

Product Review: Soften Up a Room with Lorena Canals New Rug Collection



By [Marissa](#)

[Donovan](#)

This post was sponsored by Lorena Canals

Are you looking to update a room in your house or looking to give a friend a house warming gift? Lorena Canals' new tropical rug collection is perfect for any room! [Chrissy Teigen](#) is one of the many [celebrity parents](#) who are crazy about this eco-friendly company. These rugs are functional around pets and messy little hands because of their ability to be easily machine washed and are 100% made with cotton with non-toxic dyes.

Check out the new plants and Moroccan inspired rugs for your home!

Botanic Plants: This earth loving rug can match house plants and furniture in an office space or living room area. The warm ombré tones can also cover old hardwood floors and titles.



Botanic Plants Rug. Photo: Lorenacanal.us

Tropical Green: Try out Lorena Canals's Tropical Green rug in your apartment space. This rug will also be a great gift for a child going off to college or for a bridal shower. Its versatility can go with any room decor!



Tropical Green Rug. Photo: Lorenacanal.us

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

Naador: This tribal inspired rug can spice up any living space that needs a pop of color! Try this rug out in a laundry room or even near the front door of your home!



Visit Lorenacanal.us to order one one of these many rugs!

**Parenting Tips: See How
Celebrity Moms Raise Their
Children Without Gender
Stereotypes**





By [Marissa](#)

[Donovan](#)

Some [celebrity parents](#) such as Megan Fox break away from gender stereotypes and raise their children to make their own choices on what they want to wear or who they want to become. Fox has been seen letting her first son Noah wear dresses because that is what he is most comfortable in. As a parent, Fox wants her children to feel confident in the choices they make and gender stereotypes can be detrimental to a child's growth.

Check out how other [celebrity moms](#) are breaking away from gender stereotypes!

1. Jada Pickett Smith: Celebrity kids Jaden and Willow Smith has been making headlines for their actions, but Jada Pickett Smith always stands behind her children! According to [Usmagazine.com](#), Smith claimed to be a unconventional parent for how she allows her children to make their own choices instead of telling them what she validates as okay. Many people have been surprised by Jaden fashion choices and

willow's choice to shave her head. She believes it's empowering to let her children put themselves first!



Jada Pinkett Smith
and Jaden Smith.
Photo: Facebook.com

Related Link: [Celebrity Children Who Are Just Like Their Parents](#)

2. Adele: Powerhouse singer Adele is not only a force to be reckoned with musically, but also has a voice when it comes to breaking gender stereotypes. In an interview with [Time.com](#), the singer expressed her excitement for the future of her son Angelo. She excited to see who he will fall in love with, who his best friends will be, and what movies he will enjoy! So far it looks like Frozen has been one of his favorites since the celebrity child wore a Princess Elsa costume to Disneyland!



Adele. Photo: Marco

Related Link: [Adele Is 'Thrilled' About Becoming a Mother](#)

3. Carrie Fisher: The legendary Carrie Fisher did not believe in enforcing gender roles on her daughter Billie Lourd. According to *Teenvogue.com*, the *Scream Queens* star was named Billie was one of ways Fisher showed that gender didn't matter. The celebrity mom took pride in showing her daughter that men and woman are equal and all that mattered was being a strong person!



Photo:
praisethelourd/Instagram

Related Link: [January Jones Opens Up About Being a Single Celebrity Mom](#)

4. Bryce Dallas Howard: Jurassic World star wanted her daughter to lead the way instead of instilling gender roles in Beatrice. According to [People.com](#), allowed her daughter to wear hand-me-downs from her brother Theodore. Her celebrity child was also bald for a long period of time and her gender did not appear prominent. Howard had no issue with what other people thought of her daughter because she was focused on letting Beatrice make her own choices.



Photo :
brycedhoward/Instagram

Related Link: [Celebrity Mom Jillian Michaels Admits It's Hard to Balance Workouts and Motherhood](#)

5. Jillian Michaels: Famous [fitness](#) trainer Jillian Michaels is okay with having her son Phoenix follow his daughter Lukensia's choices. According to [Huffingtonpost.com](#), Phoenix enjoys wearing heels and playing with dolls. Michaels does not tell her son these choices are off limits because she believes it's okay to like things that are traditionally stereotyped for girls only.



Jillian Michaels with daughter Lukensia. Photo:
FAMEFLYNET PICTURES

Which celebrity mother is your favorite from our list? Let us

know in the comments!

Celebrity Parents Who Keep Their Kids Out of the Spotlight



By [Melissa](#)

[Lee](#)

With living in a world absolutely obsessed with pop culture and celebrities, you can only wonder – what does the media love *more* than stars? The answer to that is unsurprising and comes in the form of little ones... celebrity families! Not only does our society idolize celebs, but we also have a fascination with famous families like the Kardashians. This obsession has caused celebrity parents to make the executive

decision to keep their children out of the spotlight – and we can't exactly blame them!

Check out these celebrity parents and their kids, who have managed to stay out of the limelight!

1. Sandra Bullock: Bullock adopted two children, Louis Bardo in 2010, and Laila in 2015. Although the paparazzi are always dying to catch candid photos of the single mom with her kids, Bullock has expressed her need for privacy on multiple occasions. "Most foster children are in foster care because they were taken from their birth homes under tragic circumstances," she says. "The last thing I wanted was to bring more harm to her because of the nature of my job."

2. Adele: Adele and husband Simon Konecki had their son in October 2012, and have kept him out of the spotlight to the best of their abilities. "We need to have some privacy," Adele explained. "I think it's really hard being a famous person's child." The couple even went as far as suing paparazzi in 2013 for taking photos of their son on a private family outing.

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

3. Jennifer Garner: When it comes to this celeb mom, her main concern was how aggressive the paparazzi were toward her three kids, Violet, Seraphina, and Samuel. She says that her kids were constantly uncomfortable with the paparazzi, and didn't want them to know what they looked like. "They don't want this at all, and I don't want it for them," Garner said.

4. Ryan Gosling and Eva Mendes: These celebrity parents are notorious for keeping things under wraps. In fact, the majority of their six-year long relationship has been

extremely private! The couple have two daughters together, Esmeralda and Amada. “I find the media’s ‘bump watch’ obsession to be both intrusive and stressful,” says Mendes. “So I made the decision to eject myself from it completely.”

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

5. Tyra Banks: Tyra welcomed her son, York, into the world just last year, and has made a great effort to keep his life relatively low-key. “I don’t think that my son has ever asked to be seen, so I’m very, very conservative when it comes to showing him,” said Banks.

Who are some of your favorite celebrity families? Share your thoughts below!

Marriage Advice from Celebrity Couples Who Stay Together





By [Marissa](#)

[Donovan](#)

Over the years, there have been many “it” couples worth following in [celebrity news](#). Most of us admire the romance between [celebrity couples](#), especially when they make their marriages work during their years of being [celebrity parents](#)! What can these couples teach us about how to make a marriage work?

Here is some [celebrity relationship advice](#) you can apply to your own marriage!

1. Take breaks from each other: [Chrissy Teigen](#) and [John Legend](#) may seem like a couple that is together 24/7, but they do spend time apart. According [EOnline.com](#), the couple values trips away from each other because it allows them to miss being together and appreciate their relationship. Spending time apart really does make the heart grow fonder!



John Legend and Chrissy Teigen. Photo: Instagram

Related Link: [Celebrity Couple: 10 Reasons Chrissy Teigen and John Legend are Relationship Goals](#)

2. Make each other laugh: These 90's Hollywood sweethearts are still together after 15 marriage! Freddie Prinze Jr. spoke with [EOnline.com](#) and shared that his secret to a successful marriage with Sarah Michelle Gellar is laughter! Keeping each other happy will continue to make your marriage work.



Photo:
sarahmgellar/Instagram

Related Link: [Celebrity Couple Sarah Michelle Gellar and Freddie Prinze Jr.: How Does A Couple Cope With Illness?](#)

3. Always communicate: [Neil Patrick Harris](#) and Husband David Burtka have been known for their awesome parenting skills, but the couple can also be a great example for making a marriage work! According to [ETOnline.com](#), the secret to their marriage

is speaking up and talking to each other. Discussing your problems and letting each other know how you are feeling will make your marriage stronger in the long run!



