

Parenting Tips: Lifestyle Changes for Better Behavior



By [Bonnie Griffin](#)

We all love our children and would do anything for them, but that doesn't mean getting them to behave in the best way is always an easy task. As a parent, you want the best for your child and part of this includes teaching them appropriate behaviors so they grow into productive and good people. Luckily, if your children have behavioral issues, we have some [parenting tips](#) to help you develop better your children's behavior.

Here are parenting tips to help improve your child's behavior.

Raising your children is a full-time gig, and the most important job you will ever have. Sometimes it seems like the hardest job in the world it's because you love your children and are dedicated to them. Parenting is a 24/7 job which doesn't end after the workday. Your children won't always behave the way you want or expect. Cupid has [parenting advice](#) on lifestyle choices to help with nurturing your children so they behave better:

1. Routines: Children thrive on routines. Make sure you have a strictly set routine for important parts of the day like mornings, breakfast, school, after school, dinner, and bedtime. That doesn't mean you have to dictate to your kids exactly what the routine has to be comprised of, it means you can work together to make a routine; allow them to give input and come up with a routine together.

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

2. Daily one-on-one time: The one thing that will have the best effect on your children's behavior is spending quality time with them individually. They have an emotional need to feel connected with you as their parent and need positive attention or they will seek out your attention other ways. This often means they will act out negatively because they see negative attention as better than no attention.

Related Link: [Parenting Advice: Cooking Fun with Your Kids](#)

3. Sleep is important: When you're tired you feel sluggish and cranky. So do your children. Children and teenagers need more sleep to keep up with all the energy their growing bodies require.

4. Find opportunities to say yes: Children have lots of questions, they want to go everywhere and see everything which means saying no a lot. To counter the negative tone that can be set every time they hear the word no, find ways to say yes. Make a compromise and help them notice you are trying to help them find their way in life and with their friends. The more positive reactions they get from you the more positive their behavior will be in return.

5. Look for the source: When children misbehave it's usually because some underlying issue is bothering them. Take a look at the big picture and try to address the real issue causing the poor behavior.

What are some ways you redirect misbehavior in your children? Let us know in the comments below.

Parenting Trend: The Science Behind Baby Fever





By [Bonnie Griffin](#)

Whenever you see a cute new baby cooing you might feel a profound sense of “baby fever,” or a desire to have a baby of your own. Baby fever is often passed off as a fleeting thought, and people don’t often think of this thought as an emotion, but science shows that it is as real as any other emotion you may experience. Baby fever may feel stronger under different circumstances, like when you see a happy baby, or a bit more faint when you are around a crying baby or unhappy child.

Parenting Trend: Baby fever is an emotion as real as any other.

Every time you see a baby, or you get on social media and all your friends are posting pictures of their children, you feel a sudden need to have a baby of your own. A desire to hold a tiny life in your arms and nurture and love them. This is a natural part of life and real emotion that most people experience throughout their lives. The number one factor is

often simply being exposed to babies being cute. Let's take a look at this [parenting trend](#) and check out some of the reasons why people get baby fever:

1. Peer pressure: Peer pressure plays a role in people's emotions causing feelings of baby fever. When we reach adulthood and many of our friends and family members are having babies, they often begin to hint, or outright say that it is time for us to do the same. Family members may often add to this feeling of pressure to have children, like parents insisting it is time for you to make them a grandparent with plenty of [parenting advice](#).

Related Link: [Parenting Trend: Weighted Blankets](#)

2. Society: Society has certain "norms" we all feel pressured to meet from time to time. Once you reach a certain age or you get married it is as if you feel this invisible weight on your shoulders saying you should take certain next steps, and one of those steps is having a baby. Your subconscious can play into this need to meet societal norms with feelings of baby fever.

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

3. Biological clock: Women have a finite time to have children before it becomes difficult. Our bodies have a biological clock that reminds us when we're ready for kids. Baby fever is sometimes our body's way of saying it is time for us to have our own babies before the opportunity passes us by. It can also be a combination between our biological clock reminding us that it is time to pass on our genes, and cultural influences telling us we need to have children.

Let us know some of the things that make you feel baby fever in the comments below.

Celebrity Parents: Struggling with Postpartum and Recovery Tips



By [Bonnie Griffin](#)

When you have a baby it's the happiest time of your life... until it's not. Many mothers struggle with a sense of extreme sadness and depression after giving birth. It may feel like you're all alone, and like you need to hide your feelings and pretend to be happy even if that's not what you're feeling but it's not. [Celebrity parents](#) like [Katy Perry](#) and Serena Williams are speaking out about their battle with postpartum

depression. It's nothing to be ashamed of because it is very real for many new mothers.

Parents, you're not alone. Even celebrity parents struggle with postpartum.

According to *People.com*, celebrity parents like Katy Perry, Serena Williams, and Alyssa Milano are helping to shed some light on the reality of postpartum depression. Williams opened up saying, "Sometimes I still think I have to deal with it, ... I think people need to talk about it more because it's almost like the fourth trimester, it's part of the pregnancy." These celebrities are helping shed light on the fact that postpartum is not something to be ashamed of; it is a natural part of giving birth and the first step to beginning to feel better is to accept it is natural and you don't need to hide. Here are some recovery [parenting tips](#) for dealing with postpartum depression:

1. Respond to your child's needs: Build a bond with your baby. That may seem like a lot when you're feeling like you're stuck in sadness and darkness, but take it one step at a time. You build a bond by meeting your baby's needs. When they cry, pick them up, have skin-to-skin contact, sing to them, anything as long as you're interacting with them in a positive manner. As your bond grows between you and your baby it will help you both to feel more secure and help you feel better, too.

