

Date Idea: Bring the Beach to You



By Sarah Ribeiro and [Bonnie Griffin](#)

Escape the cold winter months and bring the beach to you. Have your own island getaway with this [date idea](#) by planning a romantic and private stay-cation. Create your own blissful [date night](#) with your private beach island.

Date Idea: Create your own beach for date night and build your own island getaway!

The first step for this amazing date weekend is to crank up

the heat in your house. Forget about how chilly it is outside by keeping your thermostat set to summer temperatures. You and your sweetheart can pretend you're on the beach while lounging around in each other's arms, blasting Bob Marley and dreaming of the sunshine. To really relax, dim the lights and lead each other in a soothing yoga and meditation session.

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For dinner, enjoy grilled pork and pineapple kebabs and picture yourself in paradise. To really set the mood, keep a beach-themed film on in the background; 'Forgetting Sarah Marshall' is a great romantic comedy set in Hawaii. After you're finished eating, head back to the kitchen and have a friendly dessert-making competition with your partner: prepare the most tropical dessert you can think of, like key lime pie, fried ice cream or chocolate-dipped coconut macaroons. For something a bit easier, keep a bowl of fruit handy and feed each other. Passion fruit is tropical and in season in January, and it tastes great cubed and frozen.

For some added fun, turn your bathtub into a Jacuzzi. You and your honey can soak in the tub, drinking piná coladas and margaritas. Perhaps you'll even be inspired to plan a real vacation together. Grab some travel brochures or pull up a travel website, pick out your favorite tropical locations and consider what activities you can do there: horseback riding in Hawaii, nightclubbing in Ibiza, hang gliding in Brazil. Figure out ways that you and your sweetheart can start saving up for your romantic getaway.

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After a nice long soak, break out the coconut oil and give your love a tropical spa treatment: spread some beach towels on the bed and take turns giving each other massages. Find your favorite massage bar at lushusa.com – their Heavenilli bar is made specifically for the bedroom. If you want a

challenge, create your own home spa treatments, like a simple seaweed wrap, or try a home-made facial with fresh fruit, olive oil or yogurt. No matter what, keep each other pampered in true vacation style.

Have any ideas for a faux beach getaway? Let us know in the comments.

Date Idea: Christmas Movie Marathon



By Samantha Mucha and [Bonnie Griffin](#)

Getting cozy with your partner by the fire while watching ABC

Family's '25 Days of Christmas' should be number one on your to-do [date night](#) list this holiday season. Leave the freezing winter weather outside with this [date idea](#), and kick back for an indoor weekend with your sweetheart.

Date Idea: Cozy up to your love with a Christmas movie marathon!

Watching Christmas movies will not only put you and your lover in the holiday spirit, but the price is right – free. Throughout the month of December, there are a variety of holiday-themed broadcasts on all of the national networks. The choice is yours, really. Of course, if you're lucky enough to own a DVR, you won't have to choose. You can load up "Miracle on 34th Street," "8 Crazy Nights," and "A Christmas Story" and watch them whenever you please.

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To make this into a romantic evening, pour some wine or brew up some hot cocoa. You can even go above and beyond by renting your partner's favorite childhood Christmas films. If you are in the mood to get nostalgic, ask your partner's parents to share old home movies of your boyfriend on Christmas Eve or Christmas Day. Watching videos of him as a child can help spark good feelings and could be a Christmas tradition that you decide to continue in your relationship.

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It's only getting colder. So, get the popcorn popping and throw on your best flannel pajamas. Cozy up with your holiday honey for the most relaxing moments you'll have for the entire holiday season.

What's your favorite Christmas movie? Share your top pick with our readers by commenting below.

Date Idea: Wrap Gifts Together



By Samantha Mucha and [Bonnie Griffin](#)

The holiday season can be a stressful time with your partner, even though it should be full of joy and holiday cheer. To lessen your to-do list this December, and still have time for a [date night](#), try this [date idea](#) for something different with your sweetheart. Break out the wrapping paper, ribbons, and tape. It's time to channel your inner Christmas Elf.

Date Idea: Turn wrapping gifts into a magical date night!

There's no doubt that wrapping gifts is a difficult task. It's an endeavor that should be left for the most skilled and nimble-fingered family members. Yet, nothing says "I support you, babe!" quite like helping out. Have your lover join you.

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It may sound like you are just recruiting your man to do your chores while you sit back and relax, but that is not the case at all. It becomes less of a task and more of a constructive activity when you two do it together. Have your significant other bring over their unwrapped gifts (but not yours, you don't want to ruin a good surprise) and the two of you can work together.

To make your Friday night even more entertaining turn gift-wrapping into a game. Maybe your relationship could use a little competitive edge. Try timing yourselves to see who can make the best-looking package in the quickest amount of time. The winner has to bake cookies for the not-so-perfect wrapper.

Related Link: [Date Idea: Warm Up By Exercising This Winter](#)

Putting on some holiday music while sitting by a warm fire is a romantic conclusion to this date. After your gifts are piled neatly under the tree, sit back and relax with your beau. As the night of gift-wrapping fun comes to a close, catch a Christmas movie on TV and drift off to sleep cuddled up in each other's arms.

What unique date ideas do you have during the holidays? Share your ideas below.

Date Idea: Get Off the Grid



By Sarah Ribeiro and [Bonnie Griffin](#)

Stay away from a boring [date night](#) this weekend and go on a spontaneous road trip with your partner by hopping in the car and driving with no plans in place. With this [date idea](#) you'll start off in your town, exploring neighborhoods you've never seen and finding restaurants, cafes or other niche spots for future dates together. Then, take it one step further: skip the highway and take a back road to somewhere random on the map, maybe a nearby town or a tourist attraction that you've been meaning to see. Don't forget to bring a camera so the two of you will always remember the places that you visited.

Date Idea: Hit the road with your partner and zero plans!