Photo courtesy of Neil Patrick Harris' Instagram

Related Link: [Neil Patrick Harris and David Burtka Share Italian Wedding Photo](#)

4. Rebuild your relationship: This famous musical couple has been under the spotlight in recent years over a cheating scandal. Jay-Z can assure everyone that not every marriage is perfect. The rapper spoke with [RollingStone.com](#) and revealed that he had to rebuild his marriage with [Beyoncé](#) in order for them to be happy again. Sometimes hardships can make a marriage crumble, but sometimes you can make it work at the end of the day!



Jay-Z and Beyoncé. Photo: Rick Maiman/Fame Pictures

Related Link: [Relationship Advice: Making Marriage Work Like Beyoncé](#)

5. Watch *Oprah* together: The funny duo Leslie Mann and Judd Apatow have worked together on many romantic comedies together and have been married for 20 years! The director shared with Vice.com that they both watch Oprah's *SuperSoul Sunday* and then apply lessons from the show to their marriage each week. Television shows that give you relationship advice can be helpful for you and your partner!



Leslie Mann and Judd Apatow. Photo: Janet Mayer / PRPhotos.com

Related Link: [Celebrity News: Judd Apatow Feels Bad for Wife Because He's a 'Disgusting Man'](#)

Which famous married couple is your favorite from this list? What advice will you be applying to your marriage? Tell us in the comments!

Top 5 Most Famous Celebrity Kids





By [Melissa](#)

[Lee](#)

When it comes to Hollywood families, celebrities tend to have varying opinions on whether or not to keep their kids out of the spotlight. While celeb couples like Ryan Gosling and Eva Mendes choose to keep their children fairly private, there are some celebrity kids out there that are becoming even more famous than their parents!

Check out some of the most famous celebrity kids that are sure to carry on their parents' legacy!

1. North West: Daughter to celebrity mega-couple [Kim Kardashian](#) and [Kanye West](#), North was born into one of the most scandalous families on the planet. At only 4 years old, North has become a fashion icon, attended multiple runway shows during New York Fashion Week, and is the owner to a \$12,000 toy SUV.

2. Blue Ivy Carter: This list wouldn't be complete without the daughter to music moguls Beyonce and [Jay-Z](#). Blue Ivy was born in 2012 and has since gone on extravagant vacations alongside

her parents, in addition to even being credited on Beyonce's self-titled album and making her rap debut on Jay-Z's 4:44.

Related Link: [Parenting Tips: 5 Beach Safety Tips Every Parent Needs to Know](#)

3. Jaden and Willow Smith: This famous duo has already been around long enough to make names for themselves, but are most commonly known as Will and Jada Pinkett-Smith's children. Jaden, 19, grew up acting alongside his dad in films like *The Karate Kid* and *The Pursuit of Happyness*, while Willow, 16, was releasing bangers like "Whip My Hair" at only 10 years old.

4. Asahd Khaled: As the son to one of the hottest rappers in Hollywood, DJ Khaled, Asahd has had an amazing start to his life – and he's not even a year old yet! Asahd was credited as an executive producer on his dad's most recent album, *Grateful*, and his Instagram account (run by his parents, of course) has 1.1 million followers.

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

5. Suri Cruise: Perhaps one of the most famous kids on Earth, Suri Cruise is the daughter to [Tom Cruise](#) and [Katie Holmes](#). Despite having a rather luxurious life filled with million dollar birthday parties, her parents got divorced in 2012, and Holmes currently has custody of Suri.

Who are some of your favorite celebrity kids? Share your thoughts below.

Parenting Tips: 5 Unique Ways to Have Fun in the Sun with Your Child



By [Marissa](#)

[Donovan](#)

[Neil Patrick Harris](#) and his son Gideon were spotted enjoying a gorgeous day out on the water while kayaking in Vancouver this summer. Keeping your child entertained when they're not in school can be fun for you, too! If you and your child are looking for something new, we have you covered!

Check out these [parenting tips](#) for five unique ideas for fun in the

sun!

1. Get silly with Lawn Twister: Leave your plastic Twister mat inside and have fun on the grass! Buy red, blue, yellow, and green spray paint to create your Twister lawn design. Spray medium sized circles by copying the format as seen on the regular plastic mat. Make a spin board by using cardboard, markers, a pin, and an arrow for your DIY Twister spinner! You can also use the one that comes with the original game if you have it.



Photo:
katie.hickson/Instagram

Related Link: [Popular Vacation Spots That Celebrity Parents Love](#)

2. Play Human Hungry Hippo: Twister's not the only childhood board game you can bring to life! This activity is great for summer play dates with other parents and children. You will need 2 to 4 laundry baskets and a mechanic creeper, depending on how many people are playing. You will also need colored plastic balls to act as your hippo pebbles. This life size adaptation is loads of fun and will keep everyone giggling for hours.



Photo:
tinylocket25/Instagram

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3. Create Bubble Wrap Stomp Paintings: Parenting Blog [Messforless.com](#) originally came up with this cool arts and crafts project to tackle with you and your little one. Go to the post office or use bubble wrap from your recent order, and make bubble wrap boots for your child to create paintings in! You can also create adult sized boots to join in on the creative process!



Photo:
demadreamadreblog/Instagram

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

4. Swim with dolphins: If you live near a Sea World or plan on

traveling this summer, find a location that offers you the ability to swim with dolphins! You and your child can have an unforgettable bonding experience with wild life! Make sure to bring a life jacket just in case your child needs it.



Photo:
jessicababyfat/Instagram

Related Link: [Famous Cooks: Top 5 NYC Food Trucks for 2017](#)

5. Make a food truck bucket list: Sit down with your child and make a list of food you both love, or search for food trucks in your state that you would like to try! Look out for food truck festivals happening near you as well. This is a fun and tasty way to get out of your house and possibly try new meals with your child!



Photo: chapter.adventures/
Instagram

Do you have other ideas for having fun with your child this summer? Share your ideas with our readers in the comments!

5 Celebrity Kids Who Look Just Like Their Famous Parents



By [Marissa](#)

[Donovan](#)

Sailor Brinkley Cook has been featured in the 2017 Sports Illustrated Swimsuit Edition and is repped by IMG Models. Not only is she following in the footsteps of her famous mother Christie Brinkley, but she's a spitting image of the supermodel!

There are many other [celebrity kids](#) who look identical to their [celebrity parents](#). Here are five celebrity children who fit the bill:

1. Clint and Scott Eastwood: The father and son actors have been on the cover of *Esquire Magazine* and even worked side by side in *Gran Torino*. Scott looks like a younger version of the classic Western star and has recently starred in *The Fate of the Furious*.



Photo:
scotteastwood/Instagram

Related Link: [Chick Flick 'The Longest Ride' Features Brittany Robertson and Scott Eastwood Living Their Love Story](#)

2. Julianne Moore and Liv Freundlich: Although Julianne Moore's daughter may be taller than she is, the two practically look like twins! The tight knit mother and daughter were seen together at The Women's March last January and have been seen at multiple fashion shows.



Photo:
livfreundlich_/Instagr
am

Related Link: [Celebrity News: Julianne Moore Says Husband Was First to See 'Still Alice' and Predicted Oscar Win](#)

3. Lisa Bonet and Zoe Kravitz: Lisa Bonet is known for her role as Denise Huxtable on *The Cosby Show* and is also the mother of Zoe Kravitz. Kravitz has made a name for herself in Hollywood with her many roles in television and film. The *Rough Night* star also shares the same interest in music like her father Lenny Kravitz. She is the lead singer in the R&B band Lolawolf.



Related Link: [Lenny Kravitz Says He and Ex-Wife Lisa Bonet Are 'Best Friends'](#)

4. Cindy Crawford and Kaia Gerber: Kaia Gerber really resembles supermodel mother Cindy Crawford! Gerber has been the face for famous designers such as Marc Jacobs. Crawford has been very supportive of her daughter's career in modeling. We can probably expect to see Gerber in more ad campaigns like her mother's famous Pepsi ad!



Photo:
cindycrawford/Instagram

Related Link: [Celebrity Couple: David Beckham Shares Sweet Birthday Message for Wife Victoria](#)

5. David and Brooklyn Beckman: Although many of [David Beckman's](#) sons look like him, Brooklyn Beckman is a carbon copy of the soccer player's physical features! The Calvin Klein model's son has recently published a photography book called *What I See* and has held art exhibits for his work. Brooklyn has a creative side that is similar to his mother's [Victoria Beckham](#).



Photo:
brooklynbeckham/Instagram

Which look-alike duo from this list is your favorite? Leave your pick in the comments!

