


# Parenting Advice: How to Help Your Kids Deal with Zoom Fatigue



 By Nicole Maher

As an adult who may be working remotely, you are mostly likely experiencing your own bouts of Zoom fatigue. Unfortunately, the same feeling could be present in your child as they continue or move to fully remote learning. Dealing with both your own Zoom fatigue and that of your child can be challenging, so try implementing some of this [parenting advice](#) to help you both conquer the struggles of working and learning remotely.

**Use this parenting advice to help your kids deal with Zoom fatigue as the pandemic continues.**

**1. Acknowledge your child's frustrations:** In an age where you are likely feeling an overwhelming amount of stress as a parent, it is still important to acknowledge the stresses of your child. If your child appears sad or angry due to their use of Zoom rather than being about to go to school physically, it is important to understand these feelings are valid. Allow your child to talk openly about being upset or frustrated with online learning and canceled extracurricular activities and show them that you are there as a supportive outlet through their struggle.

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## [During the Pandemic](#)

**2. Balance the work and fun:** Zoom does not need to be used solely for online learning and meetings. One way to help your kids combat Zoom fatigue is to plan some online sessions that revolved around entertainment rather than just schoolwork. By planning online playdates with your child's friends, or having them speak to over relatives over Zoom, they will not see the platform as something solely reserved for work. While an overuse of Zoom for entertainment purposes can still lead to Zoom fatigue, adding in a few fun sessions every once in a while should help your child think positively of the platform.

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**3. Change up the environment:** While having a designated work area may help them focus, sitting in one place everyday to complete schoolwork or sit through classes can be exhausting for your kids. By occasionally changing up the location to somewhere else in the house, your child may feel slightly refreshed when logging onto Zoom that day. If your child does have trouble focusing, reserve one location for Zoom learning and a different one for Zoom playdates and conversations. This will help your child associate different locations with the need to study and others with rewards.

**4, Allow for the occasional skip:** If your child was feeling sick or having a terrible day, you would probably allow them to miss a day of in-person class under normal circumstances. Even though their lessons are taking place remotely, this allowance to skip on bad days should still be present. By allowing your child to take the day off when they are not feeling well, you will prevent them from associating any negative feelings toward Zoom sessions, which could make their remote learning and online fatigue even more apparent in the future.

**5. Step away from the screen:** Zoom fatigue can be carried and transferred from other screens even when your child is not in a learning environment. Try to control the amount of screen time your child experiences throughout the day, such as watching television or playing video games, so that they can take a break from technology altogether. Even if it is something as simple as going for a walk for half an hour or playing a board game after dinner, including activities not related to screens throughout the day can help your child deal with future Zoom fatigue while online.

**What are some other ways to help you kids deal with Zoom fatigue? Start a conversation in the comments below.**

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## **Parenting Tips: 5 At-Home Activities for the Winter**



 By Nicole Maher

The winter season is upon us, and that usually means a short break in the school year for many children. While you may usually use this time to travel, your seasonal family vacation may be swapped with staying at home this winter due to the ongoing pandemic. However, this doesn't mean that all plans have to be canceled. Make the most of this time at home by testing out some of these [parenting tips](#) and trying a new at-home activity with your children.

# In these parenting tips, check out five at-home activities to share with your children this winter.

**1. Home-theater night:** Movie nights are the perfect winter activity, even if you have to do them from home rather than going to the theater. Try to maximize the experience by adding movie theater elements, such as popcorn and candy as you get ready to watch the movie together. Turning your living room into a theater by dimming the lights or building a pillow fort is also a great way of making the night feel more special. Once everything is set up, get ready to stream the newest release, or re-watch a family favorite with your kids.

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**2. Bake together:** Staying home this winter provides the perfect opportunity to bake with your children. Whether you are opting for a boxed mix or trying out a recipe from scratch, baking together is a great way to spend time with your children while teaching them a little bit about the kitchen. Baking and decorating cookies is a good option for younger children while older kids may find more interest in something slightly more complicated, like decorating a cake. Try testing out a new recipe each week so that each baking experience feels new to your child.

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**3. Game tournament:** Family game nights are a staple in many households. Make the most of this ongoing family tradition by hosting a game tournament one night this winter. Allow each member of your family to select their favorite game and take turns playing them. If you live with multiple other people,

you can spread this activity out by doing it over the course of a week. Use this parenting tip to introduce your children to games you enjoyed when you were younger, as well as to find a new game that you all enjoy playing together.

**4. Virtual family get-togethers:** It can be challenging to be away for family members for a long period of time. If your family is missing out on a holiday or annual get-together this year due to the pandemic, try hosting the event virtually instead. While virtual hang-outs are not the same as spending time in person, it still allows you to have conversations and keep everyone involved. Rather than hosting one large virtual get-together in place of a holiday, try doing smaller ones over the course of the winter months.

**5. Read together:** As a parent, you may find yourself looking for ways to get your child away from the screens during the winter months. Reading a book together is a great parenting tip for continued learning and quality bonding time. With younger children, try reading a book to them at some point throughout the day to help them stay on track academically. With older children, try finding a book that you'll both enjoy so that you can read it together and discuss your favorite characters.

**What are some other at-home activities to share with your kids this winter? Start a conversation in the comments below!**

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## **Parenting Tips: Help Your Kids Adapt to Change**



✖ By Nicole Maher

Change can be a challenging process for people of any age, but especially for children. Whether it's changes in family structure, moving to a new home, or switching schools, these transition periods can be tough to navigate for kids. By incorporating some of these [parenting tips](#) into the change your child is experiencing now, you will help them succeed in this new environment and teach them to adapt to different transitions in the future.

## Check out these five parenting tips for helping your child adapt to change.

**1. Keep some consistency:** No matter your age, everyone looks for some consistency in life when they are facing a major change. To help your child navigate the beginning stages of a transition, try to keep as much consistency as possible. Do not skip out on holidays or weekly traditions just because your surroundings are different. Even little consistencies like cooking breakfast together on Sundays or watching your favorite television show together can reassure your child that not everything is going to be different.

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**2. Have a lot of patience:** Even positive changes can be stressful, and whatever stress you are feeling will undoubtedly be felt by your child. Although tensions may be high throughout the family, it is important to have patience with your child, and yourself, during this transition. If you notice your child acting differently during this time, continue to correct their wrongdoings, but understand any extra outbursts may be linked to the impending change.

**Related Link:** [Parenting Advice: Breaking the Negativity Loop](#)

**3. Use positive language:** The language you use to describe the transition can have a large impact on how your child perceives what is happening. Words like “different” and “change” can be scary for young children, especially if they haven’t faced a major transition before. Try using words like “adventure” or “opportunity” to eliminate any fear in your child and show them that the change you are making is for their best interest.