Related Link: [Parenting Trend: Baby Led Weaning](#)

2. Take care of yourself: It can be easy to get lost of taking care of your baby instead of taking care of yourself after giving birth. This can be further exasperated if you're suffering from postpartum depression. Take your vitamins, and make sure you are sleeping when the baby sleeps. Ask your

friends and family for help so you can get some time to yourself to pamper yourself and make sure you're getting enough sleep. Get outside and get some sunshine because it can positively impact your mood.

Related Link: [Parenting Tips: Apply Research to the Practice of Parenting](#)

3. Use your support network: Loneliness can make your postpartum feel worse, and leave you feeling lost in the dark. Reach out to your friends and family for support when you're lonely. Visit them or invite them out to lunch. They can offer social and emotional support that will help boost your self-esteem and lift your mood.

4. Therapy: If self-help and lifestyle changes are not enough to pull you out of your depression you can seek therapy. A doctor may also prescribe medication or counseling and psychotherapy to help you talk about your concerns and set manageable goals to help you take steps towards feeling more positive.

Postpartum affects many new mothers. What are some tips you have for lifting your spirits when you feel depressed? Let us know in the comments below.

Parenting Advice: Collaborative Parenting





By [Katie Sotack](#)

Past [parenting advice](#) has sought to punish bad behaviors and reward the good. Collaborative parenting takes a new and innovative approach to parenting that involves treating your children like people. The [parenting trend](#) focuses on working with our children rather than against them to solve problems.

Collaborative parenting involves working with your children and treating them like people in this parenting advice.

The beauty of collaborative parenting is the understanding and well-thought-out approach you must take in guiding your child. If they don't want to clean their room, ask them *why*, and then come up with a solution together. They might only need to pick up their room for fifteen minutes a day, for example. Here are some collaborative [parenting tips](#) to help you and your child get on the same page:

1. Hear your child out: Instead of becoming angry and grounding your child the moment you find out they haven't done their homework, hear your child out. The collaborative parenting approach encourages you to breathe and think before you dole out punishment. Maybe they have too many after school activities or they don't understand the homework. Communicating with your child and understanding them is an important key factor in being a strong role model for your child.

Related Link: [Parenting Trend: Baby Led Weaning](#)

2. Offer choices with boundaries: Yes, by all means, listen to your child, but you are still the adult. For example, if it's close to bedtime and your five-year-old daughter doesn't want to stop playing with her dolls but you want to read her a book before she falls asleep, give her an option. Keep playing and go straight to bed with no book or you can read the book after you tuck her into bed. It's giving a clear choice and option that makes collaborative parenting work!

3. Keep your head: Try not to lose temper with your child. This is easier said than done, but keeping a calm head while you offer choices and the consequences of not listening will prevent you from turning into a screaming banshee to get things done your way. You may have to employ tremendous patience but both you and your child will have a better relationship in the end.

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

4. Seek a CPS expert: If you truly feel you are failing with collaborative parenting, seeking the guidance of a collaborative parenting solving expert is an option. An expert can show you how to work with your child, teach you patience, and ease your concerns.

How likely are you to try collaborative parenting? Share in the comments below!

Parenting Tips: Best Subscription Services for Kids



By [Katie Sotack](#)

Subscription-based services are everywhere. From meal kits to style and book boxes, you can get your monthly fix with a continuous supply of goodies. Subscription-based services are set to become the hottest [parenting trend](#) in 2019. These boxes range from toys to diapers, and the options are endless.

With diapers, food, and fun able to be shipped regularly, there's no need for a trip to the store any longer. Check out the subscription packages that may be right for you with these parenting tips.

Subscription-based services are an efficient way to shop. All they require is a customizable "click." This system is especially convenient for new parents who can no longer pop out to the store without worrying about the baby. Here are great starter kits for parents who want fun essentials shipped and delivered:

1. Happy Family Organics: Operating on a monthly basis, HFO specializes in sending food based on your child's "growing taste buds and dietary needs". You're required to enter the little one's age and allergies before selecting from options and restrictions. The company says it'll "build a unique bundle" for your child. If you find yourself dissatisfied with the service you can cancel whenever you like without fees.

Related Link: [Parenting Tips: Apply Research to the Practice of Parenting](#)

2. Lovevery: Lovevery works by delivering toys based on your child's age. The toys venture between 0-24 months and are categorized into sections by experts. The boxes ship every two to three months, depending on your baby's stage with a guarantee that the package's cotton and wood are sourced sustainably and organically.

3. The Honest Company: Enjoy a shipment of seven jumbo diaper bags and four packs of Honest wipes every month. With this

service, you're able to craft the exact diaper you want for your little one with customizable prints. All diapers are certified eco-friendly, super absorbent, and made without fragrances or lotions.