Celebrity Parents Open Up About Their Best Parenting Advice





By [Melissa](#)

[Lee](#)

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

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

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

2. "Roll with the flow." Heidi Klum explained that her house is basically chaos due to her kids, but she's perfectly okay

with it – and you should be too! She emphasizes the fact that her house is “full of life, laughter, and mayhem”, and any mom can relate to that. When stressing about the natural disorder that comes with having kids, remember Klum’s words of advice: “My house is not a museum. You can see that children live there. It’s their house as much as it is mine.”

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

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

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

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

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

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

Parenting Tips: How to Connect with Your Teenager



By [Marissa](#)

[Donovan](#)

[Reese Witherspoon](#) is not only a fabulous [celebrity parent](#), but she's also a best friend to her daughter Ava Phillippe. The two have been seen on each other's Instagram accounts, as well as at the premieres for Witherspoon's recent work. Witherspoon shared with [Vanityfair.com](#) that they both support and talk to each other often. Having a connection with your teenager can be difficult, but acknowledging what you're both going through can be the first step to having a tight knit relationship!

Are you struggling to connect with your teenager? Here are some parenting tips on how to rebuild or make your relationship stronger!

Adjust to their mood: Mood swings and tiring days from school are bound to happen for your teen. Instead of being high-spirited in hopes to turn their mood around, try giving them space and relax your enthusiasm. They will appreciate the distance you give them instead of trying to cheer them up.

Related Link: [Co-Parenting Teenagers in the Summertime](#)

Keep responses positive: Teens pay attention to how you respond. If you respond to them negatively, they probably will probably feel uncomfortable communicating. Instead of responding with a sense of disappointment or judgement, open your statements with terms of hope and understanding.

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

Never take their outburst personally: Your teenager is still trying to process how to manage and process their anger. When you say no or try reaching out to them, they might lash out. At the end of the day, slamming bedroom doors or hateful remarks are not because of you. Try remembering a moment when you were upset at their age and recognize what they're going through.

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

Know their friend circle: Get to know who your teen hangs out with! Allow them to invite friends over for dinner or social gatherings. You can later connect with them by asking how they met and what types of activities they like to do together. If

they have similar taste in music, you can later search for concerts you can all attend together. Bonding over your teen's friend circle can bring you closer!

Related Link: [Best Celebrity Moms \(Who Also Make Great Wives\)](#)

Be their biggest fan: You don't have to carry around a foam finger to know how much you support your teen. Attending their sporting events or encouraging their artistic talents is just one small way of having a relationship with your teen. They might be embarrassed by your efforts at first, but eventually they will be grateful for your love as a parent.

Do you have tips for raising a teenager? Give our reader your parenting tips in the comments!

Parenting Tips to Stay Sane for the Rest of the Summer





By [Melissa](#)

[Lee](#)

For your kids, summer vacation is probably one of the most exciting times of the year. They're finally done with school, and they're completely free for the next few months. But for yourself? Well, the summer can end up being a time for boredom and insanity when you're driving yourself crazy trying to entertain both your children and yourself.

Sound familiar? Stress no more! Cupid's here to lend some parenting tips on staying sane with your kids for the rest of summer:

1. Call it a night: This might be one of the most important pieces of parenting advice for the summer. Just because it's summer vacation doesn't mean there are no rules – this isn't an anarchy! Don't be afraid to bring some of the school year routine into summer, like bedtime. Whether you decide to keep it the same or extend it a half an hour is completely up to you, but at least you will still be able to get some "me time" in at the end of the day.

2. Get them reading: In the digital age, it can be tough to redirect your child's attention from their iPhone to a physical book. Take them to a bookstore or the library and help them pick out a book that they find interesting, and then have an allotted 20-30 minutes a day that's solely dedicated to reading. It will promote reading skills, in addition to having some peace and quiet in your home (just for a bit).

Related Link: [Parenting Advice: Quick Tips and Tricks on How to Travel with Kids](#)

3. Finish a project: Let's face it; every parent has that mental list of things that they'd love to complete, but they've just been pushing it off since they've been too busy with their kids. Although you may feel pressured to constantly entertain your children, don't forget to take some time for yourself. Decide on that one thing you've been meaning to do – whether it be re-decorating a room, starting a photo album, or re-organizing your clothes – and get started, giving yourself 15 minutes every day to work on it.

4. Divide up the chores: Keeping the house clean shouldn't be one person's job! Divide up chores between you and your kids by having a "chore board" that changes every day. Reward your children for their good job with whatever works – ice cream, a trip to the beach, or a new toy are all great examples.

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

5. Get active: It only makes sense to take advantage of the warm weather by getting out there and being active. Spending 30 minutes a day outside doing physical activity can be super beneficial for both you and your kids. If you want, you can decide on a family activity – taking a walk or bike riding – that you can all do together.

What are some of your parenting tips for staying sane this summer? Share your thoughts below.

Parenting Tips: 5 Beach Safety Tips Every Parent Needs to Know



By Steve

Kardian

According to the Center for Disease Control, each year about 4,000 people drown in the United States. Drowning kills more children 1-4 years of age than anything else, with the exception of birth defects. Among children ages one through fourteen, drowning is the second leading cause of unintentional injury or death (after motor vehicle crashes).

Being aware of the risks and learning some life saving techniques will keep you safe at the beach. Here are some parenting tips to keep in mind:

1. Your span of control is limited: In the perfect world, every child would have a designated adult supervising them at the beach or pool, but two children is a comfortable number for one adult to supervise. Any more can become overwhelming and increase the risk of something going wrong.

2. Drowning doesn't look like drowning: In the movies, when someone is acting out a drowning scene they wave their arms and scream for help. In real life, drowning is, for the most part, a silent act. Once a person goes into distress mode, they are fighting for two things: air and keeping their mouth above water. My first experience witnessing the onset of a drowning occurred at my family pool when I was about ten years old. My much younger cousin was in two feet of water, bent over at the waist. It looked he was looking at his feet or the bottom of the pool but something didn't seem right. When I lifted his head out of the water, he began vomiting and crying, he had been stuck. In a case I investigated, witnesses reported seeing a young girl bobbing her head up and down in the water. She had drifted from the shallow end of the pool into water above her head (or: the deep end) and was pushing off the floor of the pool to get air because she could not swim. She was saved, but nearly drowned. If something in and around the water doesn't look right, it likely isn't.

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3. Set up by a lifeguard – no lifeguard, no lifeline: Set up

your stuff near a lifeguard station so that if you venture into the water with your children there is an extra set of eyes to watch over you and your child. Don't allow this to replace your diligence but rather supplement it. Your child is your first responsibility.

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

4. Don't get lost in conversation: Going to the beach or pool is a social event. If you're caught up in a conversation, keep your face and your eyes on your child. Mishaps and accidents can occur very quickly and with a mix of children and water, seconds matter. Keep your hands glued to your babies or toddlers at all times. If at the beach, keep an eye out for rouge waves. Chat with the lifeguard in advance about any dangers you should know about. Ankle deep water can quickly become a hazard if you are not paying attention. Outfit your child with bright colored beach wear. Know your limitations and educate yourself on riptides. While you are on child watch duty turn the cell phone off, and keep the iPad or book out of your reach.

5. Learn CPR and rescue breathing: Your local fire, police, recreation department or gym and health club often sponsor certified CPR courses. You will not realize its value until you need it!

Steve Kardian is an American career law enforcement officer, detective, sergeant and chief criminal investigator, who specializes in crime prevention and risk reduction for women's safety. Kardian is the author of [The New Superpower for Women](#) (on pre-sale until August 8, 2017) and founder of [Defend University](#), where he trains thousands of people each year on safety and self-defense, as well as strategies and tactics uniquely tailored to women's safety.

Celebrity Co-Parents: See How Stars Manage To Raise Their Children Post-Split



By [Marissa](#)

[Donovan](#)

Co-parenting is a lifestyle choice that many celebrities find to be a healthy way to stay close as a family. [Celebrity break-ups](#) happen, but ex couples with children have come to the mutual agreement that parenting comes first. According to the [University of New Hampshire Cooperative Extension](#), the long term advantages of co-parenting include less feelings of abandonment and a sense of stability. Co-parenting after a split can be done by meeting with the other parent and making an agreement on future goals and family gatherings.

