parenting Tips: 5 Fun Ways to Celebrate St. Patrick's Day with Your Kids



By [Rachel Sparks](#)

St. Patrick's Day is a fun holiday, but a lot of kids don't understand how fun it can be. Win parent of the year with these St. Patty's Day activities fit for the whole family. Celebrate with famous Irish folks, such as [Gwen Stefani](#), John Travolta, Meryl Streep, and Harrison Ford, among so many! Cupid's [parenting tips](#) will help make this green-filled, gold-coin, leprechaun-hunting holiday an unforgettable day for everyone!

Parenting Tips: The 5 Best Ways to Celebrate St. Patrick's Day with Your Family!

1. Green-themed food: Get your kids excited for St. Pat's Day with green food! Guacamole and fried spinach tortillas are a delicious starter. Make a party of decorating a cake. Make a kid-friendly green bar, serving green ginger ale, green sprite, or Mountain Dew!

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2. Build a leprechaun trap: Kids love imagination and lore, so let them get wild with this one! Tell them stories about leprechauns and then give them a cardboard box and all the craft supplies they need to catch that little rascal.

3. Make a traditional Irish dinner: Food makes everyone come together and, generally speaking, full bellies make happy people. Try out some traditional Irish recipes! Irish soda bread, a classic, is the heart of the meal. Shepherd's pie, Kale Colcannon, and Guinness-marinated beef are just a few hearty ideas for this grand meal.

Related Link: [Parenting Tips: 5 Unique Ways to Have Fun in the Sun with Your Child](#)

4. Shamrocks and clovers: Long ivy tendrils, rolling green hills, moss-ridden cliffs, natural green is everywhere in Ireland. Get into the natural tradition of the Irish by celebrating shamrocks and clovers! Spend the day at the park with your family looking for four leaf clovers or have a fun time teaching your kiddos how to garden by planting shamrocks.

5. On the hunt: Make a scavenger hunt for your kids! Tell them that there's a pot of gold at the end of it to pump up the

excitement with a sizable reward. For a more thrilling twist, gear up your children like Indiana Jones to go on the ultimate leprechaun hunt!

How do you get your kids excited about other cultural holidays? Share your St. Patrick's Day parenting tips below!

Parenting Advice: What to Do If Your Teen Wants to Celebrate Valentine's Day





By [Rachel Sparks](#)

With Valentine's Day upon us, we can't help but worry about how our kids are feeling at school. Cyber bullying, daily stress, and the pressure of Valentine's love can be too much for teens to handle. While it may be easier to encourage them to stay home and avoid V-Day celebrations, you can't always tell your teen "no". Cupid has [parenting advice](#) to help you and your teen survive another stressful holiday.

Help your teen rock Valentine's Day with these parenting tips!

1. Enlist your teen's help: Valentine's Day is about love, but this is a great opportunity to teach your teen not all love is romantic. Giving to others, especially the down-trodden, can warm the heart on an otherwise cold day if you're alone. Teach your teen to give to others and make a date of it. You'll be giving your kid valuable [love advice](#), helping them avoid loneliness, and you'll be brightening someone else's day.

Related Link: [Parenting Tips: How to Connect with Your Teenager](#)

2. Give passionate affirmation: Teens are prone to thinking about nothing but romantic love. The idea of romance places

value on who they are, which is an unhealthy perspective of self. Not all love need be romantic, especially when self-worth is involved. Teach you teen about positive self-images with passionate affirmations. Even if they're alone this V-Day, they will have a lot more fun with friends if they feel love elsewhere.

Related Link: [Parenting Tips: 5 Holiday Activities to Do with Your Child](#)

3. Pampering: Guys or gals, your teen needs some pampering. Take them to a sports game or to get their nails done, but find a way to express your love for them in their language. As annoying as parents can be to teens, they still need our love to ground them on an otherwise stressful day. Have a [date night](#) with your teen or have fun getting them ready for their own!

What parenting advice do you have to make it through Valentine's Day? Share your tips below!

Parenting Tips: How to Keep Your Children From Getting Hurt at School Valentine's Day Parties





By [Rachel Sparks](#)

Valentine's Day is a stressful day for everyone, whether you're in a relationship or not. You may be thinking about how you and your spouse can't afford a babysitter, how being a single parent sucks, or how your teenagers may be having more fun in their relationship than you. As a parent and adult, the stress seems limitless, but to your kids, they Valentine's Day stress and loneliness may be something they don't know how to cope with yet, but our [parenting tips](#) will help you and your kids survive a stressful holiday.