**4. Provide them with an incentive:** Even if you are framing this new change in a positive way, your child may still be skeptical. Providing them with an incentive can be another useful parenting tip to help them be more accepting of the change. If you are moving houses, an incentive could be that you’ll have a yard big enough for a pet. Similarly, if they are forced to change schools, an incentive could be allowing them to join a new club or sport.


**5. Answer their questions honestly:** While you want to keep this change as lighthearted as possible, it is still important to answer your child’s questions as honestly as possible. If your family structure is going to be permanently different as a result of this change, it is best to share this information with your child rather than stepping around it. Their age can help determine how much information you chose to share with them, but by explaining the circumstances accurately in a way they will understand, you will help them cope with difficult changes they face in the future.

**What are some other ways to help your child adapt to a change? Start a conversation in the comments below.**

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# Parenting Tips: Combating Parental Burnout During the Pandemic



 By Nicole Maher

With the pandemic still present in our everyday lives, many parents have realized that they now play another role in their child's life. With the return to school, whether it is fully online or partially in person, many parents have now been faced with the task of helping their children in the education department. Though the new task may allow for some extra quality time between you and your child, it can also be exhausting. With so much on your plate, it is not unlikely that you will be facing some parental burnout at some point during the school year. But, by incorporating some of the following [parenting tips](#) into your new routine, you may find some ways to combat this parental burnout and enjoy this newfound time with your child.

## Check out these five parenting tips for combating parental burnout during the pandemic.

**1. Choose your battles:** As a parent, you may have to desire to turn every moment into a lesson for your child. However, when you have become both the parent and temporary teacher, it may be better to choose which lessons are more important for the time being. If you are trying to teach your child lessons at all hours of the day, they may have a hard time separating the education and social aspects of their life. While you should

not forgo teaching them all life lessons during this time, creating a list of which ones are most important can help maintain this new balance.

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**2. Acknowledge your anxiety:** While you may be prioritizing your child during this time, it is equally as important to assess your own mental health. If you find yourself feeling anxious or stressed about the new responsibilities you hold in your child's life, it may be beneficial to turn to a therapist or counselor. Discussing how you are feeling with a professional can help alleviate some parental burnout or stress. Incorporating this parenting tip into your new routine can also help prevent you from projecting any of these new feelings onto your child and help maintain a positive relationship between the two of you.

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**3. Use your resources:** Just because your child may be learning remotely for a portion of the school year does not mean you are responsible for everything in the education department. Make use of resources, such as teachers and guidance counselors within the school district, to help you throughout the process. These people chose a career working with children for a reason, and will be happy to answer emails or phone calls in order to keep your child on track and ready for future success.

**4. Allow for some alone time:** Spending time everyday helping your child through remote learning, as well as completing your normal parenting tasks, can be exhausting. It is important to schedule a little alone time each day to allow yourself to recharge and take a break. Whether it is going for a walk, taking a bath, or a date night with your partner, do not feel

guilty for needing separation from your child for a little while. By stepping away for a period of time, you will be relieving stress on both ends of the relationship.


**5. Prioritize your “parent” role:** At the end of the day, and someday the end of the pandemic, your main role in your child’s life is simply to be their parent. While you may be acting as their teacher for a period of time, it is essential that you maintain some of the activities you shared when the relationship was solely parent-and-child. If you and your child used to watch a specific television show together or play soccer in the yard before the pandemic, be sure to keep that in your routine. Incorporating this parenting tip into your pandemic routine can help maintain the relationship between you and your child, as well as allow for the creation of some new memories!

**What are some other ways to combat parental burnout during the pandemic? Start a conversation in the comments below!**

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## **Parenting Tips: Create a Positive Learning Environment at Home**



 By Alycia Williams

Many kids are being forced to learn from home due to the pandemic this school year. A positive learning environment is crucial for your childrens’ success. To ensure that your child experiences a nurturing and educational environment in the

comfort of your home, you'll need some [parenting tips](#).

## **Creating a positive learning environment can be difficult, but these parenting tips will help you prepare for the school year!**

**1. Join them in their learning process:** Being with your children while they work and making them feel supported will motivate them immensely. Establish daily or weekly activities you can do together like reading before bedtime or watching the news.

**Related Link:** [Parenting Tips for Learning at Home](#)

**2. Praise and display their work:** Reinforcement is the idea of how the consequences of certain actions make the person more or less likely to perform that same action. Therefore, if parents praise their children's work it will encourage them to keep working hard. A good way of doing this is by displaying their work around the house. Make sure they know you're proud of it so they can be too!

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**3. Use their interests as teaching opportunities:** You don't have to wait until you are inside to start teaching or guiding your child. Incorporate educational moments outside of "work time" by constructing on your child's interests. For example, give your child a little background history of the sport they like while you practice it. Or watch a movie together that touches on subjects being learned.

**4. Create a prepared environment:** Children are easily distracted so a de-cluttered, well lit, quiet room is ideal to

achieve maximum concentration. Children will do better in a prepared environment in which the children get to choose what they want to work on that day. Try to encourage this self-paced, self-learning practice at home.

**5. Get engaged:** Show interest in what your child is learning. This will only make them more enthusiastic about their work. Maybe get them to explain the subject to you. This will not only help them understand it better themselves, but it will become a new conversational topic between you and strengthen your relationship.

**What are some other ways to create a positive work environment at home? Start a conversation in the comments below!**

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## Parenting Tips: How to Safely Adapt to Online Learning



 By Diana Iscenko

Many schools are kicking off the school year with online classes, unable to safely reopen schools during the COVID-19 pandemic. Parents all over the country will have to help their children adjust to learning from home. With this comes increased screen time and the worry of internet safety for many parents. Check out our [parenting advice](#) to help you with this transition.

**Are you worried about your kids and**

# their increased screen time because of remote learning? Here are five parenting tips to help your children safely adapt to online classes:

## 1. Set Boundaries

In a recent study from the antivirus provider Kaspersky, 58% of parents spend less than 30 minutes discussing internet safety with their kids. Be sure to lay down the household rules for internet use with your kids and follow up with them. Explain why these rules are put in place (like making online purchases or downloading music or video files) and what kind of outcomes they can have.

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## 2. Explore Together

Spending time online with your children will help build mutual trust regarding the internet. This shows children how to properly go online in a safe and fun way. It's also a good idea to leave devices in communal spaces around the house. Even if you're not on the device with your child, your presence will prompt them to self-check that they're following your rules.