For added adventure, go out of the state. Take the highway as far as you dare and stop at the cutest bed and breakfast that fits within your budget. Find a famous landmark in a neighboring state or follow the signs to the most intriguing spot advertised on the highway. Some great – and somewhat strange – tourist spots include Ruby Falls in Tennessee, the Oz Museum in Kansas, Lizzie Borden's Bed and Breakfast in Massachusetts or the Mob Museum in Las Vegas. Look for more unique tourist attractions at Roadside America and pick out your favorites.

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Cash in on your significant other's interests and find somewhere that fits with his hobbies. Is he a gamer? Look for a retro arcade in a small town. Is he a wine or beer connoisseur? Visit a vineyard or brewery for some local flavor and be sure to take home some free samples.

You can check things off your bucket list during the trip too. Drive down to your local airfield and take your journey on a thrill-seeking twist by going skydiving or taking flying lessons. Enjoy a hot-air balloon ride or even get completely off the grid by going off-roading.

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In the car, do your best to keep your man entertained. Play some old-fashioned car games, like Twenty Questions – a great way to get to know your sweetheart better – or the traditional License Plate Game, where you compete against each other to find license plates from each state (bonus points for international plates). Be sure to bring some healthy snacks with you too, like granola, trail mix or fresh fruit.

The most important thing to remember on this date is to not to plan a thing. Let the road carry you and your partner to a memorable weekend.

What are some of your best off-the-grid locations? Share them in the comments below.

Date Idea: Play Dress Up



By [Sarah Ribeiro](#) and [Bonnie Griffin](#)

Tired of being cooped up all winter? For this [date idea](#), refresh everything you learned in college acting class by pretending to be someone you're not. Dress up with your honey and have the time of your life on [date night](#) revitalizing your

imagination.

Date Idea: Take date night to the sky with your imagination and a costume!

Search for nightclubs having costume parties and spend the night dancing in your babe's arms dressed as the king and queen of the ball. Many city nightclubs have themed nights, such as sci-fi, masquerade, 80's attire, 'Alice in Wonderland' or even 'Twilight.' Club Oberon in Boston has a weekly "Donkey Show": while their dance party rages on, a subtle re-enactment of Shakespeare's classic [romantic](#) comedy 'A Midsummer Night's Dream' is performed around the club. Additionally, Marquee in Manhattan throws a European party every Friday, celebrating the party cultures of different European nations.

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Go to a cosplaying (costume playing) convention and tap into your inner nerd, dressing as your favorite comic book character and reaping the benefits of watching early film footage and trailers. Ohayohcon and Setsucon are two huge conventions that are traditionally held the last weekend in January in Columbus, Ohio, and at Penn State College respectively. Be sure to stick around once the convention ends: the after parties are usually at local nightclubs where you can party all night with your [sweetheart](#).

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If you enjoy more ancient stories, visit a renaissance fair or even try out LARPing (live-action role-playing). You and your honey can dress as medieval royalty and play pretend in another century. Live out a fairy tale adventure together as your knight in shining armor saves you, a damsel in distress,

from the hands of an evil dragon. You can act like your favorite 'Lord of the Rings' character or get into a more recent groove and dress up as someone from HBO's 'Game of Thrones.'

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If you don't have the money to be hitting up the city (or don't live near one), stay in for the night. During the day, head to your closest Goodwill store and get 20 dollars worth of old, strange clothing and accessories. Once you get back home, come up with the most ridiculous outfits that you and your [partner](#) can create. If you want, you can even put outfits together for each other. Make up scorecards and judge each other on creativity and hilarity.

At the end of the [date](#), the two of you can take a photo in your get-ups and frame it as a memento of the silly and imaginative time you had together.

What are your favorite dress-up dates? Tell us below.

Date Idea: Volunteer Together this Holiday Season





By [Bonnie Griffin](#)

The holiday season is filled with celebration, family time, and giving to others. There's no better way to give than by volunteering to help the less fortunate. For this [date idea](#), find a cause that both you and your significant other think is important, and spend [date night](#) together while enriching the lives of others.

Date Idea: Volunteer to a worthy cause you and your partner are passionate about.

Rather than going out for a meal, serve meals together instead. Volunteering at a soup kitchen is a selfless act that you'll later appreciate and if you do it with your partner, it'll definitely bring you closer together. Check out volunteer opportunities at soup kitchens near you.

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Another way to volunteer is by visiting residents in retirement or old age homes. Family time is practically synonymous with holiday cheer and often families can't make it to visit their loved ones. Take time to bring joy to others by playing cards, baking, reading or simply telling them stories.

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If none of the above ideas work for you this holiday, try giving back to your community by making gift baskets with your mate. Gather non-perishable food items and donate them to the underprivileged. The two of you can also bond over cooking meals and delivering them to homeless shelters.

Acting selflessly as a couple during a season of indulgences will help you work on your own relationship and appreciate the fact that you have one another at this time.

Let us know how you are giving back as a couple this holiday season and what your favorite volunteering activity is.

Date Idea: Thanksgiving for Two





By [Bonnie Griffin](#)

Thanksgiving is a time to celebrate with family, watch football and indulge in turkey, stuffing and pumpkin pie. As fun as the day may be, it can cause strain on your personal relationship if things aren't planned out properly. The day will be extra special if you set aside time to work together as a team with this [date idea](#).

Date Idea: Make Thanksgiving romantic. Turn it into dinner for two.

If you're preparing to host Thanksgiving with your partner, begin the process by sharing responsibilities and scheduling time together in advance. Pick a day where you will choose the turkey and get all of the accompaniments together. This will make things much easier and it will show your partner how committed you are to have a nice [date night](#) experience with them.

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As for decorations, unleash your inner child and make them yourself. After all, who didn't enjoy creating outlined hand-print turkeys from construction paper as a child?

An early start and an organized plan are essential for Thanksgiving Day success. For the romantics at heart, leave time for a break with your sweetheart in between all the preparing. Or, spend a few moments making a list of all the reasons you're thankful for each other and then read it aloud. This will also remind you why your relationship is so special and once family and friends arrive, you'll be ready to serve up the meal and mingle.