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

4. MOMBOX: Parenting subscription boxes aren't just for your kids. At MOMBOX, services are customized with items dedicated to taking care of new moms so they don't have to run to the store after giving birth. They offer a standard box, which carries everything from overnight pads to nipple cream, and a c-section option containing belly oil and a calming supplement tea.

Are subscription services useful to new moms? Share your experience 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.

Related Link: [Parenting Trend: Weighted Blankets](#)

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!

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

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.

Parenting Trend: Authoritative Parenting



By [Emily Green](#)

The way you raise your child sets the foundation for the rest of his or her life. Authoritative parenting is the most recent parenting trend gaining popularity in 2019. This parenting style means you're sensitive to your child's emotional needs but have high standards on how you expect them to behave. It not only allows your child to explore who they are as an individual but teaches them responsibility. Check out these [parenting tips](#) to learn some [parenting advice](#) about why authoritative parenting is an ideal style of parenting.

Authoritative parenting is a popular parenting trend in 2019. What are some benefits to raising your child this way?

While it is important to give your child some freedom to explore life on their own, it is also important that they follow household ground rules! Here are some key aspects to raising your child with an authoritative form of parenting:

1. Be flexible: Rules are meant to be broken (as some kids, especially teens, will test you with). You can't always control what happens while you're raising your child. Take into consideration the situation at hand—step away to calm down if need be—and then decide the best and most appropriate course of action.

Related Link: [Parenting Advice: 4 Types of Parenting Styles](#)

2. Comfort, but don't coddle: Your child is only human. They'll make mistakes, break rules, and test your patience because there is no way to get them to listen to you 100% of the time. It's important to let your child know after they mess up *why* they made a mistake, but also be there to comfort and to show them what they did isn't the end of the world because you'll always be there for them.

Related Link: [Parenting Advice: 4 Ways to Promote Healthy Growth & Development](#)

3. Listen: Your child will form their own opinions as they get older. This is the beauty of parenthood—you get to watch a human you created turn into their own person. Be there to listen to your child if they have something to say. It's important to let them know you care even if they might be wrong.

4. Place limits: Every household has to have rules. Rules are rules for a reason, from cleaning dishes after a meal to no running in the house. It can take a while to strike a solid balance between letting your child be a kid and teaching them responsibility so your rules and boundaries are respected.

5. Consistent Discipline: Your kid will think it's okay to keep breaking the rules if you don't practice consistent discipline. For example, it's important for your child to know if they hit your dog, a time out will follow. Studies show this type of cause and effect method to disciplining your children will help them develop their cognitive skills and the ability to make wise choices.

What are some other aspects of authoritative parenting? Let us know 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.

Related Link: [Parenting Tips: Apply Research to the Practice of Parenting](#)

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.

Related Link: [Parenting Advice: How to Cope with Your Child's Diabetes](#)

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.

Parenting Advice: How to Support Your Child Through Graduation





By [Katie Sotack](#)

You've made it to the graduation milestone, congratulations! Graduation is a testament to both students and parents alike. Both parties have worked hard to get to this point, but in terms of [parenting](#), you may be asking, "what's next?" Whether your child's looking for their first career or moving onto more school, they need your support now more than ever.

Graduation symbolizes the end of an era. What are some ways to ensure a successful transition with this parenting advice?

With parental pride swelling as your grad sweeps across the stage with their diploma, this is surely one of the best moments shared between you and your child. Here are some [parenting advice](#) and [parenting tips](#) on the road after pomp and circumstance:

1. Instill confidence: Avoid expressing your concerns about your child's weaknesses at this moment, especially if they're underperforming. Instead, routinely share your belief in them and their abilities.

Related Link: [Parenting Tips: Apply Research to the Practice of Parenting](#)

2. Be proactive: It's important to be aware of all opportunities. Avoid an explosive reaction by keeping your mind open to all the possibilities your child may consider. When something comes up that you hadn't thought out, process your feelings and then react in accordance.

3. Encourage the best fit: Whether it be college or career, find one that is a personal fit. The 'take what you can get' attitude will be harmful to your child's potential in the long run. So encourage them to keep searching until they find what will work for them.

Related Link: [Parenting Advice: 5 Steps to More Effective Parenting](#)

4. Sit on the sidelines: This is your child's journey. While it may be tempting to impart your desires and dictate which way is the right one, let your child take the lead and support their decisions.

How do you support your child through transitions like graduation? Share in the comments below.

Single Celebrity Parents:

Balance Your Career & Parenting Like Sandra Bullock



By [Bonnie Griffin](#)

One [single celebrity parent](#) who seems to have it all figured out when it comes to being a full-time actress and mom is Sandra Bullock. According to *RadarOnline.com*, Bullock was already helping raise her three stepchildren in her previous marriage when she decided to adopt her baby boy from New Orleans. Bullock handled her quickly changing family situation and becoming a single mom with grace, making a smooth transition into her role as a single celebrity mom.

This single celebrity parent balances working full-time as an actress in the public eye. What are some ways to balance being a full-time single parent and a full-time career?

Cupid's Advice:

Trying to balance work and being a single parent can be the most difficult job of them all. Spending time away from your child to work, then coming home to take care of them and provide a happy, healthy home can be a lot to juggle for anyone. Cupid's has some [parenting advice](#) to help you balance work and parenthood:

1. Find your support system: Being a single parent doesn't have to mean you are all alone. Everyone needs support, whether it be someone to listen when we need to vent or to lend a helping hand. This includes single parents. Reach out to family or friends and find people who are willing to listen and occasionally pitch in when you need some time for yourself.