Like a [celebrity parent](#), it can be hard to find balance between raising a child and working out a mutual schedule with your ex. Check out these co-parenting tips to understand how to find the happy medium of raising a family after a break-up:

1. Have positive conversation about your family members: Even when the other parent is momentarily unavailable, it is important to tell your children that they are still loved. [Ben Affleck](#) spoke highly of [Jennifer Garner](#) in an [EOnline.com](#) interview calling her an “superhero mom” and being thankful they can co-parent together. Speaking compassionately to your children about their other parent shows them that you both genuinely care about their well being.

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

2. Meet as a family: Coming together as a family is something you and your ex should consider when co-parenting. Holidays may be the easiest time to share a meal or do an activity together. As seen on *Keeping Up With The Kardashians*, [Scott Disick](#) and [Kourtney Kardashian](#) go on vacations with their children to spend quality time together as a family. Spontaneous changes in schedules may arise, but you must move forward and plan another family day.

Related Link: [Celebrity Interview: Katherine Heigl Says “Family Comes First”](#)

3. Understand your strengths as overall parents: It's good for your child to spend quality time alone with his or her mom or dad. Actor Ryan Philippe opened up to ETOnline.com about his arrangement with [Reese Witherspoon](#) to have one parent have alone time with their children. When each parent has their children separately, the pair can understand their strengths when handling a situation with their child. Mom might be better at helping with school projects, or Dad might be better at handling temper tantrums. Applying your skills as individual parents will help the development of your children.

Do you know of any other co-parenting tips? Share your experiences in the comments below!

Parenting Tips: Should You Circumcise Your Baby?





By [Noelle](#)

[Downey](#)

There's no doubt about it – parenting can be a minefield. There are so many decisions to make and questions that don't seem to have a clear right answer. While every good parent does everything they can to make sure that their child is safe, happy, and healthy, sometimes even the experts have conflicting [parenting tips](#) on the best ways to accomplish that goal. One of the most hot-button topics when it comes to [parenting advice](#) is circumcision. While some experts argue that circumcision has health benefits like decreased risk of urinary tract infections, penile cancer or STI's, others contend that the reduction of the risk is actually so small that it doesn't warrant a corrective procedure, especially for infants who have no say in what some consider to be an invasive surgery. Differing cultural and religious views also tend to influence parents when it comes to whether or not they choose to have their children circumcised. Although circumcision is a medical procedure many take for granted, even some [celebrity parents](#) argue against it. Cupid is here with a list of the top five most vocal celebrity protestors of circumcision.

Whether or not you believe circumcision is right for your children, there are plenty of famous parents who say their top parenting tip for their [celebrity babies](#) is to avoid the cut altogether!

1. Alicia Silverstone: Alicia Silverstone is a [celebrity mom](#) to six-year-old son Bear Blu Jarecki, and she and her husband, Christopher Jarecki, made the personal decision not to circumcise Bear despite the fact that Silverstone had a Jewish upbringing. Silverstone confronted the complicated decision she and her husband made in her book, 'The Kind Mama' and later said that her fans reactions to it touched her deeply. "One [fan] said that 17 years ago she had her son, and she made this choice," Silverstone shared in a celebrity interview with *The Stir*, "and she was crying, because she was remembering her experience. It was moving to me."

2. Ben Affleck: [Ben Affleck](#), [celebrity ex](#) of [Jennifer Garner](#) and dad to children Violet, Seraphina, and Samuel, has said in the past that despite some reports from experts that state that being uncircumcised can lead to an increased risk of frequent urinary tract infections, he himself doesn't approve of the practice. He once confessed to Jon Stewart in an interview, "I hate circumcisions! Get enough in me, and I'll tell you how much I hate them!"

Related Link: [Celebrity Divorce: Ben Affleck Still Living at Family Home with Jennifer Garner](#)

3. Russell Crowe: Famed actor and father to two sons, Charles and Tennyson, Russell Crowe took to Twitter to slam

circumcision in a series of controversial tweets. The actor steamed, "Circumcision is barbaric and stupid. Who are you to correct nature? Babies are perfect." While many responded negatively to his tweets, citing a lack of sensitivity to the nuanced reasons that many choose to circumcise their children, others firmly supported his declarations, sparking a dramatic social media storm.

4. Mario Lopez: On a 2010 episode of this cute star's hit reality TV show, 'Saved By the Baby', Mario Lopez pushed his then-girlfriend (now wife) Courtney Mazza to consider not circumcising their future son, and the discussion quickly got heated for the [celebrity couple](#). "That's not up for discussion," Lopez insisted firmly, "News flash, this is the way all men are born." Lopez and Mazza are now celebrity parents to two children, Gia Francesca Lopez and Dominic Lopez.

Related Link: [Mario and Courtney Lopez Welcome a Baby Boy](#)

5. Cameron Diaz: It's not just celebrity parents who have their opinions on circumcision. Forty-four year old actress Cameron Diaz has made it clear in the past that if she and her husband Benji Madden ever have a son, that circumcision will not be for them. She spoke in an interview with *The Stir* about her film 'What to Expect When You're Expecting' and some changes that had to be made to the script to achieve a PG-13 rating, claiming, "they made us cut out a bunch about circumcision. To get a PG-13 rating we had to cut out the actual *description* of circumcision. So apparently it is very uncomfortable for people to hear how it works." Diaz added, "America is the same way about their beef – they just want it delivered in a styrofoam package with saran wrap over it. They don't want to know how it got to you. Same thing with circumcision."

What do you think about the practice of circumcision? Do the alleged health benefits or personal concerns outweigh these

celebrity opinions? Or do you think they have a point? Let us know in the comments!

Parenting Tips: How To Cope With Stress



By [Delaney](#)

[Gilbride](#)

Parenting can be many things: rewarding, exciting, filled with joy, etc. But above all, parenting can be extremely stressful. You are fully responsible for your children from the moment your bundles of joy enter the world up until they reach adulthood – and maybe even a bit beyond that. It begs the questions for struggling parents, how do you cope with the

stresses of family life? Thanks to [Parents.com](https://www.parents.com), we're now able to lay out some of the best ways you and your partner can handle your busy lives with your amazing children.

If you've been searching for ways to cope with your hectic family life look no further! Cupid's here to tell you how to deal with the top 5 stressors that come with being a parent:

1. The Morning Rush: Mornings can be extremely hectic if you have kids, especially if it's during a school week. You have to make breakfast, lunches, dress your kids, find their shoes, and brush their teeth all before the school bus arrives. At this point, you haven't even had time for your own morning routine! A great way to make mornings less stressful is to do prep work the night before. Make their lunches and figure out their outfits the night before a school day – it makes your morning just that much easier! Another [parenting tip](#) is to wake up just a bit earlier than your kids do; this allows you to relax a bit before the day begins. Have a cup of coffee and enjoy every sip!

2. Bad Behavior: Kids aren't perfect, and like adults, they have their bad days too. After a long day of work it may seem like the end of the world when you find out your kids have been behaving poorly in social settings like school. As easy as it sounds to simply explode on your kids for their bad behavior, you have to remember to take a step back. Avoid a stressful situation by taking a deep breath and staying calm as you receive all the details pertaining to what happened with your child. Then, in a calm manner, come up with a

solution to the problem. Put yourself in your kids shoes and look at the situation from their perspective.

Related Link: [Parenting Tips: Ways To Talk To Your Kids About Sexual Abuse](#)

3. Your Long To-Do List: As a parent, you may feel like you need to do everything yourself. Your to-do list may seem never ending at times but don't let that overwhelm you! You and your partner have sources of help everywhere. Instead of doing every day chores like laundry on your own, use outsources to help you out. This way, you'll be able to spend that time with your family by watching a movie or playing a game. If you still have a lot on your plate, it's a good idea to give yourself a "bubble break". Put in your headphones and block out the world for a little bit. You deserve it!

4. Constant Worrying: It's no surprise that parents like yourself are constantly worrying about everything and anything at all times. Being a parent comes with great responsibility and that ultimately becomes a major stressor. It's okay to remove yourself from the stress in your life every once in a while because it's extremely important for you to take care of yourself. Make time for [date nights](#) with your significant other and don't forget to vent to your friends! This type of release is so important for both you and your partner.

Related Link: [Product Review: Get This Spring's Latest Parenting Must Haves!](#)

5. Over scheduling: You and your family are always going a mile a minute – life can become overwhelming when you have a hundred things going on at once. As much as you and your partner want to be "super parents" it's a good idea to take things slow every once in a while. Make sure at least two days a week are completely free for you and your family to spend quality time together. It's very simple to do less! You and your loved ones will be able to relax; you all deserve a

break.