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For those looking to spend some time alone, one idea is to cook and eat dinner together and join your families for dessert. Just don't forget to clean up as a couple—it'll go twice as fast and will end the holiday on a positive note.

No matter what you decide to do together this holiday, remember to give thanks to your partner and tell them how much you appreciate them.

On Thanksgiving, what are some activities you and your honey work on together? Let us know in a comment below.

Date Idea: Inspire Your Date with Art



By [Bonnie Griffin](#)

If you're tired of heading to the same date place each week for [date night](#), getting in touch with your creative side may be just the thing you need to rekindle (or jump start) your romance. Here are some [date ideas](#) that might stir your inner artist. An art exhibition or museum combines culture with artistic flair and can be very romantic.

Date Idea: Take your date night to a creative level and inspire your date with beautiful art.

If you're interested in getting hands-on experience, an art class may be the thing you need instead. Additionally, many pottery studios are open to the public and have ready-made

pieces that you can purchase and paint. Enjoying this with a significant other can make for a fun, hands-on date that will expose the creative side in both of you.

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If you're struggling to find something similar in your area, look at the community section of your paper for local artists showcasing their work. It's important to remember that art is subjective and what your partner may like, you may not. Sharing your perspective is what can deepen your relationship further.

Did you ever get artsy with your honey? Let us know about it by commenting below!

Celebrity Baby News: Sean Lowe Admits Wife Catherine's Third Pregnancy Happened 'Sooner Than Planned'





By [Bonnie Griffin](#)

In [celebrity baby news](#), Sean Lowe and Catherine Giudici are expecting their third child. According to *UsMagazine.com*, the [celebrity couple](#) had been planning for a future with three children, but this third pregnancy came a little earlier than they had planned. The former *Bachelor* star said they are still excited about the pregnancy, although “the idea of raising three kids under three and a half years old [is] a little daunting.” Ready or not, baby number three is on the way for this couple.

In celebrity baby news, this pregnancy took Bachelor Nation’s Sean and Catherine by surprise. What are some ways to cope with a surprise pregnancy?

Cupid’s Advice:

Not every pregnancy is planned for, but this doesn't mean it's not a happy occasion. Still, an unexpected pregnancy can be a lot to take in, and it can add unneeded stress if you are surprised. Cupid has some advice to deal with a surprise pregnancy:

1. Ask friends and family for help: If this isn't your first child and you're feeling a little overwhelmed talk to your friends and family. Let them know you're feeling tired and ask them for help. If you just ask you may find that you have all the help you need to bring your new child into this world.

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2. Remember it is normal to have negative thoughts: When you're surprised with a pregnancy every thought you have about your upcoming bundle of joy may not be positive. That's okay. Being pregnant alone takes a toll on your body with morning sickness, fatigue, stretch marks, and more. It is understandable that you might have a few negative thoughts about having to go through all of that unplanned.

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3. Don't panic: It may not feel like you have any time to get ready for the baby, but you have nine months. All you really need to worry about are the important things like a bed for your baby, diapers, clothes, and a few supplies. If you cut back on a few of the extras you splurge on you will find the money you need to get what you need for your upcoming baby.

What are some ways you might handle a surprise pregnancy? Let us know your thoughts in the comments below.

Celebrity News: Jed's Mom Tells Hannah He's Not Ready to Get Engaged On 'The Bachelorette'



By [Bonnie Griffin](#)

In [celebrity news](#), Jed Wyatt's family suggested on [The Bachelorette](#) he should follow his music dreams instead of focusing on his relationship with Hannah Brown. Wyatt's mother seemed to be skeptical of the couple, and according to [UsMagazine.com](#), his entire family "was floored that Jed

could be considering an engagement when his passion for his music was top of mind.” In relationships, our parents do not always have the same dreams for us as we do, and this is one [celebrity couple](#) that would be starting their relationship with Wyatt’s family trying to stand in their way.

In celebrity news, Jed Wyatt’s mom is skeptical of a potential engagement at the end of The Bachelorette. What do you do if your parents don’t support your relationship?

Cupid’s Advice:

Relationships come with many obstacles, and unfortunately, family opposition sometimes plays a huge part. When your parents don’t support your relationship there are a few ways you can get past their opposition and keep your relationship strong. Cupid has some advice to keep your relationship strong even if your parents don’t support you:

1. Respect your parents: You may not agree with your parents’ disapproval of your relationship, but remember they are the people who raised you. They relied on their values and beliefs to raise you and help you become the person you are. Their concern is another sign of their love. You don’t have to leave your relationship because of their opinion, but try not to start an argument or be disrespectful.

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2. Open up to your parents: Talk to your parents. Tell them

how you feel about your partner. Share with them how amazing you find your partner and help them to see the person you love through your eyes.

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3. Bring your partner around your parents more: If your parents don't initially approve of your partner give them the chance to get to know them better. Bring your partner around your parents more often. Take them to family dinner or invite your parents over for dinner with you and your partner. Give them a chance to get to know your partner better and hopefully they will begin to see how much you care for them and learn to be supportive.

What are some ways you might deal with your parents not accepting your relationship? Let us know your thoughts in the comments below.

Food Trend: Zero Waste Eating





By [Bonnie Griffin](#)

In recent [food trends](#), restaurants and bars are taking the age-old saying “less is more” to new heights with zero waste eating. Restaurants are using many different methods to ensure no food goes to waste, from composting to donating glass trash for recycling. Some [popular restaurants](#) are even passing the trend along to customers with no cutlery waste and reusable packaging. When enough food is thrown away each year to feed 870 million people, it is nice to see a food trend that helps eliminate unnecessary waste.

Zero Waste Eating is a new food trend that can help you cut down on food waste. Here are some ways to waste less food.