Related Link: Parenting Tips: [Apply Research to the Practice of Parenting](#)

2. Take care of yourself: It is easy to focus all your energy on making sure your children eat well and take their vitamins so that they are healthy, but it's not as easy to remember to take care of yourself. If you are going to pull double-time working and being a single parent, taking care of your own health is essential so that you can care for your child and not wind up completely worn down and exhausted. Your health

will help you keep up with your busy career and allow you to be the best parent you can be.

Related Link: [Celebrity Parents: Mindy Kaling Opens Up About Single Parenting and Hard Work](#)

3. Have a backup plan: The unexpected can happen to anyone. We would all love to ditch work and take care of our child anytime they are sick or don't have school, but that isn't always realistic when you're working. It is important to have a plan for what to do when something happens out of the ordinary, like losing a job or handling work when you have a sick child. Having a friend, neighbor, or family member as a backup for childcare when you cannot take your child to daycare or school will help you balance work and parenting. Folks in the IT world know that passing the Cisco 200-125 test to get the [ExamSnap's Website](#) credential can make all of the difference. Other parents simply go back to school to find what they love to do.

What are some ways you balance being a working parent? Let us know in the comments below.

Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids





By [Mara Miller](#)

All parents do it: You feel selfish when you put your needs above your children's. This can be even truer when your little one is under the age of five. Whether from self-imposed pressure or from a constant need to be around your child, it feels like there is little time for your passions outside of raising your child. This stems from an age in which we over-parent our children. It's easy to confuse the amount of time you spend with your kid with the quality of your relationship. In fact, by not stepping away, you might be hurting yourself and your child more than you realize.

In these [parenting tips](#), we explore how taking care of yourself helps you take care of your kids.

In the [parenting advice](#) below, we have a list of reasons why you shouldn't be afraid to put yourself first once in a while in order to keep your sanity for yourself and your child.

1. Start Small: It can be as simple as shutting the bathroom door while your child safely naps in the other room. Starting small allows you to realize that, yes, you don't have to be with your child every second of the day. It will give you time to do what you need. It can be as simple as cleaning the house or taking a shower.

Related Link: [Parenting Advice: Five Reasons to Stop Yelling at Your Kids](#)

2. Recruit your partner: You don't have to feel guilty for spending time with your friends or doing things you love. Think of it as a chance for your partner to spend quality time with your kid(s) so you can develop individually. While your partner is with your child, this isn't considered babysitting either: it's parenting.

Related Link: [Parenting Advice: How to Cope with Your Child's Diabetes](#)

3. Get help: Hiring a babysitter while you and your partner go on a date is perfectly fine. Or maybe you've decided you want to go back to school and need help for two hours every day so you can take your class. If you can do something to better yourself for you *and* your family, why not go for it? Don't be afraid to source out help.

4. Do what you love: Taking care of yourself means balancing what you love to do with being available for your children. Whether it's a movie night once a week with your best friend or some time away at your favorite coffee shop because you need to work on your blog, make sure you can still pursue your passions as well as be a good parent to your child.

5. Happier parent equals happier kid: Even if your child is too young to understand, they'll know that you're happier when you start to put yourself first on occasion. You'll have more energy to run after your little one and you'll feel like the time you spend with them is more meaningful than if you ignore

your life to be a mother or father.

What are some of the benefits of taking care of yourself before you take care of your child? Let us know in the comments below!

Parenting Advice: Tips to Leave in the Past



By Megan McIntosh

Do you remember when you last tried an old wives' tale because you thought it was solid [parenting advice](#), but it didn't work? It might have even made the situation worse. We now know some

advice our elders swore by is best left in the past.

Cupid shares parenting advice that's best left in the past.

We've all heard one of these parenting tips from either our parents or grandparents when they want to help us with our children. Sometimes the best thing you can do is agree and move on. Here are a few things we should all leave in the past:

1. Spanking: Your parents might have spanked you when you were a kid. They probably thought it was the most effective way to punish you. Society now understands a child can't understand your explanation, nor can they connect spanking as a consequence of their wrong-doing.

Related Link: [Parenting Advice: Five Reasons to Stop Yelling at Your Kids](#)

2. Chicken soup for colds: Your parents probably made a bowl chicken soup for you when had a cold while you were still a kid. Chicken soup has no actual medical value to cure your illness. Soup as a comfort food when you're sick will make you feel better mentally. It won't get rid of your cold. Best to stick to medicine.

3. Put some alcohol on your teething baby's gums: You know this is a risky remedy. Alcohol in any form is bad for your baby. Give them a teething ring or some baby's aspirin instead.

Related Link: [Parenting Advice: Cooking Fun with Your Kids](#)

4. Do as I say: This is a frequent statement you might make to your kids, "Do as I say, not as I do." You might realize that the best lesson is a visual one. Show your kids your good

behavior and they will imitate you.

What are some old wives' tales about parenting that you no longer listen to? Share below!