Are you a parent? Comment below with how you deal with the stresses of parenting!

Parenting Tips: Ways To Talk To Your Kids About Sexual Abuse



Contributed

by Krav Maga Worldwide

Sexual violence is a very serious public health problem that affects millions of women and men. However, research done by the Crimes Against Children Research Center showed that 1 in 5 girls and 1 in 20 boys is a victim of child sexual abuse.

These children who are the victims of prolonged sexual abuse usually develop low self-esteem, a feeling of worthlessness and an abnormal or distorted view of sex. The child may also become withdrawn and mistrustful of adults.

In honor of April being Sexual Assault Awareness Month, Krav Maga Worldwide, a leading self-defense organization is offering parenting tips on what to teach your children if they are involved in an attack and also tips for preventing attacks.

1. Begin talking to them as young as 2 years old. This may seem very early but children under 12 are most at risk 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.

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

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.

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.

Related Link: [How Raising a Child Can Bring you Closer Together as a Couple](#)

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

5. Teach children that they must trust their inner voice. Especially That Yucky Feeling We all have that feeling 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.

6. 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.

Product Review: Get This Spring's Latest Parenting Must Haves!



This post was sponsored by Tray Buddi, Baby Change-N-Go, BugBand and Kidstir.

By [Mallory McDonald](#)

Finding ways to get everything checked off of your list while taking care of your kids is an everyday challenge and one that is unlikely to magically go away. Parents are constantly searching for ways to make their daily lives easier and their kids happier. Every day, parents all over the world are struggling to balance a single day's tasks, and it can feel

exhausting when you don't finish what needs to be accomplished. Whether it is a messy mealtime, a dirty diaper, safety prep for your kids playing outdoors or a picky eater, these problems can add up and make getting your work done extremely difficult. We all want to seem like a superhuman juggling all these different tasks throughout the day, but sometimes everybody just needs a little help.

With these spring [parenting products](#), balancing your life will never be easier and you may even have time for a [date night](#) with your significant other!

[Tray Buddi](#)



Every parent knows how messy meal time is with young children. It can seem impossible to keep your kids, the highchair and the area around it clean in a reasonable amount of time. With Tray Buddi, "what goes on the tray, stays on the tray." Designed by Mompreneur Jodi Bracho, the Tray Buddi is designed to attach to most highchairs, booster seats, strollers, and wheelchairs to keep food, cups, toys and objects on the tray and off the floor. Tray Buddi can be easily cleaned with soap & water, and is top rack dishwasher-

safe. In addition to using Tray Buddi on a high chair, it can also be used on a stroller, car seat, toddler chair, and wheelchair. For \$34.99 you can reduce the mess from your entire kitchen to just your child's tray!

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

Baby Change-N-Go



We all know that children like to go to the bathroom at the most inopportune times, and finding ways to handle the mess can be more than stressful. Not to mention all the germs changing stations in public restrooms are linked with. Baby Change-N-Go is a portable diaper changing station that hangs from public bathroom stall doors/walls and then folds up to fit in your diaper bag/backpack/stroller when not in use. This convenient, sanitary, and safe solution for changing your little one is a necessity for crowded restaurants, airports, rest stops and more – providing peace of mind to moms, dads and caregivers. The Baby Change-N-Go is \$99 and is available in pink, black and blue and can hold up to 40 lbs!

BugBand



Having to deal with kids coming in from playing outdoors torn up by bugs is never a fun situation. With the spring and summer season right around the corner, don't miss the opportunity to avoid this hassle altogether. The BugBand Wristband is a safe, waterproof band that works effectively to repel insects naturally for up to 120 hours! The vapors from the plastic BugBand Wristband form a protective shield around the immediate area, keeping insects such as mosquitoes, flies, gnats, and no-see-ums, a safe distance away. Individual wristbands are available in olive green, blue, yellow, red, pink, black, orange, purple, glow-in-the-dark and a Family 4-Pack. Starting at \$4.95 each. Towelettes and Pump Sprays are available for heavy protection, as well!

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

[Kidstir Cooking Kits](#)



Monthly subscription

One of the most challenging tasks some parents face is having a child who is a picky eater. It can feel impossible to find foods that are nutritious and also fit into what they are willing to eat. Now you can make chef-inspired recipes at home with ease – all while your picky eater is practicing science, language & math skills! The subscription service can be joined or given as a gift, or you can send one of the single kits, as well. With a focus on fresh, nutritious food and hands-on fun, Kidstir was created by moms who know that through cooking, children will gain important life skills in the kitchen. For a monthly subscription of \$15.95 you can educate and empower your kids about food and prepare them to make smart, healthy choices, no matter what comes their way!

Don't let the stress of being a parent get the best of you anymore!

Parenting Tips: How To Set a Good Example For Your Child



By Noelle

Downey

When it comes to [parenting](#), setting a good example for your children can be one of the trickiest parts. Although every good parent wants their kids to look up to them and be able to positively emulate their behavior, in reality, setting a good example can be much more complicated than it first seems. It requires constant attention to your actions and reactions around your child, and a good sense not only of your child's perception of you, but of your perception of yourself. According to [UsNews.com](#), Madeline Levine, renowned psychologist and author, spoke to this concept recently, saying that true integrity is shown, "by a thousand small examples." Robyn Silverman, child and teen development specialist, agrees, "They hear your process," she advises, noting that it's important to articulate your good decisions and why you're making them so the child can learn to appreciate your moral compass and follow your example.

Whether you're a [celebrity parent](#) or not, it's vital to set a good example for your children to insure that they grow up to be healthy, well-adjusted adults. Check out this [parenting advice](#) to demonstrate to your kids through your actions the way you want them to behave.

Setting a good example for your children is complicated, but not impossible. Just like [celebrity kids](#), your children may struggle to know how to act even if they're not growing up in the spotlight. Below are some tips for how to show, rather than only tell, your kids how to act:

Prioritize spending time with your kids: [Celebrity mom](#) and famous actress Katherine Heigl once asserted in an interview, "family comes first" and we couldn't agree more! Your kids can't learn from your example if you're never around to begin with. Although life is busy and other priorities should also be on your list, make sure your children know how much you care about them by spending quality time focusing only on them. Just being together will teach your kids to value family time and your advice in particular!

Related Link: [Celebrity Interview: Katherine Heigl Says "Family Comes First"](#)

Watch what you say: If you're constantly complaining in the car to your partner with your kid in the back seat, or mumbling a series of not-so-nice words when you step on a

favorite toy left out in the middle of the living room, your child will pick up on it. While you should find time and space to vent or deal with negative emotions verbally, try not to do so in front of your kids. By considering carefully how your kids will interpret what you say and choosing to be positive, kind and thoughtful with your words when you're around them, you'll show them that what you say matters and make them less likely to learn bad habits when it comes to talking out their problems.

Be self-aware and in the moment: When it comes to being a good example for your kids, one of the most important steps you can take is to focus on being your best self in the moment. While it's easy to get caught up in your head as a parent, in a 2014 interview with Cupid's Pulse, reality star and celebrity parent Rosie Pope cautioned mothers not to forget what's going on in the here and now. "You have to be really present in the moment, because you don't have a lot of time to do anything," Pope counsels, "You have to be 100 percent present to feel fulfilled and know that you're getting the most out of every moment." If your child observes your focus on living in the moment and making sure your behavior in the here-and-now is nothing short of stellar, they'll want to mimic that way of life.

Related Link: [Celebrity Interview: Maternity Expert Rosie Pope Encourages Moms "To Be Really Present in the Moment"](#)

Communicate when you've made a mistake: Nobody's perfect, and you shouldn't expect yourself to be either. We all make mistakes, and even if you try your hardest to set a good example for your children, at some point there's bound to be a slip-up. Don't be afraid to tell your child you acted poorly in a situation if they see you lose control for a moment or two. Apologize, explain why what you did was unacceptable and take steps to move forward. Your child will ultimately respect you for owning up to your mistake and it will teach them to also be honest and take responsibility for their actions when

you discipline them in the future.

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

Setting a good example for your child is an important part of the parenting process. Although no one is capable of being a good example every minute of every day, we should all strive to better ourselves for the benefit of our children. By taking the time and making the effort to demonstrate good actions to your child, you are investing in not only their future, but the future of the world.

Do you have any personal examples of a time you set a great example for your favorite kiddos? Let us know in the comments!