Restaurants and bars typically have a lot of waste from food that doesn't get served or eaten to paper and plastic cutlery and broken dishes. When people are starving while food is

being thrown away by the gallons it is nice to see restaurants stepping up and working to eliminate waste. You don't have to be a restaurant or bar to practice zero waste eating. Cupid has some food tips on zero waste eating:

1. Only cook what will be eaten: It's unimaginable to imagine we would throw away perfectly good food when people around the world are starving, yet it happens often. Large portions lead to food waste that is unnecessary and this can easily be avoided. When preparing meals or ordering at a restaurant only order or make what you know you and your family will eat. If you do wind up with too much food, don't throw it out. Leftovers taste great a day after and can make for a great lunch for work. If you really don't want your leftovers, give it to someone else who will want it.

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2. Composting: Have too many leftovers, or you are tired of eating the same thing after night two and considering throwing away perfectly good food? Why not try composting? Composting helps you build up your soil so that it retains moisture and reduces the need for chemical fertilizers. It is great for that beautiful flower bed you've been wanting to plant to liven up your curb appeal or can be used to plant your very own garden where you can grow your own fresh vegetables.

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3. Stop using disposable dishes and utensils: We all know using paper plates and plastic utensils are convenient. All you need to do after you're done eating is toss it in the trash. Have you thought of the impact doing this has on the environment? Bright white paper plates are composed of wood fibers which must be bleached and have chlorine compounds in them. Plastic doesn't rot, so it harms wildlife. Instead, use dishes that can be reused and washed to eliminate the waste

you created when you eat. It only takes a few minutes to wash your dishes after you are done with your meal.

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4. Store food properly: How often do you throw away food that went bad because it wasn't stored properly or wasn't used in a timely manner? Cut down on food waste by storing food properly so it lasts longer, and only buy perishables that you know you will be used within a set amount of time. You can buy plastic storage bowls or plastic bags to store your food. Also, don't underestimate the power of your freezer, which will help keep certain foods longer (even bread) until you can get to them.

5. Shop with a plan: Start meal planning. This way, you'll know exactly what you need to buy after you make a shopping list for your next trip to the grocery store. As long as you can keep yourself from deviating from your list, you'll prevent yourself from buying food you don't need and won't need to worry about expiration dates. You'll also eliminate waste by throwing out food that has gone bad, so you'll save more money.

This zero waste food trend is one we can get behind. Tell us your ideas on cutting down on food-related waste below.

Health Tip: 3 Trends That Hurt Your Teeth



By [Bonnie Griffin](#)

A number of [health trends](#) this year have people drinking new beverages. It's fun to test out this new [health advice](#), like sipping apple cider vinegar or putting collagen in your coffee. You might not realize that some of these can be detrimental to your dental health after you dive into new food or drink trends in the hopes of becoming healthier. Nothing is more painful than an open cavity when you need to wait for an emergency appointment at the dentist because your enamel has been stripped away.

Health tip: Not all health trends are good for your teeth. What are

some ways we can protect them?

Everything we eat or drink has to pass through our mouths. With all the new health trends that include acidic drinks and foods to help burn off calories and become a healthier you, you might be damaging your teeth. Cupid has some [health tips](#) to protect your teeth and gums if you want to try any of these trends:

1. Adopt a healthy diet instead of a juice cleanse: Being on a healthy diet has been known to be a better healthy option versus going on a juice cleanse. It turns out that not only are juice cleanses not the best option for getting healthy, but they aren't great for your teeth either. Dentists report seeing increases in decay because the juice can sit between the teeth, wearing away at your gums and teeth. If you still want to give this health trend a try, drink through a straw and definitely use mouthwash and floss regularly.

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2. Mix your apple cider vinegar with water: Naturalists claim drinking apple cider vinegar can cure your body of many ailments. These claims include skin with a healthier glow, weight loss, and lowered blood pressure. The process in which apple cider vinegar is made creates a mix of probiotic and helpful bacteria and enzymes, but this also means it is very acidic. Straight apple cider vinegar can damage the enamel on your teeth, leaving them vulnerable to cavities. Instead, it's much better for your teeth if you mix the vinegar with water. Common dosages are one to two tablespoons or teaspoons mixed in a large glass of water, depending on how well you stomach the taste of apple cider vinegar. Be sure to brush your teeth after your dose of apple cider vinegar.

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3. Decrease your charcoal toothpaste usage: Charcoal toothpaste promises a whiter, brighter smile. You may not realize that charcoal toothpaste can actually yellow your teeth over time and may contain abrasive ingredients. The abrasive ingredients are used to remove stains, but charcoal toothpaste doesn't contain enough fluoride to fight tooth decay because it can wear down your enamel to reveal dentin, a softer tissue that looks yellow in appearance. If you decide you still want to use charcoal toothpaste, it's recommended not to use it as your everyday toothpaste, but instead once every other week. Do not brush too hard or too long.

Health trends are not always the best ways to make your body healthier, in fact, some can cause damage to your dental health that can be hard to fix. Let us know your thoughts about these health trends below.

Celebrity News: 'Bachelorette' Hannah Brown Admits to Intimate Relations in a Windmill





By [Bonnie Griffin](#)

In the latest [celebrity news](#), [Bachelorette](#) Hannah Brown admitted to sleeping with a contestant in a windmill while on a date with Luke Parker in one of the promos for a future episode of the reality TV show. According to *UsMagazine.com*, Brown was not pleased with Parker's remarks in regards to her sleeping with guys on the show, saying to him, "My husband would never say what you've said to me." Brown admits to having some fun on the show, and she does not regret her decisions, but she's clearly not going to listen to negative remarks about her sex life without sticking up for herself. This is one celebrity [reality tv](#) star who knows how to stand up for herself.

In celebrity news, *Bachelorette* Hannah Brown admitted to some hanky panky in a windmill in one of the

show's promos for a future episode. What are some ways to spice up your relationship?

Cupid's Advice:

Keeping a relationship interesting and intimate can get put on the back burner as life gets busier, your relationship evolves and you're no longer in the honeymoon phase. It is easy to become complacent on the romantic front when things like work and children take up so much of your time. Spicing up your relationship can be done with the smallest gestures. Cupid has some advice to keep spice things up even in a long-term relationship:

1. Make eye contact: One of the most intimate things between partners is making eye contact. If you want to keep the intimacy alive try this easy tip and make eye contact with your partner when you say, "I love you."