## 3. Limit Time Online

It's easy for your kids to get distracted from their schoolwork, especially during online learning. Set boundaries for their time on screens. Try setting an alarm to ensure they get off their device after their classes are done. If you let them have additional time later, it'll separate their school

time from their personal time.

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#### **4. Ask About Their Experiences**

Children can easily stumble across harmful information on the internet, even if they aren't looking for it. They may know what they've seen is wrong and feel guilty about it. Spend a few minutes talking with your child about their good and bad experiences online each day will help them come to you if something made them uncomfortable.

#### **5. Educate Yourself**


It's impossible for you to catch every single thing your child does online. Look into different programs that try to ensure your child's safety online. There are plenty of tools to block certain websites, manage screen time and control app usage. The internet is always changing so be sure to keep yourself updated and continue to have conversations with your child.

**How are you making sure your child is safe online? Start a conversation in the comments below!**

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# **Parenting Tips: How to Help a Young Child Understand the Pandemic**



 By Alycia Williams

A pandemic can be a hard concept for young children to understand. It can be hard to determine what you should say to them versus what you shouldn't say. You want to be truthful, but not too truthful to the point where you scare them. It's a thin line to walk, but as the parent you have to figure out what to say when your child asks these tough questions. You'll definitely need some [parenting tips](#) for talking to your children about the pandemic.

## **Are you trying to figure out what to say to your young kids about the pandemic? Here is some parenting tips for what to say to them?**

**1. Find out what your child already knows:** Ask questions to determine what you're up against. Ask "What are you hearing about coronavirus? What questions do you have? Do you have questions about the new sickness that's going around?" This gives you a chance to learn how much kids know and to find out if they're hearing the wrong information.

**Related Link:** [Parenting Tips on Lockdown: How to Keep Your Family Entertained](#)

**2. Be honest:** Answer these questions the best way you can and as truthful as possible. Don't offer more detail than your child is interested in. Keep things to a minimum. If your child asks about something and you don't know the answer, say so.

**Related Link:** [Parenting Tips for Learning at Home](#)

**3. Keep the conversation going:** Keep checking in with your child. Use talking about coronavirus as a way to help kids learn about their bodies, like how the immune system fights disease. Talk about current events with your kids often. It's

important to help them think through stories they hear about. Ask questions: What do you think about these events? How do you think these things happen? Such questions also encourage conversation about non-news topics.

**4. Make yourself available to listen:** Let children know that if they feel unsure about something, feel scared or have more questions that they can come to you.


**5. Provide age-appropriate information:** For different age groups you should change around what you say. You don't want your teenager to feel like baby and for your young child to be confused. Make the necessary changes to what you say so that it specifically fits the child.

**What are some other tips for talking to your children about the pandemic? Start a conversation in the comments below!**

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## Parenting Advice: Breaking the Negativity Loop



 By Alycia Williams

Being a parent is hard work, and on a day-to-day basis you usually don't think about the negativity loop, but it may be time to take a closer look. The negativity loop is when your child seems to only point out the negative things in a situation. Once in a while you may say they're having a bad day, but if you find that your child is doing this consistently, you'll need some [parenting advice](#) on how to break the cycle.

# Is your kids constantly riding the negativity loop? Here is some parenting advice when it comes to breaking that negativity loop.

**1. Start by validating their emotions:** Validation allows your kids to feel heard. You are not agreeing or disagreeing with the emotion; you're showing that you see it. You could add a question to help your kids discover positive aspects of the experience themselves. So, try to validate first before you try to help children appreciate positive aspects of a situation.

**Related Link:** [Parenting Tips on Lockdown: How to Keep Your Family Entertained](#)

**2. Reflect on positive events:** For younger children help them identify the big points in their day vs. the low parts. Ask them what was the best part of their day and the worst. It'll help them pin point if they had a good or bad day. With older kids have them right down their positive and negative experiences, it does the same thing that it does for the younger kids, but it's more age appropriate.

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**3. Foster gratitude:** Have your kids identify what their grateful for each day. It shows them that they have something to be happy for. For younger kids you can make it into a daily game and for older kids you can have them write it down and make a daily log.

**4. Provide the tool for a solution:** When your child is seeking out the negative, find ways to come up with solutions to their negativity. Ask them questions on why they feel the way they do and try to come up with a solution together.

**5. Flip the negative to a positive:** When your child is riding the negativity loop, they're looking for the negative in every situation. You should look for the positive in the exact same situations. Try and help them find the positive in things rather than the negatives.

**What are some parenting advice when it comes to breaking that negativity loop. Start a conversation in the comments below!**

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## **Parenting Tips on Lockdown: How to Keep Your Family Entertained**



 By Diana Iscenko

After months of lockdown to lessen the spread of COVID-19, a lot of people are running out of activities to pass the time. This wave of quarantine boredom is hitting parents especially hard. Keeping children stimulated and entertained can be difficult right now, especially if you want to minimize their screen time. Check out our [parenting advice](#) to keep your family entertained during lockdown.

**Are you running out of ideas to keep your kids occupied while stuck at home? Here are six parenting**

# tips to keep your children entertained during lockdown:

## 1. Stick to a Routine

The most important thing during lockdown is to stick to a routine to keep things as normal as possible for your family. Map out responsibilities and activities for the day. This will help prevent having large chunks of unstructured time, which can lead to boredom.

## 2. Break Out the Board Games

Board games and puzzles are a great way to pass the time as a family. Whether it's Scrabble, Monopoly or Clue, these activities are something the entire family can take part in. According to *TheGuardian.com*, the sale of board games and puzzles increased by 240% during the UK's first week of lockdown.

**Related Link:** [Parenting Tips for Learning at Home](#)

## 3. Schedule Virtual Playdates

Adults aren't the only ones missing their friends! Reach out to other parents to schedule a virtual playdate for your children. It's important that your kids still feel connected to their friends even when they can't physically be with them. If your child is young, they're going to need help making these connections.

## 4. Plan for Play

Being unable to leave the house makes it easier to forget about exercising. Encourage your children to play outside or have a dance party. Making time for exercise right now is a must. Not only does it improve your child's physical health, but it releases endorphins that improve mental health, too.

**Related Link:** [Parenting Tips: 5 Ways to Boost Your Child's Self-Esteem](#)

## 5. Get Crafty

Tap into your kids' creative sides with arts and crafts! There is an endless amount of crafts to try with your children, no matter their age. Crafting is a great way for children to learn problem-solving skills and develop their fine motor skills. Plus, they'll have a space to be creative and express themselves.

## 6. Take them to the Kitchen

Lockdown is a great time to get children interested in cooking and baking. Bring your kids into the kitchen to help plan and prepare for meals. Not only are they learning life skills but spending this time together will bring your family closer.