**Celebrity Maternity Style:
Find Out How You Can Be Chic
During Pregnancy Like Amal
Clooney!**





By [Cortney](#)

[Moore](#)

Pregnancy is an exciting time in a woman's life, but it can also be tricky to dress a body that is constantly changing shape. If you find yourself in a fashion rut with your baby bump, take a note out of Amal Clooney's [celebrity maternity style](#) book. Mrs. Clooney is the latest star making [celebrity news](#) with her fashionable choices. If you want to look effortlessly chic during your pregnancy without breaking the bank, take a look at our [fashion tips](#).

Learn how you can get Amal's celebrity maternity style!

1. [Tan Trench](#): Back in March, Amal walked down the streets of London in a fabulous tan trench coat. This neutral color can be used for everyday wear. It also adds a sophisticated edge to casual and formal occasions. You can emulate this look with Seraphine's 'Donatella' Maternity Jacket that is currently sold at Nordstrom. This glamorous coat is made out of an Italian wool and cashmere blend, so it will definitely keep you warm during chilly spring nights.



Photo: Pinterest

2. **Navy Knot**: That same month, Amal was spotted at the UN headquarters in New York City while wearing a lovely navy blue dress. The subdued color makes this look appropriate for business, while the draped fabric complements a feminine shape. You can achieve a similar look with Seraphine's Navy Knot Maternity Dress. It's soft jersey stretch material ensures you'll be comfortable you sashay the day away.



Photo: Pinterest

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

3. **White Wool**: In January, Amal stayed snug in a white turtleneck while she strolled outside her Sonning, U.K. home,

alongside husband George Clooney. A loose fitted turtleneck is a perfect fashion staple to add to your maternity arsenal for casual days out. You can achieve this look with A Pea In The Pod's Stitch Detail Maternity Sweater. This wool sweater can be dressed-up or down depending on the occasion.



Photo: Pinterest

4. **[Black Blazer](#)**: On International Women's Day, Amal wore a cropped black blazer that emphasized her baby bump rather than keeping it hidden. This tactic is great for those who want to show off their naturally small frame. Not to mention, a well-tailored blazer is an absolute need for a working professional mom-to-be. You can get the look with 9Fashion's Maternity Women's Marlo Black Cropped Blazer, which is currently on sale at Sears.



Photo: Pinterest

Related Link: [Product Review: Keep Skin Smooth With Baby Foot](#)

5. **Stunning Sequins**: During the Women of Impact dinner in Switzerland, Amal turned heads with a vintage 1963 Chanel cream sequin dress. This sparkly getup enhanced Amal's glowing skin and showed how confident she is in her pregnancy. You can also shine bright like a diamond with the ASOS Maternity Sequin Cami Mini Dress, which would make an excellent date night outfit.



Photo: Pinterest

Amal sure knows her celebrity maternity style! And there's no reason why you have to let go of your inner fashionista while pregnant either. Maternity clothes have come a long way in the last few years, so own your look and be the glamorous woman you deserve to be.

What do you think of Amal's celebrity maternity style? Would you give a few of her looks a try? Let us know in the comments below!

Parenting Tips: Why Disciplining Your Kids Is Important



By [Cortney](#)

[Moore](#)

As time goes on, we as a society understand mental health better. With this new knowledge come concerns from mothers and fathers who are trying to navigate parenthood during this age of information. The new parents of today, millennials, struggle to find the balance raising children during these empathetic times. Thus, many have distanced themselves from disciplining their kids in order to avoid [relationship problems](#). Tactics such as these are strange to generations prior, but recent scientific studies have shown the detrimental affects harsh discipline can have on a developing brain. According to [BusinessInsider.com](#), "Certain parental behaviors that scientists have found could be linked to

problems in children, like depression and anxiety, later in life.” So how can millennial parents discipline their children while maintaining their psyche?

Here are some parenting tips that will ensure your children have structured discipline:

Discipline is important. In essence, discipline is the act of training someone to obey rules and correcting undesirable behaviors accordingly. Though every person has their own [parenting style](#), discipline is necessary to guide children throughout life so they grow up to be decent human beings. In other words, discipline makes for a good, law-abiding citizen and a structured society. Parents must take special care in disciplining their children during the formative years, or risk having a strained relationship like [famous parent](#) Jon Voight and daughter Angelina Jolie. Here are a few [parenting tips](#) and pieces of [relationship advice](#) to help you discipline your children without breaking bonds:

Communicate expectations. To minimize unwanted behavior, make sure your child knows *exactly* what you consider “good” and “bad” behavior. They need to understand that there will be consequences for their actions. Naughty behavior should not be rewarded whatsoever, nor should it be tolerated. If at any time you decide to try a new disciplinary technique, you need to explain your new expectations. It’s not fair to dish out punishment for things they didn’t know were wrong.

Be authoritative, not authoritarian. Though you want to teach your child that there are expectations and consequences for their actions, you still need to have a level of flexibility. Being a parent doesn’t have to feel like a dictatorship. There’s no harm in explaining the rationale

behind house rules or including them in discussions. Allowing your child to have input from time to time can bridge compromise and help you adopt more appropriate disciplinary styles as the years go on.

Related Link: [Celebrity Hairstyles: The 2017 Hair Trend That's Brightening Up Fashion Week](#)

Try reward systems. Discipline doesn't have to be centered around punishment. Positive reinforcement is a great way to teach a child desired behaviors. Show your child that there are benefits to being well-mannered. Rewards can come in a variety of ways, whether it be a snack, toy, or praise- the important thing is that they earn them fair and square. If at any time you feel that your child is manipulating the system, it's okay to nix the whole thing altogether.

Keep hands to yourself. Physical discipline has been a hot debate for years, but studies have shown that hitting children contribute to mental health disorders, according to [abcnews.go.com](#). Though at the same time it's important to note that spankings and beatings are very different- it's a safer bet to refrain from physically disciplining your child. A good rule of thumb: if you wouldn't hit a puppy for undesirable behavior, then you shouldn't do so to your kid. Find healthier coping mechanisms to deal with your anger. Putting your hands on a child should be a very last resort in extreme circumstances.

Related Link: [Celebrity Interview: 'The Arrangement' Star Lexa Doig Says Views Can 'Expect a Bit of Everything'](#)

Set a good example for your child by showing them respect. Though you created them, they're still a human being that deserve autonomy. At the same time, discipline is important. There will be ups and downs while you try to guide your bundle of joy down the right path, but the key to being a good disciplinarian is consistency. Your child will never learn if

you can't clearly show them that there are natural and logical consequences. They might complain now, but they'll be grateful for all that you've done for them later in life.

What are your feelings on discipline? Share how you discipline your children in the comments below.

Parenting Advice: Quick Tips and Tricks on How to Travel With Kids



By [Delaney](#)

[Gilbride](#)

With Spring Break just around the corner, it's definitely time to start preparing for your family's weekend getaway! It's

common for [celebrity couples](#) to take some time off to travel the world on short [romantic getaways](#); it's also common that they bring their kids along with them. However, they're just like any other parents when it comes to trying to keep their children occupied and entertained the whole trip. Luckily, [celebrity kids](#) and your own children are no different when it comes to games. It begs the question, what are some travel tricks to keep your kids amused throughout your vacation without breaking the bank?

Cupid's here to tell you all about the most entertaining FREE apps to help make traveling with your kids easier:

Games:

1. Charades – iOS/Android: This new spin on the classic game of charades will have the whole family engaged! While you place the phone on your forehead, the rest of your family will give you clues in order for you to be able to guess the word presented on the screen. Categories range from dancing, to singing, to acting and sketching. The only thing is, you have to figure out what you are before time runs out! With over 100 decks and 400 cards, the fun never ends.

2. 101-in-1 Games! – iOS/Android: This free game collection has 142 games in 1 app; it calls for hours and hours of fun! This plentiful app includes games loved by all: puzzles, arcades, action, racing, sports, cooking, and even shooting games. This app allows you to play whatever your heart desires! It's especially great for car rides – your kids will never be bored.

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

[Books for Kids!](#)

3. Roadtrip – Bingo – iOS: This nostalgic board game is perfect in order to pass time in any situation. Your kids will want to know this game inside-out with nine board games to choose from! With variations like the license plate game board, the around town game board or the airline game board to help deal with layovers or delayed flights!