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2. Smile when you see them walk into the room: A big part of keeping things spiced up in your relationship is finding the small ways to make your partner happy; to make them feel appreciated and loved, even without words. Something as simple as a smile when they enter a room or you see them walk through the door when they come home at the end of their workday will make them feel warm and loved.

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3. Physical contact isn't just for the bedroom: When you are trying to spice up your relationship everything doesn't have to be about the things that occur in the bedroom. Sometimes

the best things can take place outside of the bed. Snuggle in front of the TV, slow dance with your partner in the living room, and hold their hand when you walk down the street. These small physical gestures will put the spark back in your relationship.

What are some ways you might spice up your relationship? Let us know your thoughts in the comments below.

Celebrity News: Ed Sheeran Breaks Silence on Taylor Swift's Scooter Braun Drama





By [Bonnie Griffin](#)

In the latest [celebrity news](#), Grammy winner [Ed Sheeran](#) finally broke his silence on the drama between [Taylor Swift](#) and Scooter Braun. Sheeran, a known friend of Swift, had been receiving backlash from fans online for not openly sharing his support of Swift after the singer/songwriter called out Braun for buying out her master lists when he purchased Big Machine Lable Group. According to *UsMagazine.com*, Sheeran finally opened up on Instagram responding to one fan's comment saying, "I have been speaking directly to her, like I always do." Sheeran may not have openly gone to the internet to say he was taking Swift's side, but he made it clear he's been there for her in person and that is what's important in a friendship.

In celebrity news, Ed Sheeran finally spoke out about the drama

happening between Taylor Swift and Scooter Braun. What are some ways to support your partner through dramatic situations?

Cupid's Advice:

No matter how hard we try, life sometimes comes with drama. When that happens, we need our friends and our partner to be by our side, be a shoulder for us to lean on. Sometimes it can be hard to know the best way to support the people we care about when they are upset and drama is surrounding them. Cupid has some advice to support your partner when drama comes their way:

1. Listen: Sometimes when drama comes into your partner's life they just need someone who is willing to listen. Maybe they need to vent to get out their frustrations, or they need to cry on someone's shoulder. Whatever they need to say, or how they need to get their frustration off their chest just listen and let them vent. In the end, just listening can be the thing they needed most.

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2. Support them, but don't add to the drama: The hardest thing to do can often be to do little or nothing at all. Instinctively you might want to jump in the middle and protect your partner from those lashing out at them, but it's important to think before you dive into the fold. Often times, if ignored, the people bringing the drama will get tired and move on, so jumping in can cause the drama to escalate and make a stressful situation worse for your partner and yourself.

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3. Talk to your partner: Before you jump in to defend them, talk to your partner and ask them what they need from you. How can you help? They may want you to defend them, or they may want you to whisk them away and take their minds off the drama that has them upset.

What are some ways you would help your partner when they are pulled into drama? Let us know your thoughts in the comments below.

Parenting Trend: 2019 New Age Parenting Trends





By [Bonnie Griffin](#)

Gender reveal parties were all the rage last year. They're becoming more passé in 2019. Having all of your friends and family show up just to set off an elaborate reveal of your baby's gender may not be at the top of your list as a new parent, especially if you are a new age parent who doesn't want to push your baby into gender norms before they are even born. Instead of gender reveals there are many new [parenting trends](#) popular in 2019.

Move over gender reveal parties, there are new age parenting trends this year.

Everyone has their own parenting style. Some parents are strict, some constantly worry about all the perils their children may face, and some are relaxed and prefer to let their children make their own decisions from a young age. There is no one set "right" way to parent your children. Each

parent gets to choose their own personal parenting style. Let's take a look at some popular parenting trends for 2019:

1. Parenting with an authoritative edge: You may not be a very strict or overprotective parent, but you teach your children to respect your authority. Authoritative parents make it clear they aren't pushovers by setting firm rules. Parents who practice an authoritative parenting style have expectations for their children, and they provide them with the resources and support needed to succeed. They are great at listening to their children as well, but they also believe in fair discipline if their children break the rules.

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2. Subscriptions: Parents are taking subscriptions to a level far beyond just using Amazon Prime. Parents are using subscriptions for all things baby including toys, diapers, baby food, and even postpartum recovery items. The convenience of skipping the store with the stroller is a far greater help through online shopping and parents love it!

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3. Audiobooks: Parents are looking for ways to limit screen time. Audiobooks offer a great alternative to sitting your children in front of the TV for a little quiet time. It gives parents something to help distract the kids when needed, or it can help at bedtime to get them lying still and calming down before they fall asleep. It is a great alternative to television with the added benefit of them learning a new book.

Gender reveals used to be the greatest thing for new parents, but this year it's more about the children and convenience in the new age. Let us know some of your parenting style or your favorite methods of convenience as a parent below.

Movie Review: Ready or Not



By [Bonnie Griffin](#)

In *Ready or Not*, a bride's wedding night takes an unexpected turn when her new in-laws convince her to play a sinister game. *Ready or Not*, starring Samara Weaving as Grace and Andie MacDowell as Becky Le Domas, is about a new bride who finds out that her new family has a terrifying way of accepting new people into their family. If she's not careful, what she thought was a simple game of hide-and-seek could be her first and last night as a new member of the Le Domas family. This movie shows you don't really know people until you make them family. Check out our [movie review](#).

Check out our movie review on *Ready or Not*, a thriller that gives a new meaning to wedding night fun!

Should you see it: If you are a fan of thrillers, then *Ready or Not* will be right up your alley. This movie will keep you on the edge of your seat as Grace fights to stay alive on her wedding night where she learns that her in-laws have sinister secrets. Grab the popcorn and a friend to hold onto tight, this one is going to be a thrilling ride.