Protect your kids from Valentine's Day blues with Cupid's parenting tips!

Valentine's Day is full of pressure. you have to buy the perfect gift, have the perfect romantic [date idea](#), or rush to find someone to spend the day with. Our [dating advice](#) to you and your family: rushing into a relationship you don't want will only end in heartbreak and frustration. Cupid's [relationship advice](#) will help your whole household find something better than what one night can deliver:

1. Make plans with friends: If your kid doesn't have a date

for Valentine's Day and they're upset about it, encourage them to make dates with their friends. Whether it's going to the movies with all their girlfriends, having a rowdy gaming sleepover full of shouting boys and empty pizza boxes, you'll be helping your kids stay busy and prevent loneliness for the holiday.

Related Link: [Making Valentine's Day Fun Again!](#)

2. Challenge them to meet new people: If they're going to a party but don't have a date, challenge them to come back home with three (or five) new people they met. The adrenaline your kids will feel right before introducing themselves to someone new will help make the night exciting and they may even end up with a new friend or two. At the very least, you're teaching them a long-lasting survival technique for whenever they feel lonely. Loneliness is the spark of a lot of depression young adults face.

Related Link: [Parenting Tips: How to Cope with Stress](#)

3. Teach them about bullying: Ultimately, no matter what you teach your kids or how much you try to prepare them, some hardships cannot be prevented. If your kid or one of their friends is being bullied, they need to be able to identify what it is and how to react to it. Make sure you spend time with your kids telling them what signs to look for and that what bullies say should not be taken to heart. Build a support and safety network beforehand so your child knows who to go to when something does happen.

What parenting advice do you have to help kids survive Valentine's Day at school? Share your tips below!

Celebrity Maternity Style: Get Inspired by These Celebrity Baby Nurseries



By [Rachel Sparks](#)

Famous parents have created the best nurseries for their [celebrity babies](#) that even we envy! Going all out for their children has offered a lot of inspiration for how to make your own nurseries glamorous and whimsical. [Kim Kardashian](#), the queen of luxury, decorated North West's nursery with a sheepskin rug and oversized stuffed animals in a glam-safari style. Ciara created the perfect angelic room for her son in soft, plush whites and pinks. We've been inspired by these celebrity nurseries and have [parenting advice](#) for your babies!

Read Cupid's parenting advice to

get ideas for your baby's nursery!

Cupid's Advice:

While your baby may not remember their nursery, you certainly will. There's something about investing right from the beginning of your child's life that makes you feel like the parent who can conquer anything. Here are some of the latest nursery trends based on what we've seen celebrity parents doing:

1. Art gallery: Coco Rocha sets the standard for chic. For her daughter's nursery, she has a wall dedicated to artwork. Pop art pillows and name brand rocking chairs, Coco Rocha has created the perfect high-fashion designer nursery for her daughter. While you may not hire interior designers for your own nursery, you can take inspiration to recreate your own art gallery for your child!

Related Link: [Product Review: A Lounger Fit For a Celebrity Baby](#)

2. Monochromatic palettes: Pastels have been all the rage the past couple of years, but we're talking using bold colors to create your child's perfect getaway. Use Penelope Disick's nursery as inspiration! [Kourtney Kardashian](#) used coral pink everywhere: on the walls, in the fluffy-clouded-wallpaper on the ceiling, all the way to the accents in the room. Juxtapose with pops of turquoise for flashes of cheery delight.

3. Patriotism: Parenting is hard. You have to evaluate your beliefs and see if they are something you want to pass onto your children. Take Jaime Ford's idea and put up flags from your country (or your family's cultural heritage). Find cultural inspiration for your artwork and stray from the norm of animal-inspired artwork to give your baby something with deeper meaning.

Related Link: [Soften Up a Room with Lorena Canals New Rug Collection](#)

4. Pops of color: Kendra Wilkinson-Baskett has created a modern nursery with bold flashes of color. Keep the rest of the decor simplistic and use sunny yellows, fiery reds, or dark-sea blues to go for a dramatic style.

5. Whimsy: The most important details you can add to your nursery are the ones that add magic to your child's life. Oversized stuffed animals, child-sized teepees, and plush carpeting create many sources of entertainment for your child!