**How have you and your family been having fun during lockdown? Start a conversation in the comments below!**

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# Parenting Tips for Learning at Home



By Alycia Williams

The Coronavirus pandemic has really shifted all of our plans and our daily routines. Having the kids home 24/7 means that they have to do their school work at home, which can be difficult. Check out our [parenting tips](#) on how to make learning at home as simple as possible.

# Learning at home has been such a difficult transition for all kids. Check out these parenting tips to make learning at home a little bit easier.

With the TV, video games, and toys within feet of your kids at all times, they can feel distracted and not want to do their school work. If you want your kids to focus on their school work while at home, Cupid has some [parenting advice](#) for you:

**1. Set up a work station:** Have your kids do their work at the same place every day. It can be at their desk, at the dining room table, or even outside on the porch. Just make sure it's as far away as possible from the TV or their favorite toys. Explain to them when they're at their work station, that the only thing they should be doing is work.

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**2. Try having structure:** When kids are at school, everything is structured. You should take that same method into the household. Have a portion of time when they get to play and a separate time when they have to do their work. Come up with a planned out day and stick to it every day. Your kids will fall in line just like they do in school.

**Related Link:** [Parenting Advice: How to Decide What TV Shows & Movies to Allow Your Kids to Watch](#)

**3. Praise effort:** This is such a odd transition for your children, and that means they can be a little bit more on edge and restless, especially when they're not understanding something. Be patient with them, and praise them for their

efforts; they need it.

**4. Stay connected:** Don't lose contact with their teachers. They can be such a huge help when you don't know how to help your child or if you're confused on what to do. Also, stay connected with classmates and have your kids do work with their classmates over Zoom. It'll make them feel more comfortable.

**5. Make sure they still have a bed time:** Just because your kids are home all day doesn't mean they get to stay up all night. They still have work to do, which means that they still need proper rest. Have them go to sleep early and wake up early. Keep it as close to normal as possible.

What are some other parenting tips for learning at home? Start a conversation in the comments below.

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## Celebrity News: Gavin Rossdale Says Quarantine Coparenting with Gwen Stefani Has Been a 'Dilemma'



 By [Hope Ankney](#)

In the latest [celebrity news](#), Gavin Rossdale and [Gwen Stefani](#) have had a challenging time co-parenting their three sons together during isolation. According to *UsMagazine.com*, Rossdale says that it is hasn't been easy to align their schedules to ensure their kids are staying safe between the

two of them. "I think it's ok for now," he continued, "but it's a really big dilemma for parents and kids with split custody."

**In celebrity news, these exes are having a tough time co-parenting their children together in quarantine. What are some ways you can spend time with your kids during this period of isolation?**

**Cupid's Advice:**

With the lockdown, it has caused kids to be home more than usual since schools have let out. That can get boring rather quickly, so it is important to try and keep your children as engaged as possible. But, it can be harder than you think to not run out of activities to do with them. If you're having a hard time coming up with new ideas to do with your children right now, don't worry! Cupid has some [parenting advice](#) on ways to freshen up this isolation period for both you and them:

**1. Zoom family calls:** Whether it be with their other parent or just members of the family, it can be fun to get the kids talking to others outside of just you. It gives them an outlet to socialize with people, and they can even do certain activities with them through the screen! I'm sure their grandparents would simply love to just color with them over the call!

**Related Link:** [Celebrity News: Blake Shelton Says It's 'So Fun' Having Gwen Stefani's Kids Around](#)

**2. Tie-Dye:** Tie-dying can be a quick way to freshen up the activities you do with your children. If you're tired of being cooped up in the house, this gives you the perfect opportunity to get outside. The supplies can easily be bought at the store or online, and you can get to work on creating some cool patterns. Not only will this give them an opportunity to engage with art, but they'll even have a fun shirt to rock afterward!

**Related Link:** [Parenting Tips: The Benefit of Kind Words](#)

**3. Create an original story:** A great thing to try with kids is to have them create their own story. You can buy blank storybooks off the internet easily, and then your kids can begin filling them in! Once they're finished, you can add a quirky bio/photo of the author and have a new story to read that is unique to them! Not only that, but it can act as a cute souvenir to keep as they get older.

**What have you done to spend time with your kids during isolation? Let us know down below.**

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## **Celebrity News: Kylie Jenner & Travis Scott Will Spend Christmas Together for Daughter Stormi**



 By [Hope Ankney](#)

In the latest [celebrity news](#), it seems that Kylie Jenner and

Travis Scott will be spreading the holiday cheer together with daughter, Stormi. According to *EOnline.com*, the [celebrity exes](#) will be spending Christmas as a family to make it as wonderful as possible for Stormi. He will be at family gatherings and other outings with Kylie and his daughter in the upcoming week. They're both excited to share this experience with Stormi, together.

**In celebrity news, Kylie and Travis will spend the holidays together despite not being together. What are some important ways to be the best co-parents you can be?**

#### **Cupid's Advice:**

Co-parenting isn't always the easiest job, especially when it comes to being at odds with your ex. But, it doesn't have to hinder your child's experience with both of you! If you're having a difficult time figuring out how to be a family together, don't worry! Cupid has some [parenting advice](#) to make sure you're being the best co-parent you can be:

**1. Find a healthy way to communicate:** Co-parenting is hard enough as it is. You don't want to make it even harder by not having a sense of communication with one another. Meet in the middle with your ex, and find a way for both of you to communicate so you can come together for your children and give them the best memories possible.

**Related Link:** [Celebrity News: Source Says Kylie Jenner Left Travis Scott Over Lifestyle Differences](#)

**2. Set boundaries:** Make sure that you both have a deep understanding of which boundaries not to cross with one

another. An easy way to fix any potential blow-ups is to know what's a touchy subject for your ex. This allows you both to exist in the same space without wondering if one of you is going to cross the line about a certain topic.

**Related Link:** [Celebrity Parents: Kendall Jenner Jokes on Social Media About Starting a Family](#)

**3. Put your child first:** The most important aspect of co-parenting is to always do what's in the best interest of your child. It isn't about you as exes. It's about making sure that your kid has the best experience they can with each of you as a family. If you can't come together for the well-being of your child, then it will be a very difficult journey being co-parents together, and the outcome of that could affect them in the long run.

**What are some of your most helpful co-parenting tips? Let us know below!**

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## **Celebrity Exes Ben Affleck and Jennifer Garner Have 'Underlying Tension' Coparenting**



 By [Hope Ankney](#)

In the latest [celebrity news](#), [celebrity exes Ben Affleck](#) and [Jennifer Garner](#) have kept an amicable coparenting relationship amidst "underlying tension." According to *UsWeekly.com*, Garner

has high expectations for Ben, and it's difficult for him to live up to it, sometimes. However, the couple has agreed to keep their three children out of their "former problems."