Travel:

1. Gas Buddy – iOS/Android: Have you ever stopped for gas only to find another station nearby with cheaper prices after it's already too late? With this app, that's a thing of the past! Gas Buddy finds the cheapest gas around so you'll never have to over pay for gas again. Report gas prices and earn points to enter daily raffles.

Related Link: [Date Idea: Most Romantic Destinations In the U.S.](#)

2. GetBeen – iOS: If you hate sorting through phony Yelp reviews and false claims, this app is perfect for you. GetBeen connects through different social media accounts and helps you find trusted places through your friends! Look no further for the perfect restaurant and/or travel destination as this app will be able to help you find places family friendly and places for the perfect [date night](#).

3. TuneIn – iOS/Android: The world of bad radio connection is no more! TuneIn live streams over 100,000 radio stations from all over the world including sports, news, music, and talk radio. If you want a little more, you can purchase premium which allows you a better and wider listening experience. Including 600 commercial free stations, premium listeners get play by play coverage of every MLB, NFL, and BPL games.

Are you going away for Presidents' Day? Comment below with some family travel tips!

Parenting Advice: You're Never Too Old to Have a Child



By [Dr. Jane](#)

[Greer](#)

You're never too old to have a child – just ask Steve Martin, Mick Jagger, Ronnie Wood, and many other [celebrity dads](#) who are choosing to become fathers later in life. While there is no ideal age that is perfect for every couple, having children at an older age has many benefits and also a few possible drawbacks. And you certainly don't have to be a [celebrity](#) or a dad to consider starting a family beyond your twenties and thirties. In fact, because of various reasons including being

caught up in their professional lives, many people are realizing it doesn't have to be one or the other, and despite focusing on their career for years realize they have not missed the chance to have kids. With that in mind, along with the current fertility technology and the possibility of adoption, many are pursuing that goal in their forties and even fifties. If you are in a new relationship with an older or younger partner, or you're older and finally ready to enjoy the joy of parenthood, or you have kids with an ex-spouse, but want to share that experience with a new one, there is still time.

Here are a few things to consider while you contemplate having kids later in life.

On the positive side, waiting to have a baby means there is more time available to pursue your career before settling down. It gives you the chance to focus on work and achieve the goals you set for yourself without feeling guilty that you don't have time for a child, or weighed down by the details of taking care of your family. Additionally, because you were able to fulfill your life dreams you may be more content and relaxed when you are faced with the additional responsibilities that come with parenthood. Furthermore, being older parents can also mean more financial and emotional stability for the kids, as well as a higher level of wisdom and teaching that comes from extra life experience, along with resilience and stamina which are essential qualities in a good parent. And of course, what better way to bring youth back to your home than to have a baby? Of course the family dynamics do change somewhat the longer you wait, but there's something to be said for getting the most out of the first chapter of life before starting the next one.

Related Link: [How Raising a Child Can Bring you Closer Together as a Couple](#)

On the flip side, though, there are a few other things to keep in mind. In truth, one's physical energy level is not the same when you're older as when you're younger. Being able to deal with the high demands and energy level of children themselves is something to be aware of. Of course, there is always the option to reach out for childcare support, no matter what age you are, when you become a mother or a father. Even more serious is the hope that one will live long enough to see their children reach different junctures in life – high school graduation, a wedding, the birth of a grandchild. The older you are, the more this might come into question. Mortality can be something that enters into the picture when the decision is made to have children at a later date.

Related Link: [Why It's OK to Have Kids Later In Life](#)

In the end, you have to consider the pros and cons of bringing a new person into the world at any time in your life. Why not do it when you are more established and more grounded in the world, just like Steve Martin and the other celebrity dads did? It might be as good a time as any, especially if you missed the chance at an earlier stage.

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.

Holiday Gift Guide “Must-Have”: Personalized Books for Kids!



This post is sponsored by Put Me In The Story

By Kayla Garritano

Give your kids the gift of reading this Christmas, but with a fun, unique twist! Personalized books for kids by [Put Me In The Story](#) takes bestselling books and beloved, famous characters to create personalized books complete with the child's name, photo, and a message from the gift giver! Your child will love the fact that they can become a part of the story and engage more in their reading! In 2016, *Put Me In The*

Story published over 60 new books with partners like Disney, National Geographic Kids, Curious George, Harper Collins, Sesame Street, Star Wars, The Avengers, and more. In our [product review](#), we got a look at a few of their favorite titles.

These favorite titles will be sure to give you a few [parenting tips](#) on what to buy for your child this holiday season:

Dream Big, Princess!

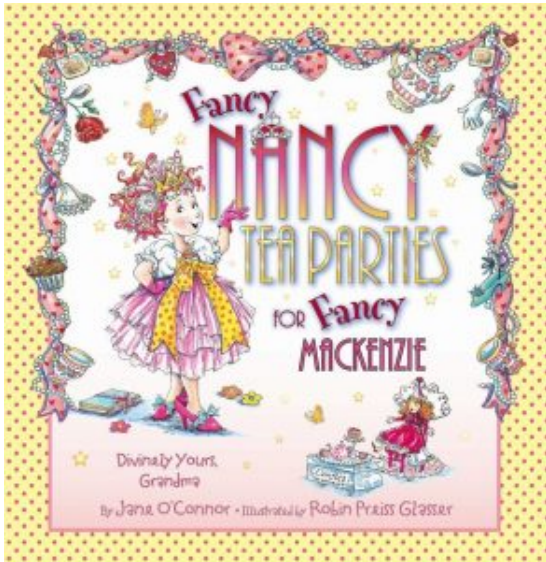
In the magical book, [Dream Big, Princess](#), 11 Disney Princesses tell their stories, encouraging young children to dream big, believe in themselves, and work hard to achieve their dreams! In this beautifully illustrated book, your little child, usually targeted from 4-8 years old, will write, draw, and imagine all the things she can be, led by the adventurous, independent, and ever-faithful Disney princesses! The journey begins with a personalized letter and Princess Passport, which your child can use to check off each princess as they read their stories. Whether she's putting together a restaurant menu alongside Tiana, listing treasures she's found on her travels like Ariel, or comparing her bookshelf to Belle's, your little one will learn that being a princess is more than just wearing fancy dresses and living in a castle...it's about being brave, honorable, kind, and hardworking. At the end, they can even match up each princess with her greatest wish, then fill in a special page with her own hopes and dreams! It's motivational and inspirational! You can purchase your child's happily ever after for \$34.99 on hardcover or \$29.99 on paperback!



Dream Big, Princess!
Personalized Book

Fancy Nancy Tea Parties

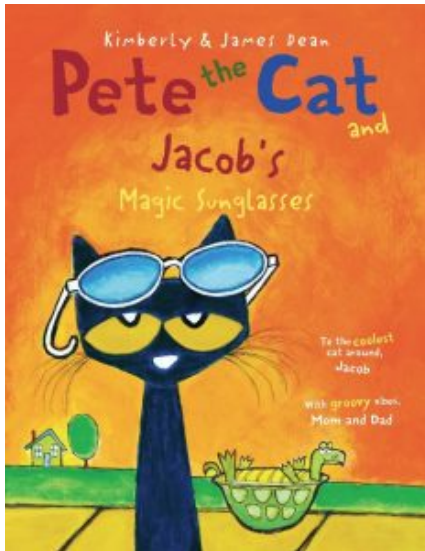
For \$34.99, you can personalize your own [Fancy Nancy Tea Parties](#). Hostess Fancy Nancy shares some secret hostess tips with your little one, usually targeted from ages 4-8. From recipes and crafts to etiquette tips and French lessons, this precious personalized book contains everything your child needs to throw the perfect tea party. It also includes a personalized letter from Nancy herself to your child! Plus, your child's name is worked into the text and has adorable illustrations throughout the book. Wrap up with a set of recipe cards from the Fancy Nancy's kitchen. Best of all, show off your kid's hard work and success by cutting out and framing the certificate declaring your child a graduate of Fancy Nancy's Tea Party Course!



Fancy Nancy Tea Parties Personalized Book

Pete the Cat

Looking to find a personalized book for your even younger child? [Pete the Cat and His Magic Sunglasses](#) is just for you. Meant for kids aged 1-3, follow the journey of Pete the Cat to see how he turns his his not-so-great day around with a pair of blue magic sunglasses thanks to Grumpy Toad! This personalized book teaches your child about seeing the world in a whole new way. It also features your child's name and photo along with an encouraging dedication message from you. The coolest part of the book? Your child plays a special part in the story! They are the one to let Grumpy Toad borrow the magic sunglasses in the first place! Because of your child, he's not so grumpy after all. As Pete the Cat travels through town, he meets friends that could use a little bit of magic. Your kid will be taught to find the good in every day with the help of this story. For \$34.99, any day can go from gloomy to great—all it takes is a little magic from within!