What are your ideas for your dream nursery? Share your ideas **below!**

Marriage Advice: How to Keep the Spark Alive After Having Kids





By [Karley Kemble](#)

There's no denying that having a child changes the dynamic of your relationship. Even celebrities face this challenge after the birth of a [celebrity baby](#). Bringing a new child into the world doesn't mean your relationship has to suffer! Sure, things might be different between you and your partner, but you just have to adjust to a new lifestyle. There are plenty of ways to bring the magic back into your relationship; sometimes you just have to get a little creative.

If you and your partner are having a difficult time with keeping the spark alive in your marriage, Cupid has some [marriage advice](#) that'll help you and your partner get out of your funk!

Cupid's Advice:

1. Flirt like nobody's watching: Post baby, it may feel weird to openly flirt in front of your kid. Don't worry; you're not alone. If you no longer feel comfortable with PDA, then leave your partner hidden love notes, or send them a cute text while

they're out. Flirting should always be fun and harmless – so don't feel like you *can't* anymore now that you have a child.

Related Link: [Relationship Advice: When Is the Old New Again?](#)

2. Schedule those [date nights](#): We know. Seeing “schedule” and “date night” in the same sentence feels so...old school. The reality of parenthood is that it can be hectic, but you and your partner still need a break every once and a while! Look at your calendar, find an evening that works, and call your mother-in-law or a good friend to see if they'll babysit. Date nights are essential to keeping you sane and giving you two an intimate time to touch base with each other.

3. Try going tech-free: If you and/or your partner find yourselves glued to your phones while the baby is sleeping, challenge each other to put the devices away. Instead of checking your social media accounts, use the rare moments of down-time at home to talk with each other or play a board game! You'll find the little moments of quality time will help your relationship grow, especially without the distractions of the glowing screens.

Related Link: [Marriage Advice from Celebrity Couples Who Stay Together](#)

4. Get touchy: Physical contact is so important in any relationship! As humans, we are designed to desire contact with other people. Post-baby, it's normal for PDA to decrease. (Perhaps you haven't even realized that you and your partner don't get intimate as much – that's also common!) Make it a point to touch your partner whenever the opportunity arises. Hold hands whenever you can – just do whatever it takes to keep each other satisfied.

5. Use your manners: After having a baby, it's easy for you or your partner to feel forgotten. A little kindness goes a long way. If your partner did something as small as starting the full dishwasher, or as big as surprising you with breakfast in

bed, thank them! Never underestimate the power of “thank you” – your partner will feel so appreciated.

How have you kept the romance alive post-baby? Share below!

Parenting Advice: How to Combat Holiday Commercialism



By [Rachel Sparks](#)

The holidays are filled with hand-crafted memories, cinnamon wafting through the air, and wood snapping and popping in the fireplace. As much as we love the holidays, it seems it's impossible to recreate all the warm memories we have from our own childhoods. Media is literally everywhere, and our children have grown up being bombarded by what's trending and hot. The holidays are the best time for marketers to target consumers and children are especially vulnerable. Our

[parenting advice](#) will help you make it through the holidays with the best memories for your whole family.

Cupid's parenting advice can protect your children from holiday commercialism!

1. Limit commercials: One of the quickest ways to nix commercialism in your kids is to entertain them during commercials. Avoiding those bombastic sellers will help keep your kids clear of any unnecessary buys they may think they want. Find interesting ways to entertain your children during commercials. Tell a holiday story, share an interesting thing about your day, play a game of Monopoly, or decorate an ornament.

Related Link: [Parenting Tips: How to Set a Good Example For Your Child](#)

2. Share the budget: Ok, don't tell them all about your budget, but children learn about money from the example you set. If you buy numerous exorbitant gifts, all you're teaching your children is excess spending and you are setting the expectation for more spending. Show them how you budget holiday gifts and why it's important, teaching them a valuable lesson about money and the significance of sincere gift-giving.

3. Explain the meaning: No matter your spirituality, every winter holiday has some meaning behind it. Sharing this with your children will explain why the holidays are important and create deeper meaning for the season. Explaining the significance will combat the materialism of society.