Parenting Tips: Apply Research to the Practice of Parenting



By [Mara Miller](#)

Let's be honest: it's easy to second guess yourself after you have your first baby...or your second...or even your third (if you

decide you want that many kids!)). This is totally normal! Your parents may have parenting styles that you didn't agree with as kids, so now you want to do better for your own children. If you feel this way, it's why you might consider applying research to the practice of parenting in these [parenting tips](#). We are now in an age where information is literally a tap away on a phone screen or a computer keyboard, so it's easier than ever to access the information you need.

Here are some parenting tips for applying research to help you become a better mother or father!

You can use a search engine on the internet to find just about any information you need, but don't discount parenting books for [parenting advice](#)! They can have a wealth of information as well.

1. Figure out the kind of parent you are: Doing a quick Google search on "the four kinds of parents" can give you a wealth of information on parenting types. Whether authoritarian, permissive, uninvolved, or authoritative, you will be able to figure out areas where your parenting skills are working just fine or where you need to improve for your kids.

Related Link: [Parenting Tips: 4 Types of Parenting Styles](#)

2. Find new ways to entertain your kids: Are you the type of parent who doesn't want your child to spend *hours* playing video games? Running out of things to do to entertain them? Research new ways to play with your kids will take only a few minutes. It doesn't mean that you're a bad parent just because you have run out of things to do, it just means that you need help!

Related Link: [Parenting Advice: How to Cope with Your Child's](#)

Diabetes

3. Find new ways to bond with your child:

Bonding with your child should be obvious, but figuring out new ways to do it so your child doesn't get bored or show disinterest is another beast altogether. What might work for one parent when it comes to bonding with their child may not work for another. It depends on how old the child is but using research to help you find new things to bond with your kids might help you find something you didn't think about before.

4. Keep up to date with the latest research: Research centered around child development continually changes and evolves. Keeping up to date so you can make the best decisions, like that children actually need to *play* in order to learn, for your child. That way you'll have the power to say "no" if someone—like a teacher—tries to tell you otherwise.

5. Find support groups: Parenting little ones is a difficult task that can become overwhelming if you don't have the right type of support. If you find the right group of people, you can not only make lifelong friends but might be able to find future playmates for your children if it's an online group for your local community. Groups like this also tend to share a lot of research that you can use in order to adjust your parenting style!

What are some other ways you can apply research to the practice of parenting? Let us know in the comments below!

Parenting Advice: Five

Reasons to Stop Yelling at Your Kids



By [Mara Miller](#)

Parents yell at their children, even if they might not want to openly admit it. Maybe you snapped because you're mad they haven't put on their shoes yet. Or, you have *had* it because they won't do their homework. Or, maybe you've had a bad day yourself, and your teenager just smart-mouthed you one too many times, so you decided to let them have it. We'll explore why you need to stop yelling at your kids in this [parenting advice](#).

Parenting Advice: Five Reasons to Stop Yelling at Your Kids

You'll snap, your baby will burst into tears (or if your kids are teens they might snap back)—and then the entire family will be upset. It should go without saying: if you can stop yelling at your children, they will be happier. But if you're still not convinced, here are a few things to consider that you may not have thought about before:

1. They will learn to yell back: Yelling at your kids will eventually turn into you being yelled at by your children. And they may not just yell at you—they'll possibly yell at teachers, peers, or a future partner. Remember, you are teaching your kids cultural and social norms and they will mimic your behavior.

Related Link: [Parenting Tips: How Your Kids Can Benefit from Audio Books](#)

2. It causes anxiety: Yelling can cause anxiety attacks and severely limit your ability to interact socially with other people as an adult. Yelling can also trigger full-blown panic attacks later when your children are older. This can lead to struggling with performance in school. They will also have trouble finding, and keeping, employment when they are older.

Related Link: [Parenting Advice: 5 Steps to More Effective Parenting](#)

3. It's emotionally draining: Have you ever gotten just as upset as your children after yelling at them? Yelling at your children can be stressful and damaging to them, but it can be stressful and damaging to you even though your first response might be to raise your voice to your children.

4. They'll stop listening: Yelling at your children will

trigger a fear response deep in the brain that will turn off their listening completely. This can lead to bad grades in school because your kids will automatically tune out their teachers. Adults who have been yelled at often as children will neglect orders at work or their partner.

5. Your children will learn to crave negative attention: Do you want to teach your kids to crave negative attention? Yelling at them frequently can teach them to seek that kind of attention later in a potential partner. It can also negatively affect any other social relationships, like with siblings or friends.

What are some other reasons to stop yelling at your kids? Let us know in the comments below.

Parenting Advice: How to Cope with Your Child's Diabetes





By [Mara Miller](#)

According to the American Diabetes Association, approximately 1.25 million children have diabetes. It can be a scary situation when you first find out a loved one is affected by this disease, but even scarier when one of them is your child. And, no matter if they have Type 1 or Type 2, it can be hard on you as a parent to not feel like it's your fault or to feel guilty because there is a way you could have prevented it. We have some [parenting advice](#) and [parenting tips](#) on how to cope with your child's diabetes because it *isn't* your fault and you *shouldn't* feel guilty or alone with your family's struggle to cope with it.

Parenting Advice: How to Cope with Your Child's Diabetes

1. Get help when you need it: Rely not only on your support network with your partner and extended family but your child's healthcare professional too.