## **These celebrity exes work at a civil relationship, but they still have tension when it comes to coparenting. What are some ways to work together on parenting?**

### **Cupid's Advice:**

Whatever brought about the divorce, coparenting can be an absolute nightmare if not fleshed out correctly. You're trying to keep the peace with the kids, but it's hard when you and your ex are not seeing eye-to-eye. If you're having trouble keeping the conflict down and putting the children first, don't worry! Cupid has some [parenting advice](#) for those struggling to work together:

**1. Communicate when you're in a good emotional place:** When it comes to tension with an ex, it's important to take time to cool off. Keep calm, and put your emotions by the door. Keep the conversation about coparenting duties brief, informative, and respectful. You don't need more fuel for the fire.

**Related Link:** [Celebrity News: Justin Timberlake Breaks Silence on Alisha Wainwright PDA Pics](#)

**2. Focus on the children:** At the end of the day, it's what's best for the kids that should take priority over the divorce. Creating a new life and keeping a healthy family dynamic is way more important than outwardly battling with an ex. Find time, together, to figure out what would be best for your children before moving forward.

**Related Link:** [Celebrity Parents: Garth Brooks Gets Real About Raising Daughters After Split from Ex-Wife](#)

**3. Find a support network for difficult times:** Coparenting after a divorce can revolve around tensions after tensions. It's important for both of you to have someone to talk with when things have become more difficult in this department. Whether that be a friend, a religious leader, or even family, finding someone who helps you see clearly about both sides make such a difference in how you handle situations going forward.

**How have you led a successful coparenting relationship? Let us know down below!**

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## Celebrity News: Dwayne Wade Responds to Backlash Over His Son Wearing Fake Nails



 By [Hope Ankney](#)

In the latest [celebrity news](#), Dwayne Wade took to Twitter after Thanksgiving weekend to address criticism of his son, Zion, wearing fake nails. According to *UsMagazine.com*, the hate started over a photo of Wade with his wife, Gabriella Union, and two children, that was posted on Thanksgiving. In the photo, his son is seen wearing a cropped, black sweater and fake nails. He wrote, in response, "Stupidity is apart of this world we live in—so I get it. But here's the thing—I've been chosen to lead my family not y'all. So we will continue

to be us and support each other with pride, love & a smile!”

## **In celebrity news, Dwayne Wade is a proud parent and is sticking up for his child amid controversy. What are some ways to shield your children from unnecessary drama?**

### **Cupid's Advice:**

Just like Dwayne Wade and Gabriella Union, sometimes you, too, can come under fire for the way you choose to allow your children to express themselves. It's important to let your kids know that you support them in whoever they choose to become. But, that doesn't mean you won't get backlash for it by some. If you're a parent dealing with hate over how your child is acting or dressing, don't worry. Cupid has some [parenting advice](#) for how to shield your children and stick up for them when unnecessary drama arises:

**1. Stand up for them:** It's difficult for a child to fight their own battles if its adults and strangers criticizing them. You're the adult in the situation. If anyone is talking badly about them, it is your responsibility to take up for them. A parent's love and support are vital in allowing a child to grow creatively and expressively. And, they won't forget the fact that you stood up for them in the face of controversy.

**Related Link:** [Celebrity Couple Gabrielle Union & Dwayne Wade Signed Prenup](#)

**2. Monitor their social media:** If they're young enough, make sure you have full access to their social media pages. There are a lot of hateful people online, and it is not a world that

young kids should be getting into at premature ages. Make sure their profiles are private and that they are only accepting friend requests to people they know and trust. This way, the kid doesn't get to experience the toxic comments that can be posted, firsthand.

**Related Link:** [Parenting Advice: How to Help Kids Learn to Express Gratitude](#)

**3. Prioritize self-esteem:** It's important for a child to start learning and acquiring their self-esteem at a young age. This way, when they are faced with drama and hate over their personal expression, it won't destroy them like it would without it. They'll know how to better handle the criticism and not let it get to them.

**How have you helped shield your child away from unnecessary drama? Let us know down below.**

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## Parenting Tips: 5 Parenting Goals to Start the New Year



 By [Ahjané Forbes](#)

As you help your child write their New Year's resolution, you begin to think about what yours might be for this year. You might want to start with changing up your child's routine, and this is the best time to do so. Each year they get a little older, and parenting does not get any easier. Check out our [parenting tips](#) on how to make this new year a better one for

you and your kids.

## **Starting the new year off with a resolution for parenting. What are some parenting tips that you can help your family this year?**

As parents, we want the best for our kids. The process begins from home. Parenting is a full time job, and you often don't get breaks. Here are some of Cupid's tips to help you with your parent endeavors this upcoming year:

**1. Self care is the best care:** Taking care of yourself will benefit your kids. Start with small things like a little "pamper Mommy" day, or have a sports night for dad. This will let you relax after a busy week of work and bringing the kids around between their extracurricular activities and school. You can even relax with your kids. Create a movie night in the living room, or do something fun like a mini cooking class. This will keep them entertained and gives you time to relax.

**Related Link:** [Parenting Tips: Lifestyle Changes for Better Behavior](#)

**2. Keep the learning flowing:** The weekends may a tough time to get your kids to focus on school work. Try to sign them up for programs like Khan Academy, Cool Math, or learn a different language on Duolingo or Rosetta Stone. These fun and interactive programs will appear to them as games with pictures and videos. It will also help them to stay engaged in their classes.

**Related Link:** [Parenting Tips: 5 Reasons to Take a Parenting Class](#)

**3. Make exercise fun:** Enroll your kids in a sport or a dance

class. Get them into something that they are interested in and lets them learn a new skill. Constant exercise helps the growth process and works as “food” for the brain. Try to get them to work in teams with other children. This will help them with leadership skills and collaboration for when they get older.

**4. Establish a routine:** Completing tasks in a habitual way will help your children to be aware of what’s to come next. If you assigned them a chore to do at home, make sure they follow through each time it needs to be done. This will teach them how to do things in a timely fashion. Starting January 1st, assign a given bedtime, and stick to it. Work to get them in bed at least half an hour before the given bedtime.

**5. Remain authoritative:** As your children get older, you want to give them more privileges and leniency, but you still have to set the rules. Make sure you draw the lines clearly. Try not to use harsh language like cursing; rather, talk to them in a stern tone. This will help them with their relationships with teachers, coaches, and their future bosses. Treat your child as if they were your employee. If they do good work in school, then you reward them with gifts and praise. However, if they are misbehaving, then you take things that they like away. This will help them work for what they want.