Related Link: [Holiday Gift Guide "Must-Have": Personalized Books For Kids](#)

4. Holiday activities: The holidays are traditionally about spending time with family and doing crafts and activities with them. As stereotypical as some of those activities may be, your children will love doing them. Make a gingerbread house, giving your kids free reign to decorate the house how they want. Make cookies, go on a sleigh ride, or have a hot chocolate bar. Your children will remember these moments more than the gifts they are likely to toss by next year. Watch Mariah Carey celebrate in full-festive style with her daughter for some inspiration!

5. Recreate traditions: Children look up to their parents. Of course, they seem to outgrow this as soon as hormones hit, but the holidays have a sort of magic that makes everyone go back to being a kid. Share your favorite tradition with your kids and recreate it. Make popcorn ribbons for the tree, make a beaded angel ornament, find the best real tree rather than a store-bought plastic one. Sharing your past joys with your kids will help create new traditions and they will love you for the genuine moments spent together. [Beyonce](#) and [Jay-Z](#) create their own traditions but never hesitate to share with their kids.

What parenting advice do you have for combating the commercial beast? Share your ideas below!

Product Review: A Lounger Fit For a Celebrity Baby





By [Karley Kemble](#)

Whether you're a first-time parent or a mother of multiple kiddos, your child deserves the same treatment as a [celebrity baby](#). Give them the proper care they need! The [DockATot](#) is a staple for all growing babies and is loved by moms everywhere, and has been called "A blessing for baby and parents." Celebrity moms like [Kim Kardashian](#), and [Lauren Conrad](#) all rave about this must-have baby product! This ergonomically designed lounger will make your life easier, and will provide your little one with a safe, snug, and soothing place to kick back and relax.

If you're looking for a product that will truly change your baby's life, you need a DockATot Lounger.

DockATot comes in two sizes: Deluxe, for newborns to nine months, and Grand, for babies nine months to three years. Each size is designed to aid your growing child through key developmental stages, and truly helps them sleep more soundly. The Deluxe lounger mimics the womb – creating a safe sleeping spot, and prevents flat head syndrome. It's also perfect for diaper changes and for getting their tummy time in! The Grand boasts the same benefits, and is also perfect for the later

transition from cribs to big-kid beds.



Related Post: [Product Review: A High Chair for All Ages](#)

Offering more than standardized baby loungers, the DockATot has been carefully constructed with your baby in mind. One review tastefully states “I’m convinced there is magic fairy dust sewn into the DockATot!” Fairy dust or not, these loungers are embedded with temperature control that doesn’t harbor heat. Because of the special hygienic fabrics, your child is prevented from becoming sweaty. The loungers are crafted with the highest quality of breathability and non-toxic materials, allowing for maximum comfort and convenience. The website also boasts a thorough list of safety certifications and standards, which ensures that your child’s safety is a top priority.



Whether you are an on-the-go [traveler](#), or simply taking your baby to grandma's so you and your spouse can go on a long overdue [date night](#), you'll find it easy to tote your DockATot. Not only are these loungers lightweight, portable, and super easy to travel with, they are very stylish! There are a variety of different covers that truly make your lounger feel customized for you. Made from 100% cotton, DockATot's covers are washable and durable for the messier moments in life, too.



Related Post: [Product Review: Celebrity Moms Use Diono Convertible+Booster Car Seat For Travel](#)

DockATot is a must-have for any child or toddler. Give your little bundle of joy the ultimate celebrity baby treatment and see for yourself how revolutionary these loungers are!

For more information about DockATot, visit DockATot.com.

Parenting Tips: 5 Tips for Co-Parenting



By [Rachel Sparks](#)

As if being a parent isn't enough stress, actively parenting with an ex can be a high stress situation that seems to have no silver lining. You ended your relationship with that person for a reason, yet you have to find a way to keep things not only civil, but open and respectful for the sake of your child(ren). How can you rock co-parenting as well as [celebrity exes](#) like Drew Barrymore and Will Kopelman?

Check out Cupid's parenting tips for co-parenting like a rockstar!

Cupid's Advice:

Remember that even in a marriage, people make sacrifices for their children. Being a parent is about focusing on the needs of your children before your own. Arguments, even among couples living together, should not be in front of children. A lot of the practices you had as a couple parenting together are still the same now that you co-parent with your ex, with a few additions. Here's our [parenting advice](#):

1. Pick your battles: We've all heard this, but it's worth a reminder. Heck, put a stick note on your mirror with this on it every morning, it's that good. As much as your ex may grate your nerves, is every battle worth fighting with them? The end goal is the same for everyone, including the children and the exes: everyone wants to have a good time with their family. Is that little insult really worth the fight?