Who to take: *Ready or Not* is rated R and will make a great movie for date night so you can hold your partner tight in your arms. It's also great for a friends night out for you and your thrill-seeking friends.

Cupid's Advice:

In *Ready or Not*, Grace is excited to get to know her new in-laws on her wedding night. Little did she know the terrifying door she was walking through when they tell her they are having game-night and she draws the hide-and-seek card. It can be hard to really know people and what they are capable of, and that can be a scary thought especially when those people are going to become your family. Cupid has some advice on getting to know your in-laws before the wedding night:

- 1. Invite them to dinner:** You're gaining a new extended family after you marry your partner. If you live near your future in-laws it would be good to meet and get to know them before your big day. Invite them to dinner on occasion so you can learn about them and they can learn about you. You want to build your relationship with them because you'll be family forever once you say, "I do".

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2. Spend time with them without your partner: In some cases, your partner's family might act on their best behavior when your partner is around making it hard to really get to know them. Spend some time with them on your own to get to know who they are when your partner isn't around. Invite them out for lunch or on a shopping trip.

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3. Understand that you may not get along: In an ideal world everyone would love their in-laws and get along with them, but that isn't always the case. If you don't get along with your future in-laws make peace and try not to take it out on your partner. If you don't get along, be respectful and courteous when you have to attend family functions. There is no rule that says you have to love every new person you meet, and this includes extended family and in-laws.

What are some ways you spend time with your in-laws to build your relationship? Share your thoughts below!

Celebrity Break-Up: Allison Williams & Husband Ricky Van Veen Split After 4 Years of Marriage





By [Bonnie Griffin](#)

In [celebrity break-up news](#), after almost four years of marriage, Allison Williams and Ricky Van Veen have split. According to *UsMagazine.com*, the [celebrity couple](#) gave a joint statement saying, “With mutual love and respect, we have made the decision to separate as a couple.” Reports say the two have been living apart. It is nice to see they were able to split on friendly terms.

This celebrity break-up comes after four years of marriage. What are some ways to know your marriage has cracks that can't be fixed?

Cupid's Advice:

Sometimes what seems like the best of marriages run into issues that create cracks in the relationship and cannot be repaired. This celebrity couple made the decision to separate

while they were still able to be friends. Cupid has some tips to help you decide if the cracks in your marriage are beyond fixing:

1. You live life like you're single: If you're married and either you or your partner are essentially living separate lives, it may be a sign that your marriage is beyond fixing. As partners, you should be putting each other first, and enjoying spending time together. If you are both spending most of your time apart, and making decisions without considering your spouse first, it's a good chance your marriage may be nearing the end.

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2. Thinking of your spouse with someone else doesn't hurt: Your spouse should be your priority; someone you want to spend time with and who you want to prioritize the love between the two of you. If you think they may be spending time with someone else and that doesn't bother you or make you sad, then your marriage is hurt and this may be a sign it is cracked beyond repair.

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3. You stop having sex: Sex isn't everything, but when you're married, it is something. It isn't necessary that you have sex several times a day or even weekly, but if months go by and neither of you is interested in having sex, this is a bad sign. It is a definite sign that your marriage is not looking so great.

What are some things you look out for when determining if a relationship has run its course? Let us know your thoughts in the comments below.

Celebrity Break-Up: 'Bachelorette' Jed's Ex Haley Cries After Learning He Allegedly Cheated



By [Bonnie Griffin](#)

In [celebrity break-up news](#), country singer Haley Stevens learns that *Bachelorette* frontrunner, Jed Wyatt, allegedly cheated on her. According to *UsMagazine.com*, Stevens learned of the alleged affair on an episode of the *Reality Steve Podcast*. Steve revealed that Jed allegedly cheated right after

the couple took a trip together to the Bahamas. The news brought Stevens to tears. Sadly these [celebrity exes](#) did not have an equally committed relationship, and Stevens is feeling the pain of Wyatt's betrayal.

In celebrity break-up news, *The Bachelorette* drama between Jed Wyatt and his ex Haley is far from over. What are some ways to know your partner is committed?

Cupid's Advice:

Sometimes it can be hard to tell if your partner is as committed to your relationship as you are. When you care for someone deeply you want to know that they are in it as much as you. There are signs you can look out for if you want to know if your partner is committed. Cupid has some advice to help you decide if your partner is committed:

1. You enjoy spending lots of time together: Life is busy, but at the end of the day you and your partner should be spending the majority of your free time together. Not only should you be together, but you should be content and happy to be around each other and genuinely enjoy each other's company.

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2. You talk about your future together: Both of you spend time planning a future together. You make plans that take each other into consideration because you want the other person to still be in your life months and years down the road.

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[to Find Happiness](#)

3. You're a top priority: You should have social lives and friends, but when push comes to shove if your partner is committed then they should put you as a top priority. Your happiness and well-being should outweigh hanging out with friends; you should come first.

What are some things you look for when deciding if your partner is committed? Let us know your thoughts in the comments below.

Travel Destinations: 5 Peaceful and Relaxing Vacations for Couples





By [Bonnie Griffin](#)

When you spend your days working hard and stressing over meeting deadlines, paying bills, and taking care of a family, you can find yourself feeling drained. At the end of the day, you need a vacation, one away from the kids with just your partner and you. A stress-free, kid-free, relaxing vacation. When you're planning your [vacation destination](#) look for something relaxing that can replenish your soul without the over-energetic themes that surround some destinations. Stay tuned for some [travel destinations](#) you and your partner can visit for a relaxing vacation.

You work hard, and now it's time to find a relaxing travel destination for you and your partner to take a much needed vacation.

When you're searching for the perfect vacation destination you'll want to think about what can bring you tranquility.

Whether your perfect relaxing vacation is somewhere on a beautiful beach or sipping coffee overlooking a beautiful mountainside, there is a perfect relaxing travel destination awaiting you:

1. Cape Elizabeth, Maine: Do you love lighthouses and tranquil water? Cape Elizabeth is home to two active lighthouses. You and your partner can take a nice stroll along the cape, exploring the beautiful land near the sea, and the lighthouses.