Related Link: [Parenting Advice: 5 Steps to More Effective](#)

[Parenting](#)

2. Make parenting decisions together: It's important to make decisions with your child's parent together as a team rather apart. And more than anything, be consistent.

Related Link: [Parenting Advice: 7 Ways to Help Your Partner Cope with Postpartum](#)

3. Share your feelings: Don't bottle up your feelings about your child's diabetes. Connect with other parents in a support group or seek help from a family therapist.

What are some other ways to cope with your child's diabetes? Let us know in the comments below!

Parenting Advice: Cooking Fun with Your Kids





By Megan McIntosh

There comes a time when your kids want to be involved in what mom or dad is doing in the kitchen. They want to bake their own cake or fry their own eggs. Whether you decide to start small or let them help you with a whole meal, it's easy to have some cooking fun with your kids! Celebrity parent and model Chrissy Teigen recently made a special menu for [celebrity baby](#) Luna, and [Jennifer Garner](#) routinely cooks healthy meals for her kids. Like them, you can also have your kids join you in the kitchen!

Parenting Advice: Cooking with your kids can be a fun and educational experience that lets you have some quality time together, too!

Here's some exciting advice to start cooking in the kitchen with your kids:

1. Find some kid-friendly menus:

Find some fun menus that the kids can easily follow with you. Try to make character pancakes with fruit and nuts as decorations. Put together a yummy snack mix, which is simple and should keep the mess to a minimum. There are a variety of kid-friendly menus, but you can even create your own like celebrity parent Chrissy Teigen did when Luna turned out to be a picky eater.

2. Start small:

If your child wants to be involved in a the preparation of a grown-up meal, give them something small to start with. Let your child mix the spices, or let them toss some ingredients into a salad. This gets them excited to be involved in the kitchen, but keeps their little hands safe. Help them create something healthy but simple, like Jennifer Garner and her granola recipe.

Related Link: [Parenting Advice: Make Your Own Fresh Baby Food](#)

3. Let them be a little independent:

Once your child is a little older, you can let them be a little more independent in the kitchen. Let them create their own snack mix rather than following a recipe. Let your child create recipes that have three ingredients like banana pancakes or dunkaroo dip. Let your kid make dessert while you focus on dinner with them making banana oat cookies or peanut butter fudge. Keep it seasonal by making popsicles in the summer and hot chocolate in the winter.

Related Link: [Parenting Tips: Make Popsicles with Your Kids This Summer](#)

4. Keep it age appropriate: Though we encourage independence with our children, it's very important to keep it at level with their age. If they're a little younger, you'll want to keep them away from sharp objects and doing more activities like mixing and squeezing. As they get older you can

incorporate more difficult tasks such as cutting with a blunt blade or cracking eggs. Eventually they'll be able to help you out in the kitchen so much that you'll get a chance to relax a little quicker.

Related Link: [Product Review: Back-To-School Products For Kids Of All Ages](#)

Any tips for how to get started in the kitchen with your kids? Share below!

Parenting Tips: How Your Kids Can Benefit from Audio Books



By Megan McIntosh

There's something about hearing a story that makes it a little more exciting than just reading it. When someone tells you a story, it leaves room for you to focus on imagining the characters and learning the vocabulary. Celebrity parent and model, Chrissy Teigan reads aloud with her daughter Luna and the benefits from reading aloud are many. But when you don't have the time, or when kids want to be a little more independent, children can really benefit from audio books.

Parenting Tips: Reading aloud and using audio books can be a great benefit to your kids and give them a little independence!

Here are some helpful tips to start using audio books to help your kids with vocabulary and reading:

1. Do it together: it's always a good idea to introduce your child to audio books with them. You can help them with the cues and help them follow along with the words in the book. You can even review vocabulary words they may have learned.

2. Try to keep it close: Use books that you've already read aloud to them previously. This way they're already familiar with the story and can more easily follow along when you're not present. Once they've adapted more vocabulary from the audio books or you've summarized the story beforehand, then you can move on to more difficult and new books.

Related Link: [Parenting Advice: How to Keep Your Kids Motivated Throughout the Rest of the School Year](#)

3. Let them multi-task: Just like it can be hard for kids to sit still in class, it can be hard to sit still and listen to

a story. Let them play with a toy, draw a picture, or even eat a snack while they're listening to their audio book. This increases their love of reading while teaching them to multi-task.

4. Utilize your resources: There are so many sources for audio books. Use websites like Overdrive and Hoopla to access your local library without needing to take the drive. Audible is an app with audio books that you can access on your phone.

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

5. Have fun: Don't stress if your child doesn't understand every word in a book; if the story is interesting to them, let them listen anyway! If a child isn't feeling an audio book, no need to push it. Move on to the next audio book that sparks their interest in vocabulary and story telling.

What are some tips you have when getting a child to enjoy reading? Share below!

Parenting Advice: 4 Ways to Promote Healthy Growth & Development





By [Lauren Burczyk](#)

The way you parent has a huge impact on your child grows up. It can affect everything from how much she weighs to how confident she is about herself. It's important to keep yourself in check and make sure that your parenting style is supporting healthy growth and development for your child. The way you parent and how you discipline your child will influence her for the rest of her life. Check out these [parenting tips](#) to learn some [parenting advice](#) about different ways to promote healthy growth and development for your child.