Related Link: [Former Celebrity Couple Kate Hudson & Matt Bellamy Reunite for Son's Birthday](#)

2. Share info about the kids: Too many times one parent stops communicating with the other. Remember even the non-custodial parent wants to know how the kids are doing in school. Share important things like doctor visits, grades, and important dates to ensure both parents know what's going on with their kids. The children will appreciate it more than they will ever tell you.

3. Don't use your kids as messengers: Kids shouldn't be asking who they're spending the holiday with, if they can get money for school clothes, or if they're in trouble for their bad grades. Basically, kids shouldn't be the ones delivering this news. Always communicate with your ex, even if you dread it. Let the kids be kids.

Related Link: [Learn How Celebrity Exes Blac Chyna & Rob Kardashian Are Co-Parenting & Working on Themselves](#)

4. Respect the kid's time: Look, as parents we tend to be pretty nosy. Ultimately, we want to make sure our children are having a good time, but are also safe and learning the best lessons. If you don't necessarily trust an ex (they are an ex for a reason) it's normal to want to pry into the time the kids had with their other parent. Don't. That's special time they have and that should be respected. If there is anything wrong, more than likely, they will let you know on their own.

5. Single parent means alone time: There's a lot of challenges to being a single parent. Even if you do remarry, there's a whole new set of challenges. Co-parenting offers a unique opportunity to have the highly coveted alone time, something so allusive to most parents. Enjoy the precious moments you have to yourself while the kids are with your ex. You will value yourself and your time more, the time you do have with your children, and likely even your ex for allowing you to have time alone.

Whether you're a novice or have several years of experience at co-parenting, what lessons have you learned? Share your advice below!

Parenting Tips: Co-Parenting During the Holidays



By [Rachel Sparks](#)

The holidays are meant to be a time for family, friendship, and joy, but for a lot of families there's the stress of a divided household. Co-parenting can be stressful even at the best of times, but not everyone has an amicable relationship with their ex. Celebrities like [Reese Witherspoon](#) and [Jennifer Lopez](#) set high standards for what co-parenting looks like, and not all of us can reasonably achieve such a peaceful situation.

Read Cupid's parenting tips to navigate holiday stress.

While you may want to have your child(ren) on the exact day of the holiday, it's fair to assume your ex does, too. If you divide the holiday in half, then you don't get to enjoy all of your traditional celebrations without feeling rushed. So, how can you and your kids enjoy the holidays stress-free? Here's Cupid's [relationship advice](#):

1. It's about the kids: Remember this as you feel frustrated with your ex's time demands. Any time with a parent is seen as magic for your kid, so don't spend that time being angry or disappointed. Remember, too, that kids can sense when you're upset, so put aside emotions when you're interacting with your ex to show the kiddos that mom and dad can get along.

2. Set up a routine: Children thrive off of routine, but so do co-parents with busy schedules. What's more, if a schedule has been written, it cuts down on emotional communication about the holidays. If not, then work on compromising holidays with your ex and setting up a schedule you can both respect. It will take a lot of pressure off of future conversations.

Related Link: [Co-Parents: See How Stars Manage to Raise Their Children Post-Split](#)

3. Find effective communication: If seeing your ex's face

makes you want to hit something, consider an alternative way of communicating. Again, remember that co-parenting is still about raising a happy and successful adult. Shouting wars will not be conducive to the lessons you teach. If even hearing their voice makes you cringe, resort to e-mail; it's impersonal and typically gives an air of professionalism.

4. Terminology: Everyone knows to watch what you say about your ex in front of your kid, but also think about *how* you say something. Instead of saying, "This is my ex," which likely brings up a painful history for your child, say, "This is my child's father/mother." It allows the child to take ownership and pride in their parents, something every child and parent wants.

Related Link: [Parenting Tips: How to Cope With Stress](#)

5. Try parallel parenting: Co-parenting requires both parents to remain pretty active in not only their child's life, but their ex's. Parallel parenting is still being involved with your kid, but keeping it hands off and at a distance with your ex. Communication is at a minimum and when the kids are at your house, it's just about you and them, not what the other parent is doing.

How have you dealt with co-parenting during the holidays? Share your advice below!