**What are some parenting resolutions you plan to make for this year? Share your tips and tricks and the comments below!**

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# **Parenting Tips: How to Get**

# Your Kids to Bed Early on Christmas Eve



By [Hope Ankney](#)

Getting your kids to sleep on any night is tough enough for a parent. But, getting your kids to sleep on Christmas Eve? Almost impossible. With the promise of Santa Claus, ripping open presents, and festive treats, it's guaranteed to be a hard job to get even the most cooperative kids to fall asleep. You're probably feeling a little worn out from the holiday season, as well. And... you're in desperate need of some [parenting advice](#) to get your children to sleep at a reasonable time.

**Having your kids go to bed early is a success when it comes to Christmas Eve! What's some parenting advice for getting the little ones to sleep before Santa comes?**

Probably deemed one of the most hectic days of the year, Christmas Eve is a whirlwind of last-minute shopping and gift-wrapping. But, the most chaotic part of the day is getting your kids to bed at a reasonable time. If you're dreading the moment you have to bring your kids to bed, don't worry. Cupid has some [parenting tips](#) on how to get your kids to go to sleep soundly on Christmas Eve:

**1. Be active on Christmas Eve:** Every parent knows that the

best way to get your child to zonk out is to tire them out. Figure out a few ideas that the whole family can take part in. Have an outside adventure, go Christmas caroling, build snowmen, or have fun at an ice-skating rink!

**Related Link:** [Parenting Tips: 5 Ways to Boost Your Child's Self-Esteem](#)

**2. Fix them a bedtime snack:** Unlike Santa who will be getting a plate of cookies and ice cold milk, prepare something a little less sugary for your kids as you send them to bed. A glass of warm milk with cinnamon, a slice of toast with almond butter, and some cubes of cheese will be enough to relax your kids and get them ready to sleep.

**Related Link:** [Parenting Tips: The Benefit of Kind Words](#)

**3. Stick to the normal bedtime routine:** Most times, kids are adapted to their bedtime routine, and any deviation from it will throw them off for the rest of the night. If you want to try to get your kids to sleep early on Christmas Eve, make sure to stick to their regular routine as you get them ready for bed. Practice this throughout their winter break so they're more tired at their normal time than they would be if they had been going to bed late and waking up late for days.


**4. Read a bedtime story:** A classic tradition on Christmas Eve is to read *The Night Before Christmas* to your kids before you tuck them in for the night. Reading to children while they're cozy under the blankets has a calming effect that can help them relax and get sleepy. Besides, it's always a nice bonding moment when you can share story time with each other.

**What are some ways you get your kids to bed on Christmas Eve? Let us know down below!**

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# Parenting Advice: 5 Tips for Using a Breast Pump



 By Marie Burke

If you're a new or expectant mother, then your head is probably overflowing with questions and concerns about your baby. One common concern is feeding the baby: do you go for natural or formula milk? Should you go for natural, your next question is likely: how does a breast pump work? I've worked in the breast pump industry for many years as a supplier and adviser to hospitals and also on a private basis to new mothers. In this article, I'm going to cover the 5 top tips for using a breast pump. Also, see our website with an extensive [Breast Pump](#) FAQ section for more information.

**Check out this parenting advice for top tips on using a breast pump.**

## **Electric or manual?**

You can choose between either an electric breast pump or manual depending on your preference, but I would recommend having both. Electric breast pumps are convenient but not always readily available if you need to nurse or feed while outside. In these cases, having a manual breast pump to hand can be a lifesaver.

## **Get a proper fitting flange**

The flange is the piece of equipment that is placed around the

nipple and secures to the breast. Having an improperly fitted flange can impede the flow of breast milk, so make sure you get one that fits securely with the nipple exactly in the middle. There are many different standard sizes of flange that can be bought, so you might need to try a few before you get the right fit. Don't worry if you can't find one that is just right for you – every breast is different and custom flanges can be made if you are unable to find off-the-shelf flanges that fit.

### **Make sure your pump is sterile or new**

If this is not your first child or you are friends with mothers of slightly older children, you might already have access to a [breast pump](#) and be tempted to use that instead of buying new. This needs to be approached with caution for two reasons: firstly, reusing breast pumps raises the risk of spreading bacterial contamination, even if you clean it. Secondly, breast pumps are generally only designed to last a few years, so older pumps will likely suffer from declining motor performance. If you are going to use a second-hand breast pump make sure its fully disassembled and key parts will need to be cleaned with bolting water. Ideally use a breast pump that operates a closed system, such as Ameda, for increased hygiene.

### **Choose single or double pumping**

If your baby is struggling to feed naturally, you can't find many times to feed during the day or you're expressing a lot, consider double breast pumping. As the name suggests, this enables you to produce milk much faster. It's also particularly good if you need to produce more milk – studies have shown double breast pumping can produce on average around 18% more milk than single breast pumping.

### **Don't always use your breast pump**

For all the convenience a breast pump offers, it's also

important to find time to breast feed naturally if you can. A lot of new mothers choose to breast pump during the week and then feed naturally at the weekend and on holidays. Feeding naturally produces the feel-good chemical oxytocin and is a good opportunity for mother-child bonding. Finding the right mix of natural feeding and using a breast pump will take experience and depends entirely on your lifestyle, but don't exclusively rely on one or the other. Both methods offer their own advantages, and as a new mother it's one less worry for you!

*Marie Burke works for O'Flynn Medical. They specialize in breast pumps & medical equipment for hospitals and the home environment.*

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## Parenting Advice: How to Help Kids Learn to Express Gratitude



 By [Emily Green](#)

With Thanksgiving coming up, it is important that we all remember to express our thanks to others not only this time of year, but year round. As a parent, it is important to teach kids from an early age to express thanks to those they interact with. Check out some of these [parenting tips](#) to helping kids to learn to express gratitude year round:

# Having your kids learn how to express gratitude is an important aspect of growing up! Here is some [parenting advice](#) on how to help your kids learn to express gratitude on more than just Thanksgiving Day:

Gratitude is a key lesson to learn, and the earlier your kids learn the better! Gratitude is the attitude that everyone should have- it helps make the world a better place! Here are some of Cupid's tips on how to teach your kids gratitude:

**1. Lead by example:** If your kids see you expressing gratitude every day, they will be sure to follow in your footsteps! By remembering yourself to express gratitude to others, even with the smallest acts of kindness, your kids will learn that gratitude is an important part of growing up.

**Related Link:** [Parenting Tips: The Benefit of Kind Words](#)

**2. Practice small acts:** Intertwining small acts of gratitude into your everyday life is a great key to having your kids learn just how important gratitude is. Whether it is remembering to send a thank you card after an event, or simply just saying thank you after someone holds the door open for you, your kids will learn to integrate these acts into their everyday lives.