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2. Lumahai, Hawaii: Hawaii is home to dozens of beaches, with their beautiful blue waters and white sand. If you really want to have some relaxing down time with your partner you should check out Lumahai Beach. Lumahai is perfect for lounging in the sun, but it is not as busy as the other beaches because it's not the greatest swimming spot with its strong undertow, so you will have an easier time relaxing while catching some rays.

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3. Blue Lagoon, Iceland: Iceland is a beautiful travel destination, especially if you take time to visit Blue Lagoon. The relaxing waters at Blue Lagoon, heated by volcanic aquifers, are a place you and your partner can really enjoy each other's company in the relaxing hot waters while all your worries melt away.

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4. Provence, France: This French region is a place you and your partner can get lost in beauty. The vineyards and views of the Alps are captivating beyond measure. You can grab a glass of wine and enjoy some time outside admiring to

beautiful, calming views. Visit one of the popular cities nearby like Marseille and the French Riviera.

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5. Santorini, Greece: Santorini is a beautiful oasis. The island itself makes visitors feel like you're traveling to a city in the clouds. Romance permeates the air, and when the sun goes down the city glows like thousands of stars in the sky. It is the ideal travel destination for a romantic and relaxing vacation with the person you love.

What are some of your favorite relaxing travel destinations? Let us know your thoughts in the comments below.

Food Trend: What's the Big Deal With Hot Sauce?





By [Bonnie Griffin](#)

In recent [food trends](#), people are adding something a little extra spice to their meals. According to *The Wall Street Journal*, “Spicy sauces are on fire.” One of the number one recognized hot sauces, Tabasco sauce, has been around for 150 years. You can add a pop of flavor to any meal with these [food tips](#).

This food trend will spice up your favorite meals!

Hot sauce sales have spiked over the past five years as more people learn to love the way the added spice makes their food taste. There are a number of meals that can be enhanced with some added spice from salad to chicken, and almost anything in between. Cupid has some food tips for some meals that can benefit from a little bit of hot sauce:

1. Salad dressing: Is your salad beginning to grow stale with the same old salad dressings time and again? Want to add some

extra flavor to that same old salad. Put a dash of hot sauce in your favorite dressing, and it will add that extra kick of seasoning you've been looking for.

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2. Chicken: You don't have to eat boring chicken breasts any longer. You can upgrade the flavor of your favorite white meat with a spicy marinade. Marinade your chicken in hot sauce, lime juice, garlic, and olive for a healthy way to add some kick to your chicken your tastebuds will love.

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3. Soup: You can add a splash to your favorite canned soup, or whip up something tasty like buffalo chicken soup. Take your basic canned chicken noodle soup and add some hot sauce to make a flavorful soup with a bit of spice.

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4. Kickin' eggs: If you think your eggs cannot get any better than choosing between scrambled or over easy, you're missing a tasty fix. Add a drop or two of hot sauce to your favorite egg dish and let yourself be wowed by the hot new flavor.

5. Spice up your hamburgers: Like ketchup on your burgers? Try adding a few drops of hot sauce to the ketchup bottle. The mix of tangy tomato and spicy hot sauce will give your hamburger a whole new flavor that will have you going back for seconds.

What foods do you enjoy adding hot sauce in? Share some of your favorites below.

Celebrity Couple News: Demi Lovato & Logan Henderson Aren't Dating, Despite Fan Speculation



By [Bonnie Griffin](#)

In the latest [celebrity couple news](#), fans have been speculating that [Demi Lovato](#) and Logan Henderson were dating, but sources confirm they are not an item. After a recent get-together to watch the latest episode of *The Bachelorette* was documented on Instagram by the stars, fans speculation they

were dating soared. According to *UsMagazine.com*, the “duo’s past alleged romantic association – led fans to draw conclusions about Lovato and Henderson dating.”

In celebrity couple news, not all fan speculation is accurate. What are some ways to keep untruths about your relationship from affecting your life?

Cupid’s Advice:

Whether you’re in a relationship or not, sometimes you may run into rumors and untruths in regards to your relationship status. It is important not to let these untruths set you on a negative path. Cupid has some advice on keeping untruths about your relationship from affecting your life:

1. Set the record straight: Start with the simplest option. If you’re hearing rumors about your relationship, then simply counter with the truth. If you and your partner or alleged partner want to keep the untruths from spreading, let everyone know the truth.

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2. Trust your partner: If you’re in a relationship and people are spreading lies you need to have trust in your partner to keep the untruths from affecting your lives together. Trust requires open communication, so talk to your partner. Share what you’ve heard, and be open to believing what they say instead of letting outside sources influence your life.

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3. When all else fails, ignore the rumors: People like to talk and sometimes that will lead to untruths and rumors starting about your relationship. You can argue with people, tell them it's all lies, or you can choose to ignore them and live your life. Ultimately you are in charge of your happiness, so choose to ignore the untruths people are saying and live your best life.

What are some ways you face untruths being shared about your relationship? Let us know your thoughts in the comments below.

Celebrity News: Tyler C. Claps Back at 'Bachelor' Nation's James Taylor After He Slut Shames 'Queen' Hannah





By [Bonnie Griffin](#)

In the latest [celebrity news](#), Tyler Cameron spoke up after James Taylor, a former contestant on a previous season of [The Bachelorette](#), spoke out against Hannah Brown. According to [UsMagazine.com](#), Cameron clapped back at Taylor after he said that “[Hannah doesn’t] have to dry hump em all,” accusing Taylor of using this as a way to stay relevant. Cameron is one [reality tv](#) star willing to stand up against Taylor’s attempt at slut shaming.

In celebrity news, one of the guy’s still competing for *Bachelorette* Hannah Brown’s heart has had enough of James Taylor’s slut shaming comments. What are some ways to stand up for your partner?