Product Review: Keep Your

Kids Happy and Comfortable With These Products



This post was sponsored by Revell, Purl Lamb, and BayB Brand

By [Ashleigh Underwood](#)

We want what is best for our kids, and that means getting them the best products. When it comes to [fashion](#) and [travel](#) however, it can be tough to choose which items you and your child will love. You want them to be happy with and comfortable in whatever you choose, and you want to make sure the products are top notch.

Items from Revell, Purl Lamb, and BayB Brand are sure to have you, and your kids, feeling thrilled.

[Revell](#)

A struggle among many parents is finding a way to keep your child occupied during a trip. Without something to distract them, children can get fussy or even wander off. Well, with the model car kits from Revell, that fear is no longer an issue. With many kits to choose from, your child, aged 5+, can enjoy putting together a car from their favorite movie, *Cars!* These unique cars are built with a kid friendly nut and screw connector system, and create working headlights, action sounds, changeable mouth and eye expressions. Starting at just \$24.99, you can pick up this awesome toy from Target, Meijer, Fred Meyer, Hobby Lobby or Amazon.



Photo: Courtesy of Revell.com

Related Link: [Product Review: Soften Up a Room with Lorena Canals New Rug Collection](#)

[Purl Lamb](#)

If you're looking to dress your child in the comfiest, yet most stylish outfit you have ever seen, then look no further. Purl Lamb's newest collaboration with artist Matthew Langille is sure to have your child feeling as cozy as can be. With choices ranging from jumpers, to hoodies, and sweats, this collection offers many different unique designs including a crazy lamb print! The collection offers sizes 0-24, so you can keep your kids looking stylish and feeling fresh as they grow for a very long time.



Photo: Courtesy of purllamb.com

Related Link: [Parenting Tips: 5 Unique Ways to Have Fun in the Sun with Your Child](#)

BayB Brand

The key to a hassle free travel is ensuring you child is safe and warm as you move around. An incredible item from BayB Brand is their Car Seat Canopy. Simply place this product over your car seat, and shelter your child from any outside influences. Let your baby sleep in peace and enjoy a nice dark atmosphere as you carry them from place to place. Not only does this brand offer the canopy, but also a matching blanket. Now, your baby can stay warm and cozy in their car seat, while snuggling up with their adorable Minky Dot Blanket. For \$19.99 each, you can ensure your childs warmth and protection during all your traveling ordeals.



Photo: Courtesy of baybbrand.com

What do you think of these adorable products? Comment below!

Parenting Tips: How to Deal with Empty Nest Syndrome





By [Ashleigh](#)

[Underwood](#)

When you have a child, [parenting](#) becomes a big part of your life. You are invested in your kids, and much of what you do is about them and for them. What happens, then, when your children grow up and no longer need your constant care? Unfortunately, for many parents, the result is empty nest syndrome, causing depression and extreme loneliness. Thankfully, [PsychologyToday.com](#) offers some helpful insights for dealing with these tough times.

If you're struggling with Empty Nest Syndrome, worry not. Cupid is here to help, with five [parenting tips](#) to deal with your symptoms:

1. Talk it out: In most situations, the best thing you can do is talk about how you feel. Getting your emotions out in the open allows for you to release some stress you have and to think out your problems. Opening up to your spouse or your friends can also give you a new perspective on your feelings. Odds are they are going or have gone through the same situation.

Related Link: [Parenting Tips: How To Cope With Stress](#)

2. Find new hobbies: When her youngest children went off to college, [celebrity mom](#) Susan Sarandon took advantage of her free time. She jumped headfirst into her acting career and starred in a Broadway play. Whether you throw yourself into your work, like Sarandon, or take up painting, a new activity can easily distract you from your quiet home.

3. Keep in touch: Just because your kids have flown the nest, doesn't mean you can never talk to them again. Stay in contact! Every once in a while, check in with your kids and see what they are up to. This will keep you feeling close and connected with them, even while they're gone.

Related Link: [Parenting Tips: How to Connect with Your Teenager](#)

4. Stay positive: In hard times, it is easy to fall into a negative state. You can tell yourself every negative scenario in the book, but it will only make things worse. Instead, keep your head up and focus on the positives. Every situation is easier with a positive attitude.