Read on to learn more about these four ways to promote healthy growth and development for your child.

It's important that you show your child how much you care about them and build their self-esteem. Here are some ways to ensure your child grows and develops into a happy, successful adult:

1. Set family rules: Family rules help children know that the family lives with specific expectations and that they stand for something. Have as few or as many family rules as you would like and enforce them consistently.

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

2. Invite cooperation: Establish regular family meetings, it will teach your child to cooperate. These family meetings are designed to discuss any concerns or problems.

Related Link: [Parenting Advice: 5 Ways to Talk to Your Child About Bullying](#)

3. Expect accountability: You can teach your child to be held accountable by assigning them some household chores. Make sure the chores are appropriate for her age and hold her accountable with natural or logical consequences for not completing her chores on time.

4. Express appreciation: Let your child know you appreciate her help with household chores. Make sure to reward her for a job well done with words or gifts.

Can you think of some other ways to promote healthy growth and development for your child? Comment below.

Parenting Advice: 4 Types of Parenting Styles



By [Mara Miller](#)

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

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

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

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

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

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

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

Related Link: [Parenting Advice: 5 Ways to Talk to Your Child About Bullying](#)

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

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

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

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

Parenting Advice: 7 Ways to Help Your Partner Cope with Postpartum



By [Mara Miller](#)

It's normal for a woman to feel sad, anxious, lonely, or tired after her new bundle of joy has been delivered, but usually those feelings go away fairly quickly. For some mothers, it becomes much more severe, affecting one out of seven women. Postpartum depression can take effect months after the baby is born. It also doesn't affect only new mothers; it can affect someone who already has children. The disease can be so serious that some mothers have taken their lives because they couldn't get the help they needed.

Parenting Advice: Postpartum depression can be a scary,

frustrating time for the whole family. Here are 7 ways you can help your partner cope.

It can be hard to know what to do in this situation when you don't know how your partner will feel from day to day. Here are some ways you can help make your partner's life easier:

1. Listen to her: Her anxiety is sky high right now. She might feel like her ability to be a good mom isn't there and that you and the baby would be better off without her. You don't have to give her resolutions or ways to do better; you just need to listen.

Related Link: [Parenting Trend: Weighted Blankets](#)

2. Make sure she rests: It's easy to lose sleep when there is a new baby in the house, especially for the mother. Make her stay in bed a little longer while you take over for the midnight feedings or in the middle of the day if she needs to recharge.

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

3. Seek help elsewhere: Asking for help from a trusted friend or family member isn't wrong. If your partner needs help taking care of the baby, making sure she has a support system besides yourself is important. Friends can also be a good motivator to get her up and out of the house to shop, have lunch, and feel normal while you bond with the baby at home.

Related Link: [Parenting Advice: Make Your Own Fresh Baby Food](#)

4. Help around the house: It can be easy to let the household chores all fall on your partner. Do not do this to her. Get a baby sling, attach your little one to your chest, and cook

some dinner for Mom while she fits in a nap. Take the dogs for a walk. If you have older children, some extra time watching TV or playing outside while she relaxes won't hurt either.

5. Don't forget to spend time alone: Get a babysitter when the baby is old enough, and take her out on a date. She might feel fat and want to wallow in her own misery right now, but don't let her. She needs time alone with you so she can feel like the beautiful human you fell in love with again.

6. Make her feel supported and safe: The experience of postpartum can be lonely for the mother because she devalues her self-worth. Tell her she's doing a good job with a baby. If she gets angry, ask her why she feels angry.

7. Do research: The more you know about postpartum depression, the more you can help your partner. You can also find support groups and hotlines to help. And yes, this includes finding a therapist who can prescribe medication to help if necessary.

What are some other ways you can help your partner through postpartum depression? Share your tips below.

Parenting Advice: How to Decide What TV Shows & Movies to Allow Your Kids to Watch





By [Courtney Shapiro](#)

Giving your kids access to TV shows and movies can be daunting. You don't want them to see or hear something that is inappropriate, but you can't keep them guarded forever. It is important to understand that each parent has different opinions on what they will show their kids as well as when they show them. Don't feel like a bad parent if you limit your child's TV consumption. Some celebrity parents, like [Victoria Beckham](#) and husband [David Beckham](#), are notoriously strict on their [celebrity babies](#)! Here is some [parenting advice](#) on how to decide what your kids can watch.

Check out our parenting advice on deciding what TV shows and movies you allow your kids to watch

Cupid's Advice:

1. Check the ratings: This may be obvious, but the ratings of movies are decided based on the content. Usually, the ratings

will share details such as language, adult content, or violence, yet you can find out more specifics by just doing a bit of research. Search the specific show or movie and find out exactly why it was rated that way; you can then decide if it's appropriate for your children.

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

2. Keep the generation in mind: Content in TV shows or movies isn't the same as it was when you were growing up. Something that was rated R years ago is probably now only considered PG-13, so look at the content and choose what you want to ease your kids into seeing and hearing first.

Related Link: [Parenting Advice: Road Trip Hacks](#)

3. Reiterate that what happens on screen isn't reality: Kids have wild imaginations, so you have to be careful of what they watch. Remind them that the things they see on screen don't equate to what happens in real life and it is just for public entertainment. Also, as a parent, explain concepts that they might not fully understand yet. It's better if it comes from you rather than a stranger.