Cupid’s Advice:

When you're in a relationship, you want to see your partner happy. If someone is saying or doing things that hurt them, you want to stop what is causing their pain. Cupid has some advice when it comes to standing up for your partner:

1. Don't allow people to talk down to them in front of you:

You may have fallen in love with your partner, but that doesn't mean your friends or family have. There may be times when someone in your circle treats your partner like they don't deserve you, or talks down to them. It is important that you step in right away. You want to set the precedent you will not allow them to treat your partner disrespectfully.

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2. Shut down negative influencers: Not everyone will say the negative things they think in front of your partner. Some will save their opinions to share with you when your partner is not around. Do not feed their negative opinions by listening and allowing them to say whatever they want. Shut down their negative talk right away, and make them aware that you won't tolerate it in the future. You chose your partner for a reason; don't let other people's negativity influence your feelings in your relationship.

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3. Be on their side: There could be times when someone in your circle of friends or family says or does something to your partner that upsets them when you're not there to stop it. If your partner lets you know they've been hurt by something a family member or friend did or said to them, make sure they know you have their back. Call the friend or family member and discuss the incident and make it clear it was upsetting and unacceptable. You don't have to be mean; have a respectful conversation, but make it clear that such actions cannot

continue.

What are some ways you would stand up for your partner? Let us know your thoughts in the comments below.

Fitness Tips: How to Workout After Having a Baby



By [Bonnie Griffin](#)

Working out after childbirth might seem like a daunting task. Your body is out of whack after pregnancy due to hormones that

can linger up to six to eight weeks postpartum. Exercising will only make you stronger and will help you recover faster after giving birth to your new little one. According to *Prevention.com*, [Eva Longoria](#) has been following a strict [celebrity workout](#) and a healthy eating plan since giving birth to her [celebrity baby](#) boy six months ago, and it shows! This celebrity mom looks amazing. You might be interested in these [fitness tips](#) for working out after having a baby if you want your pre-baby body back.

In these fitness tips, find out how working out will benefit you after having a baby!

Exercise after having a baby is recommended because you'll heal faster and build your strength while toning your muscles. Not only will it physically help you heal, but you'll be in a better mood and have more energy when exercising. Physical activity relieves stress and helps you to lose weight, which leads to you becoming a fitter and happier version of yourself. Cupid has some [fitness advice](#) to help you decide on a workout routine after having a baby:

1. Abdominal exercises: When you are a new mom, you'll want to start out with low-risk exercises such as abdominal bracing. For this exercise, pull in your lower tummy towards your spine and brace for a few seconds. These can be done three to four times a day in reps of eight to twelve. Stop working out if you experience any pain. Physical activity is beneficial, but not if you push your body too hard too soon.

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2. Pelvic floor exercises: Another low-risk option for new moms are pelvic floor exercises. You can sit and lean slightly forward while keeping a straight back. Squeeze your pelvic

muscles for a few seconds. Do these in reps of eight to twelve.

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3. Walking: Walking is another great way to exercise after having a baby. You can walk on a treadmill, or put your new son or daughter in the stroller. Take a nice walk around the neighborhood. Not only is it a good and safe exercise after childbirth, but it will get you out of the house for some sunshine. It's also a fantastic mood booster!

4. Swimming: You'll want to avoid high impact workouts. Swimming is an ideal way to exercise post-childbirth. You can exercise without any of the impacts you'll experience with something like running. You'll have fun in the water, too!

5. Rest after your workout: When you're a new mom, rest seems like something impossible to come by with a newborn who isn't on your schedule. It is important to take a few moments after a workout to rest because it can help replenish your strength and leave you feeling rested and restored.

Working out safely after having a baby can improve your health and mood. Let us know some of your workout routines after having a baby in the comments below.

Parenting Tips: Social Media Apps to Keep an Eye On



By [Bonnie Griffin](#)

Smartphones, social media, and many cell phone apps make parenting an extra difficult task these days. Facebook, Snapchat, and Instagram were once apps you had to worry about your kids using inappropriately, but they pale in comparison to some of the newer apps available to children on their smartphones. Regularly checking your children's cell phone and following this [parenting advice](#) on watching out for dangerous apps can help keep your children safe on their phones.

Parenting Tip: Monitor your children's smartphones and watch out for these dangerous new apps.

You might be worried about checking your kids' phones because

you don't want them to think you're being nosy. It's important to inform your children aware you are the one in charge of the phones, and you are checking them for their safety and not just to be a snoop. Your job is to parent them, not a friend. You should also set up their phones so your approval is required before they can download new apps. There are too many risky apps and ways for kids to be lured into something dangerous to not monitor their phones these days. Cupid has some [parenting tips](#) when it comes to some of the apps you need to be on the lookout for:

1. Dating apps in disguise: You would never be okay with your children using Tinder or Bumblebee, but what you may not realize is there are numerous new apps made for hooking up which are disguised as something innocent. These apps encourage your children to meet up with their matches. Anyone can pose as a teenager online, so you never really know who the other person is they are agreeing to meet when it comes to online hookups. The Yubo app, Hot or Not, and the HOLLA app are all designed to help teens hook up with other teens or people.

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2. Anonymous ranking apps: As a parent, you want to teach your child to be kind and not to be a bully. There are apps out there built around ranking people based on their looks. These apps promote negative comments. Some of these apps also allow you to comment anonymously so your cruel or inappropriate comments are not linked to your name. If children can access these apps then so can adults, so you never know who is judging your children's photos. Some of these apps include Lipsi, Tellonym, and the BIGO LIVE app.

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3. Apps disguised to hide content: Nobody wants to think their kids would hide things from them, but in reality, they will. There are apps out there disguised as something innocent which are specifically designed to help your kids hide things on their smartphones. Some of these include the Calculator app, the Locker. This app is especially sneaky because it looks just like an ordinary calculator, but it stores hidden photos, allowing teens to share nudes without parents finding them because they don't know to check this app.

Smartphones can be great tools, allowing you to keep up with your kids as long as they are monitored properly to keep children from downloading apps which could lead them into dangerous situations. Let us know your thoughts about smartphone safety for your children in the comments below.