**Related Link:** [Parenting Tips: Lifestyle Changes for Better Behavior](#)

**3. Take it easy:** Making the environment for learning as easy as possible is the most important key to your kids learning


gratitude. Provide them with the appropriate materials, resources and don't discourage them if they mess up. Learning takes time, and with you helping them along the way, they will express gratitude year round without any reminders.

**What are some other ways parents can help kids learn to express gratitude? Let us know in the comments below!**

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## **Parenting Advice: Stay Safe on the Spookiest Night of the Year**



 By [Emily Green](#)

Halloween is one of the holidays that kids look forward to the most each year. Who wouldn't want all that candy? As fun as the holiday can be, though, kids and adults have to remember to stay safe. You never know what spooky creatures might be out and about in the dead of night! Check out some of these [parenting tips](#) on how to make sure you and your kids come home safely on Halloween.

**Keeping your kids safe is the best parenting advice anyone can ask for! What are some tips for staying safe on the spookiest night of the**

# year – Halloween?

As parents, all we want to do is keep kids safe! While we want them to have an unforgettable Halloween night, staying safe is also a priority. Here are some of Cupid's tips to making sure you and your kids always return home safely on Halloween night:

**1. Bring a flashlight:** It can get pretty dark when trick or treating at night, so having a flashlight will help you make sure you know where you are, where you're going, and who's around you! You can keep the little ones at arm's length, and make sure no one gets left behind!

**Related Link:** [Parenting Tips: How to Find the Best Tracking App for Your Kid](#)

**2. If you separate from your kids, have a designated meeting place:** There's always the awful chance that you and your kids could get separated at some point. If that does happen, make sure you have a designated meeting spot that is very familiar to your child. This will ease the anxiety on both ends, and it's a surefire way to make sure you find each other again.

**Related Link:** [Parenting Tips: Social Media Apps to Keep an Eye On](#)

**3. Make sure your kids know your phone number:** On the off chance that your kids get lost and can't find their way back to you, make sure they know your cell phone number! If they can't remember it, write it on a tag or necklace for them to wear. This way if they can't call you and let you know where they are, a trusted adult will.

**4. Don't talk to strangers:** This may be an old rule, but it stands tried and true. Make sure your kids know to only talk to trusted adults – no one they aren't familiar with. If they stick with other parents they know, they'll return home safe

and sound in no time.

What are some other tips to ensure your kids return home safe on Halloween night? Let us know in the comments below!

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## Celebrity News: Heidi Klum Reveals What Her Kids Think of New Husband Tom Kaulitz



By [Hope Ankney](#)

In the latest [celebrity news](#), Heidi Klum revealed how her children feel about her new husband, Tom Kaulitz. According to *UsMagazine.com*, Klum opened up at the Amazon Prime Video Post-Emmy party, saying that things seem “so far, so good.” Kaulitz added, “I think it’s working out pretty good,” as he spoke about teaching her four kids how to play the guitar. [The celebrity couple](#) wed in front of friends and family only last month.

**In celebrity news, even the famous worry about introducing their kids to a new partner. What are some effective ways to introduce your kids to your partner?**

**Cupid’s Advice:**

There are some things celebrities do that aren't so much different than us. Fame doesn't always have its perks, especially when it comes to introducing your children to your newest love interest. It's something that a lot of couples worry about, as things get complicated when kids are involved. If you're stressing over having the talk with your little ones about or introducing them to your new partner, don't worry! Cupid has some [parenting advice](#) that'll help you navigate the trickiness of moving on with someone new when you're a parent:

**1. Don't have your children meet every person you date:**

Children rely on you for their security and stability. They tend to thrive in environments that can be built on trust and vulnerability. Having partners come in and out of your life is something that hurts a child's ability to find genuine investment within your relationships. Everyone wants to jump into inviting the date over to 'get to know' their kids, but unless it is someone you've been with that you trust being in your life for a long time, it might not be the greatest idea to have kids form a bond with them.

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

**2. Keep the first meeting short and sweet:** Going somewhere that is public is a great way to introduce your kids to your partner. Perhaps, ask them where they would like to go. Restaurants or out for ice cream are great environments for the children to relate to the new person that is being introduced to them since they are content and relaxed. Remember, meeting the kids where they are comfortable is key!

**Related Link:** [Parenting Advice: Tips to Get Your Child Talking](#)

**3. Talk to your kids:** Having a conversation about your partner first is always a great idea before introducing your kids to them. Ask your children how they feel about you seeing a new person and what they think about you having a dating life.

Opening a dialogue can be an important aspect of your relationship with your kids, and it can help you see their perspective on the relationship before you figure out how to introduce the person to the rest of your family.

**How have you introduced your children to your new partner? Sound off in the comments below!**

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## **Parenting Tips: 5 Ways to Boost Your Child's Self-Esteem**



 By [Mara Miller](#)

You love your children, then you want nothing more than for them to be happy and healthy. You want to praise them like crazy whenever they succeed, like learning to play an instrument or winning the game for their sports team. We've gathered together five ways to boost your child's self-esteem in these [parenting tips](#).

**Check out our five ways to boost your child's self-esteem with our parenting tips!**

Boosting your child's self-esteem is important but be sure not to overdo it. You can actually cause more harm than good if you praise your children too much, causing them to think they

need to be perfect at everything they do and setting impossible standards—but we'll touch upon that in a few moments. A child with high self-esteem and confidence in themselves will grow to be well-adjusted adults who own their own house by the time they are twenty-five because they have an amazing job, so here are five tips on boosting your child's self-esteem with our [parenting advice](#):

**1. Let them make choices:** Kids won't learn if you constantly nag them. Let them make a choice not to do homework. They'll mess up and get a C on an assignment or feel completely lost because they haven't practiced playing piano for a music recital audition. Not only will your kids learn responsibility from messing up, but they will also start to surprise you with their choices.

**Related Link:** [Parenting Tips: Lifestyle Changes for Better Behavior](#)

**2. Let them help around the house:** Let your kids help you cook and clean. Even if they are little, you will help build their self-confidence when they show you they know how to wash a dish or help cook breakfast (and you'll teach them important life skills, too!).

**Related Link:** [Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids](#)

**3. Show them unconditional love:** Letting your children know you love them is one of the most important things you can do as a parent. If they feel loved, they'll feel more confident in whatever they're trying to do!

**4. Keep goals within reach:** Encourage your children to set goals within their reach. Don't let them set unreasonable goals like learning how to play the piano perfectly in a week, for example.