5. Prepare beforehand: Before your children leave, take some time to prepare. Enhance your personal and social life so that you have something to look forward to when they are away. Make new friends, start new hobbies or even begin talking about your fears in advance.

How do you deal with empty nest syndrome? Comment Below!

Parenting Tips: 5 Holiday Activities to Do With Your Child



By [Melissa Lee](#)

The holiday season can mean a bunch of different things to you and your families, but to those with kids, winter break and time off from school is on most of our minds. Though the holidays are a joyous time filled with family gatherings and delicious food, boredom can quickly set in during the break. If you find yourself struggling to find activities suitable for your children, check out some of Cupid's ideas.

Head below to look over a few of Cupid's parenting tips for this holiday season!

1. **Volunteer:** The holidays are bound to be one of the most

exciting times of the year, and it's mainly due to gifts and presents! Even if you and your families are fortunate enough to shower one another in gifts, try taking your kids to volunteer this year. Help out people in your community by contributing to a toy drive or a soup kitchen.

2. Have a holiday movie marathon: Snowy day preventing you and your kids from leaving the house? Never fear! Compile some of your favorite holiday movies, along with theirs. Sit everyone down in the living room and make a few yummy snacks, then spend the day in your pajamas and getting in the holiday spirit.

Related Link: [Parenting Tips: How to Connect With Your Teenager](#)

3. Create a family time capsule: After teaching your children about what a time capsule is, have them pick out a few of their favorite holiday memories and write them on pieces of paper. Add in some photos, drawings, and hand written notes, then wrap it all up in a present for next year.

4. Pose for holiday cards: While it may be a running tradition in some family's households, this is still a fun activity to do with you and your kids. Have everyone get dressed up (whether you want to do a serious card or a funny one is completely up to you!), and then sit down and pose for this year's card. Send them out throughout December and don't forget to save one for yourself!

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

5. Make a gingerbread house: This idea is a classic that guarantees fun for the whole family. Either buy a gingerbread house set or bake some pieces from scratch, then have fun decorating the house the night before your favorite holiday. Even feel free to eat it after you're done decorating!

What are some of your favorite activities to do with your kids during the holiday season? Share some of your thoughts below.

Parenting Tips: Being an Adoptive Parent



By [Melissa Lee](#)

The journey that comes along with parenting is never a walk in the park, but becoming or being an adoptive parent is a completely different experience. Although it is heart-warming, kind, and a beautiful adventure, there can also be a lot of heartache, stress, and emotional trauma. Similarly to having your own biological child, there is no amount of advice that can fully prepare you for the real thing. However, if you're still in the market for some suggestions, Cupid has your back.

Check out these parenting tips if you're on the road to becoming an adoptive parent!

1. Decide between an open or closed adoption: Assuming you've done the majority of your research and have made the final decision to become an adoptive parent, choosing between an open or closed adoption is another huge aspect. Closed adoptions consist of a rather confidential relationship between your child and their birth parents, where they will have little to no contact. On the other hand, with open adoptions, the birth parent(s) are able to communicate with you or your adopted child, but the extent of contact is completely up to you.

2. Understand the finances: The money aspect of adoption is something that typically isn't talked about. Though it depends on the type of adoption you choose (domestic, international, private or independent), adopting a child can cost anywhere between \$4,000 to \$30,000. Given these hefty costs, there are ways to lessen the amount of money to pay, like low-interest loans offered by the National Adoption Foundation.

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

3. Use a lawyer: Adoption experts suggest hiring a lawyer, especially one that specializes in adoptions, when the process officially begins. Although this can sound scary and more legal than expect, a lawyer will ensure that there are no mistakes or loopholes when it comes down to being the adopted child's guardian. At the end of the day, you would rather be safe than sorry.

4. There can be a lot of emotional and physical damage: Experts advise to keep your expectations low regarding

the adopted child. This is not meant to be crude, but rather because the child's former environment could have potentially left them in a rough state. A high percentage of adopted children were exposed to drugs or alcohol in the womb, which can have longterm effects, both physical or emotional.

Related Link: [Parenting Tips: How to Connect with Your Teenager](#)

5. Be open: Although the stigma surrounding adoption has mainly been lifted, it's highly important to be open about the topic, especially with your child. Focus on celebrating your family rather than acting like it's some sort of taboo subject, and be prepared to talk about the process as well.

What are some of your tips for adoptive parents? Leave your thoughts below.

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.

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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!