Pete the Cat and His Magic Sunglasses Personalized Book

National Geographic Kids Collection

Teach your child a little more about the wonders of the world with personalized books from [National Geographic Kids](#). Topics include animals, dinosaurs, ocean animals and space. These fun and educational books will help your child learn about the world around them. Each book is \$34.99 on hardcover and \$19.99 on paperback, but who can put a price on learning? The [Animals](#) books explores the rain forest, the ocean, and the icecaps with a personalized guide. Each page features beautiful photos of the coolest creatures along with providing quick facts about its size, diet, and habitat. There are also questions asked in the book to keep your little zoologist engaged. The books on [dinosaurs](#) discusses all the types of dinosaurs while asking your child questions, providing answers, containing a pronunciation guide, and on the final pages, your child can mark the dinosaur qualities they like best, then draw themselves as a dinosaur! [Ocean Animals](#) guides your child through the deep blue sea, naming sea creatures as well as plants, and engages your child with personal questions. On the final pages, your little one can mark their favorite animal traits, then draw an ocean creature that exhibits all of them! Lastly, the book on [space](#) tells your little reader all about

the galaxy and beyond. On the final pages, your child can name their own comet and draw the night sky! All these books can be personalized with your child's names, photo and special dedication message!



National Geographic Kids,
Book of Animals

Isabella: Girl in Charge

The last book on the holiday guide is [Isabella: Girl in Charge](#). Inspire your child to dream bigger and reach for the stars with this motivational story. Your child steps into the story as a spunky, purple-haired girl on a journey to the White House. Along the way, she learns about some of the amazing women who came before her. These doers, dreamers, lawmakers, and trailblazers helped create the world we live in today, one where your little believer can be anything they strive to be. This book is on sale for \$34.99 hardcover, and \$19.99 paperback. Include their name and photo along with a special message from you. At the end of the book, your child's face will appear next to some of the nation's greatest leaders! Show them that one day, they can be a great leader. So inspirational!



This post is sponsored by Diono.

This post

By [Mallory McDonald](#)

[Celebrity mom](#) Giuliana Rancic makes sure that her [celebrity son](#) Duke is always in his Diono Convertible+Booster Car Seat before going anywhere in the car. Ali Landry recently attended the 5th Annual Red CARpet Safety Event and also adored the Diono Radian RXT Convertible+Booster Car Seat. The Radian RXT is the ultimate in car seat safety with reinforced extra deep side walls providing enhanced side impact protection for little travelers. Diono is committed to providing safety for your kids in style. This car seat is made with premium materials and thoughtful safety features like a steel alloy frame, aluminum reinforced side walls, energy absorbing EPS foam, and a reinforced adjustable head support keep your little one safe and sound. You will never have to worry about the safety of your child while feeling chic and trendy for a retail value of \$359.99!

You and your child can feel safe

and famous riding with the [Diono Convertible+Booster Car Seat](#) and Diono's Organization & Travel Accessories!



Diono's must-have organization and travel accessories!

Stow 'n Go™

The Stow 'n Go keeps everything organized for \$10.99 and is easy to find when you need it. It is an under the seat organizer and has three full sized pockets in a washable, waterproof fabric. Features individual panels of high-density foam that contour to any vehicle seat and protect upholstery from the permanent indentations caused by child safety seats. Non-slip surfaces on the top and bottom prevent slipping and sliding of child safety seats.

Travel Pal™

The travel pal was designed to keep those small toys that float around your car organized. It has a deep cargo bin for toys and lots of pockets for smaller things, too. Plus it

includes insulated drink holders and the entire cargo area is waterproof – just in case. Travel Pal fits between two child car seats and it's big enough to hold everything for both children! Arguably one of the best organizers for \$15.99.

Pop Up Trash Bin™

This collapsible storage bin pops open when needed for those extra toys or for trash. The drawstring top keeps items secure and it is made with water resistant fabric as spills are a daily occurrence in parents cars. The retail value is only \$7.99 and it collapses flat for storage and travel. 7" W x 8" H. Takes Bag It disposable trash bags (not included).

Stuff 'n Scuff™

The Stuff 'n Scuff also features washable, waterproof fabric to keep the messes to a minimum in the back of your car. The pop open design maintains its shape providing full seat protection and the cargo pocket holds everything. Fastens easily around any headrest and the adjustable lower tab secures it in place. It folds so you can easily store it in the car on the go! Make your car feel brand new with the Stuff 'n Scuff for \$10.99.

Product Review: Mom's Favorite Fall Trends





This post is sponsored by Gululu, Janiebee, Froggelz Goggles and iClever.

By Kayla Garritano

Parents are always looking for the right products to make their kids and themselves happy. Fall is here, which means school is in session. With Fall also comes a bunch of breaks, such as days off for Columbus Day and Thanksgiving! You're going to need products that benefit your kids both at school and when they're with you. Cupid makes sure that [parenting](#) is easier for you with this product round-up.

The Gululu Interactive Water Bottle, Janiebee Nap Mat, Froggelz Goggles and iClever Boostcare Headphones will be your favorite Fall trends!

Gululu Interactive Water Bottle

Parents are always worried that their children don't drink

enough water during the day. They're going to need to drink it at school during recess, at lunch, and even just as something to keep them hydrated throughout the day. Gululu, the new interactive water bottle, will help measure your child's water intake. With the help of some hydrated friends, Gululu links your child's water intake to the health of a virtual animated pet and makes staying hydrated an act of care giving. There's even a special app that helps you set hydration goals based on your child's age, weight and location. The incentive for this BPA-free, water-proof water bottle is that the closer your child gets to his or her water intake goal, the healthier that virtual pet becomes. The character on the water bottle will grow, collect treasure and explore "Gululu Universe." You can purchase this product starting at the [single pack](#) for \$99, or you can get various other packs, such as the double and family packs! This bottle is for ages 3 and up ... or if you're a parent young at heart!



Gululu Interactive Water Bottle

Janiebee Nap Mat

Have your kids get a little cozy during nap time. This super soft, luxe mat can be taken anywhere, making it a great nap time accessory for school. These mats are made with a fabric tie closure and come with a minky pillowcase. Once napping is over, all you have to do is roll up the mat and tie it closed! These come in different colors and designs, and you can even [create your own](#). They are machine washable and dryer safe, too! Pricing starts at \$99 and can guarantee your child will

be comfortable and fast asleep.



Janiebee Nap Mat, The Happy Camper

Froggelz Goggles

A much anticipated family vacation is coming up shortly! You cannot wait to spend some quality time with your kids. As the air by you is getting colder, you're escaping to a place that's warm and sunny. But when you're sitting poolside, your kids are going to need something to protect their eyes when they're splashing around. Available in multiple colors, the [Froggelz Goggles](#) by *Made By Dad* put comfort on the back of your child's head when they're swimming. It's easy enough to remove so their wet hair doesn't get caught on the straps! Also, the back strap is easy to adjust and will secure the tightness on your child's face. There is no slipping and no painful adjust. For \$19.99, you can ensure a fun, comfortable swimming experience for your child, and you get to lay back in the sun and watch them have fun!



Froggelz Goggles, Made by Dad

iClever Boostcare Headphones

Your child may want to listen to music on the bus ride to and from school, or maybe they want to hang back in the car when you're driving and listen to some of their favorite songs. These new iClever Boostcare Headphones are made for kids to protect their ears all while enjoying the tunes. These over-the-ear designed headphones have kid-safe volume technology, so their ear drums won't be damaged, and they come with soft comfy ear pads and an adjustable headband, so you can find the perfect size. These headphones are also very portable, given they are suitably lightweight and have a tangle-free cord. Made out of food-grade material, they come in three special designs; the [Cat Ear](#), [Halloween](#), which is great with the holiday right around the corner, and the [Christmas edition](#), a special seasonal treat. At the affordable price of \$15.99, give your child an accessory all while protecting the safety of their ears. Plus, they're on Amazon Prime, so you'll get them ASAP!



iClever Boostcare
Headphones, Cat Ears

Don't miss out on these favorite fall trends! For parents everywhere, make sure your kid is happy and comfortable this season!