**5. Don't lose sleep over it:** If you see your child fail, don't

blame yourself. They have to learn and adjust as children if they are going to be well-balanced adults. You can't micromanage everything. Give constructive criticism, encourage them to try again, and watch your child's success rate flow off the charts!

**What are some ways you boost your child's self-esteem? Let us know in the comments below!**

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## **Parenting Tips: The Benefit of Kind Words**



 By [Bonnie Griffin](#)

Trying to be a good parent is a full-time job and then some. As a parent, you're always growing, learning, making mistakes and correcting them, and trying to find the best ways to raise your children to be good people. A big part of that includes setting a good example for your child. They see you as a role model so being a kind person yourself is important for their development as they grow. This [parenting advice](#) on using kind words with your children will help you raise your children to be good, kind people.

**Try raising your children with a kind word in these parenting tips!**

Your children look up to you. They learn a lot about their language skills and behaviors by mimicking you. If you use harsh language or they see you being unkind to others that

could influence their behavior. That's why it is important to set a good example that starts with using kind words with your children. Cupid has some [parenting tips](#) on how using kind words around your children can benefit them and their development as people:

**1. Sets a good example:** Your children love you unconditionally and they look up to you. Often times, especially when they are young, they want to be just like mommy or daddy. It's important you set a good example by being a good role model. You want your child to be kind, then be kind yourself and they will follow suit.

**Related Link:** [Parenting Trend: The Science Behind Baby Fever](#)

**2. Teaches them to be positive:** Babies and young children are "sculpted" by experiences. Kind words help you give your child positive experiences. This will help them grow into a happy child full of laughter and love. They will then pass their positive experiences onto others, spreading the kindness you've taught them. Teaching your child kindness and giving them these positive experiences also gives them happy memories; memories they will carry with them throughout their lives.

**Related Link:** [Parenting Advice: Tips to Leave in the Past](#)

**3. Offers them encouragement:** As a parent you want your child to grow and accomplish great things. Teaching them kindness through your words and actions is one of the first milestones to encouraging them to grow and learn and become successful people as they grow older. Kindness shows them you believe in them and gives them the encouragement to keep pushing forward because they know they have you in their corner to help them succeed.

**Kindness goes a long way with your children. It teaches them to be positive and kind to others and helps them succeed. Let us know your thoughts about the benefits of using kind words**

with your children below.

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# Parenting Advice: Tips to Get Your Child Talking



By [Bonnie Griffin](#)

Kids are full of questions. We can sometimes find ourselves tired of giving them answers, especially when they ask the same question more than once. However tiresome the endless questions may be, it's actually good that they are asking questions and they should be encouraged to ask even more. According to *Parents.com* "When you answer your child's questions, you help keep your child's mind open, says author and parenting expert Michele Borba, Ed.D." This [parenting advice](#) will help you get your kids talking and help them use their imaginations and satisfy their need to learn.

## Parenting Advice: Ask your kids questions to keep them talking.

Teaching your child to talk doesn't have to be all work. It can be fun for both of you. The main important part is to just get your kids talking so they can mimic your words and patterns and continue to learn and grow. Cupid has some [parenting tips](#) when it comes to some ways to get your kids talking more:

**1. Ask them open-ended questions:** You want to get their minds and imagination working and open-ended questions are a great

way to do that. Instead of asking them yes or no questions, ask them questions that require a more elaborate answer. Ask them questions that will make them think and talk more. You can ask them what they like to daydream about, or what makes them happy. If they give a short answer prompt them to elaborate.

**Related Link:** [Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids](#)

**2. Parent-Kid Activities:** Life is busy and sometimes we feel like we don't have enough time in the day to do everything we need. It's important that we make time to be with our kids because they learn much of their words and behaviors from us. If we just sit around on our smartphones that is what they will mimic. Set aside time every night to do an activity with your child. Working together on a puzzle, or playing an easy game of go-fish is a good way to break into conversation with your child and get them talking.

**Related Link:** [Parenting Tips: Keep Your Kids Safe Online](#)

**3. Listen and participate:** When your child starts asking you a hundred questions, don't blow them off. It only takes a few minutes to engage them when they want to ask questions, and showing them you are interested in what they have to say will only prompt them to talk even more and ask more questions which are a good thing. It not only helps them learn to talk and open their imaginations but sets the precedent that you are there to listen and help them learn and that is equally important in their development.

**Encouraging questions and asking questions of your own are great ways to get your children talking. Let us know your thoughts about getting your young children to talk in the comments below.**

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# Parenting Advice: Plan To Fail and Be Okay With It



 By [Bonnie Griffin](#)

If there is one thing about parenting is certain, it's that nobody is perfect; not us and not even our children as much as we love them. We're all human and being human means we will make mistakes, but we need to slow down and realize it's okay to fail. Children are growing and learning. They might not meet your expectations on the first try. Admit it—you have experienced moments like this in your own life you learned from. See this as an opportunity for growth instead of failure. Instead of stressing out about mistakes you or your child might make, follow these [parenting tips](#) keep small failures from turning into something big, and help your child grow into a contributing, responsible person.

**We all learn from mistakes. Here are some parenting tips on how to handle your child's.**

Sometimes you're going to zig when you later realize you should have zagged. Sometimes your children are going to forget or choose not to do their homework or drop a dish when helping clean the kitchen. It is all a way to learn and grow that will make you a great parent, and your children grow into a responsible adult. Cupid has [parenting advice](#) and [parenting tips](#) on accepting those failures with ways to help your

children learn from them so they can grow into intelligent, good people:

**1. Learn from mistakes:** Just like you learn from mistakes at work and throughout life, you will learn from mistakes as a parent. You may learn a better schedule, etc. Like you, your children can also learn from mistakes. Instead of stepping in to help them smooth out every mistake they might make, let them make them.

**Related Link:** [Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids](#)

**2. Rules of homework:** Getting our children to do their homework isn't always easy. In fact, it can be really hard, and mistakes might get made. Remember, it is up to you to help set them up for success but don't do their homework for them. Provide them with a quiet, phone-free environment, and give them the tools they need. If they wait until the last night to do their science project even though they had the tools necessary to complete it, don't jump in and do it for them. They will learn to prepare and use their time more wisely the next time.

**Related Link:** [Parenting Advice: How to Decide What TV Shows & Movies to Allow Your Kids to Watch](#)

**3. Teach them kindness:** Kids can be mean. It's something we hear often, but it's something that makes it all that more important that. Teach them what kindness is through action, and show them it should be a part of everyday life. Volunteer at a soup kitchen, donate toys and clothes to shelters and let them be a part of it all.

**What are some ways you deal with your children when they don't initially meet expectations? Let us know in the comments below.**