What is some parenting advice on how to decide which TV shows and movies your kids are allowed to watch? Let us know below!

Parenting Advice: 5 Ways to Talk to Your Child About Bullying



By [Lauren Burczyk](#)

Whether it's cyber harassment or ostracism in the lunchroom, bullying has become all too common. Despite its prevalence, bullying can be a difficult topic to discuss with your child. Kids don't normally tell adults that they're being bullied. It's so important to learn some of the signs and ways to talk to your child about this form of harassment. We have included some [parenting advice](#) that can help you detect and discuss bullying with your children, including [parenting tips](#) to help you determine if your child is a victim of bullying or is the perpetrator.

Check out the five ways to talk to your child about bullying.

1. Look for signs: Most children who are bullied show signs of

withdrawal, loss of friendship, and bursts of emotion. While these signs can be similar to typical teenage behavior, it's important to discuss what's going on with your child if you notice any of these changes.

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

2. Don't label it "bullying": Even if your child is being bullied, calling it such will make them feel powerless and they will end up just denying it. Instead, you can ask questions indirectly, such as why they aren't participating in activities like they did in the past.

Related Link: [Parenting Advice: Ways to Cope With The Terrible Twos](#)

3. Build coping skills: Building your child's coping skills can allow them to deal with bullying situations. Your child can visit the school counselor, who will document the incidents, and give your child advice on how to deal with the problem.

4. Help them understand why bullying exists: Most of the time, bullies are really just trying to compete with others who they feel might be better than them. Help your child understand that there's nothing wrong with them, this will pass, and that their oppressor is really just jealous of them.

5. Determining that your child is the bully: If your child is the bully, you have to figure out what's motivating that behavior. It's a good idea to talk to your child about the repercussions of bullying and try to set a good example for them.

Can you think of any other ways to talk to your child about bullying? Comment below.

Parenting Advice: Road Trip Hacks



[By Courtney Shapiro](#)

Road trips can be a super fun way to bond as a family, but they can also get old after a while if you don't have a plan in place to keep everyone entertained. There's nothing worse than that dreaded, "Are we there yet?" question being asked multiple times. Here are some [parenting tips](#) for road trip hacks that can help keep the kids occupied.

Check out our parenting advice to keep your passengers busy along the way.

1. Snacks: Kids can start to get whiny if they don't have proper nourishment during the trip. Make sure you have plenty of snack varieties to keep hunger levels down. You'll win the road trip game if you have cool snacks like granola bars, fruit snacks, Chex Mix, and more.

Related Link: [Parenting Advice: Ways to Cope With The Terrible Twos](#)

2. Car games: There are so many games that can occupy a long car ride. For example, with young kids you could play something as simple as "I SPY" or "I'm Going On a Picnic" where you name an item beginning with every letter of the alphabet until you get all the way through. These take up time and will help your kids forget that there is still time left in the car.

Related Link: [Parenting Trend: Baby-Safe Teething Jewelry](#)

3. Supplies: If you have young kids, make sure you pack everything for easy access while you're traveling. For example, don't forget the diapers, entertainment, and if it's a long trip, maybe even a change of clothes.

What is some parenting advice on how to hack a road trip? Share your thoughts below.

Parenting Advice: Ways to Cope With The Terrible Twos



By [Ivana Jarmon](#)

Welcome to the terrible twos: a time when your once cute-as-a-button baby becomes a living nightmare. Your child may present with the following symptoms: temper tantrums, screaming, kicking and biting, fighting with siblings, total meltdowns and their vocabulary being dominated with the single word “no!” But don’t worry! The terrible twos are a time of rapid growth- mentally, socially and physically. It’s a time when toddlers begin to develop their sense of self and start to want to do things for themselves. This trying time will pass, and while there is no quick fix for unwanted toddler behavior, you can take steps to help things go more smoothly when the terrible twos begin. Here are some [parenting tips](#) on ways to

survive the terrible twos.

Parenting Advice: Check out our parenting advice on ways to cope with the terrible twos.

1. Give them responsibility: At the age of two, your toddlers are developing their senses of self. A two-year-old can do a lot around the house: pick up their toys, empty their plate, and set the table. By giving them mini chores, this will help them build their confidence and will show that you trust them.

Related Link: [Parenting Advice: How To Get Your Child Back On The Right Track](#)

2. Consequences: A child going through the terrible twos is constantly testing limits. No parent likes to give out a punishment, but consequences are a way to show your child that there are expectations, and that if they're not met there will be trouble.

Related Link: [Parenting Trend: Baby-Safe Teething Jewelry](#)

3. Patience: As a society, we don't like to wait for anything, and we especially don't like waiting for a difficult situation to get better. A child going through the terrible twos is going through so many psychological and physical changes that they have a right to go a little crazy. As their parent or guardian, this means recognizing that and giving them the opportunity to pass through this stage without getting angry all the time. It's easier said than done, because it's very hard when a child is constantly having tantrums or fighting you on everything. Getting angry will only make things worse and will escalate the situation. So, take a deep breath and respond; don't react.

What is some parenting advice on how to cope with the terrible twos? Share your thoughts below.