

Parenting Advice: How To Get Your Child Back On The Right Track



By [Ivana Jarmon](#)

Keeping a child on the right track can be hard, especially in a world with so much ugliness. It's easy to steer away from the right path. Your child may be acting out or maybe you've noticed they're behavior has changed. As a parent, this is very concerning. You may make rules for your kids, only to abandon these rules when they don't work. We have some [parenting advice](#) to help you get your kid back on the right track.

Parenting Advice: Check out our parenting advice on how to get your kid back on the right track!

1. Honest conversation: Have an honest and real conversation with your child. Treat your child as an equal instead of pulling rank. “I’m the parent you’re the child” will not work if you want things to change. To have an honest conversation, it’s important to take turns talking and listening. By pulling rank, you may miss out on an opportunity to hear how they truly feel. It’s important that you hear each other out.

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2. Address the red flags: These red flags could be falling behind in school work, trouble-making at school, or missing homework and extracurricular activities—it’s important to address the problem. Talk to your kid as soon as the problem arises. Don’t accuse them or get mad. Ask him or her openly what’s going on.

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3. Get to the root of the problem: It’s important to explore the reason for your child’s change in behavior. Talk to your child, their teachers, coaches, friends the people who know them well. By doing this, you will get a better insight at what’s causing the problem.

What are some ways to get your kid back on the right track? Share your thoughts below.

Parenting Trend: Baby-Safe Teething Jewelry



By [Ivana Jarmon](#)

The latest [parenting trend](#) you should be looking into is baby-safe jewelry. Every parent must watch their child struggle with growing pains, such as cutting teeth. As a parent, watching your child in pain is the worst. One of the ways to help your toddler is by giving them something to chew on such as teething jewelry, a product made to offer a sanitary, safe option to handheld teethingers.

Here are some reasons why you

should choose baby safe jewelry such as teething jewelry.

1. Sanitary option: Teething necklaces can offer a more sanitary option than handheld teethingers. This option can spare parents extra cleaning. Also, you wouldn't have to worry about your child always dropping their teething ring on the floor every second.

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2. No more scrambling around: Babies often lose their teething rings. With the teething necklace around their neck, it will always be easy to find.

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3. Teething necklaces are generally safe: Though it can depend on the material from which it's made, the best teething jewelry are the ones that are non-toxic and free of BPA, lead, cadmium, and phthalates. This basically means that you will want to find a teething necklace that is constructed of medical or food grade silicone or wood finished with natural oils that won't harm your child.

What are some baby safe jewelry? Share below.

Parenting Advice: Make Your Own Fresh Baby Food



By [Ivana Jarmon](#)

Making your own fresh baby food means you know exactly what you're feeding your baby, it also means saving money. By making your fresh baby food, you can expose your child to a wide variety of flavors. You also expose them to a much healthier and nutrition filled diet. Homemade baby food can be very simple: you could choose from fresh or canned fruit, fresh or frozen produce, grains etc. A great, easy baby food to make from scratch is a fruit or vegetable puréed food. Puréed baby food allows your baby to practice their chewing and swallowing skills. To show you how easy it is to puree. We have some [parenting advice](#) to help you make your own fresh peach puree baby food. Recipe was used from Premeditated Leftovers Recipe.

Check out our parenting advice on how to make your own fresh

baby food!

1. Ingredients and tools: Grab your ingredients from your local grocery store. You will need: 6 peaches to make enough to fill 1 standard ice tray). Tools: hand held peeler, blender or food processor, small to medium pot with steamer basket and water. This recipe serves 12, prep time should take 15 mins, cook time 15 mins. Everything should take about 30 mins.

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2. Process: You will first want to peel and cook them first, either by baking or boiling them. It will not only make it easier for you to puree them, but the cooking process will prove easier for your baby digestion system.

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3. Directions: You will want to begin by peeling your peaches and cut them into smaller pieces. Fill your pot with water, a little below the steamer basket, and then you're your peaches and top it off with the lid. Allow the water to come to a low boil and let your peaches to steam for 15 minutes. FYI the larger and firmer the pieces are, the more time they will need. Remove once you can easily cut the peach with a fork. Place the peaches in your blender and puree.

4. Finish: Feed your baby and watch them enjoy their homemade meal! Be sure to pack away the left overs and put them in the refrigerator or freezer.

Have any more tips on how to make fresh baby food? Comment Below.

Parenting Advice: How to Manage Being a Working Parent



By Dr. Jane Greer

The push and pull between holding down a job and taking care of a home is an ongoing struggle. It can be hard to balance taking care of the kids, pursuing a career, and getting all of the daily housework and chores done. If a mom is going back to work after taking time off to start a family, it can be even harder to transition into the workforce again. Eva Mendes has opened up about her struggles as a working mother of two. She talked about how difficult some of the simple things can become when you are juggling so much, even just getting dressed.

So what, if anything, is the answer to managing the tug of war and the potential chaos that comes with working and being a parent?

There are two things going on when a mom decides to go back to work after spending time at home with children. The first is something Eva touched on, getting the logistics into place. The second, and this one can often be even more difficult to deal with, is the guilt and longing that can go along with the decision to return to a job, and the transition of actually doing it. Not only might you want to be with your kids, but you also might feel you are not doing the right thing by leaving them with a nanny or at daycare. The hope is that you will be able to find a middle ground so you are not consumed by these feelings, and you are able to enjoy your work and be present there.

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There is no one answer for all women, each one has to find her own way and her own balance. Here are a few things to keep in mind, though, as you navigate your way. The first is that while you may not be able to spend all day with your child anymore the way you are used to doing, know that research has shown that what is most important is the quality of the time you spend together, not the quantity. In other words, it is better to have one or two meaningful hours together a day, which you may be able to find before or after work, when you are completely focused on what your child needs, than it is to have all day every day when you are frazzled, possibly unfulfilled, and not paying full attention to your son or daughter. People often falsely equate the idea that being the “good enough mother “ means being with your child all the time. However, the term, used by Winnicott and other

developmental theorists, in fact means setting aside your needs in order to be available and responsive to those of your kids, and in this way you are completely attuned to them, which ensures promoting their emotional well-being. This can be achieved in many different ways, and, in reality, it is how you spend the time you do have together, no matter how much it is in a given day, that really counts. With this knowledge, you may be able to set a few realistic goals which will help ease the transition back to work. For example, you might be able to carve out a chunk of time in the day or night when you can really tune in to your child, whether it be reading together, singing, or even having fun choosing an outfit for the next day.

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Some women, though, become so consumed with being a stay-at-home mom that it can really color the enjoyment of the job. Of course, sometimes there is a hard and fast financial element to deciding to go back, and if that is the case know you are doing exactly what your family needs, and keep in mind that the research is on your side. If you are more flexible, though, and it won't interfere with your sense of self, see if you can delay the return to work so you can continue to be physically and emotionally present for your children for a while longer. Some people choose to never go back to work. Making that choice really comes down to determining how crucial the work is to your well-being. If you know you will regret it and resent not being at work more, explore the possibility of finding a compromise, and try to come up with a plan where you are not away from home all day, maybe you can work part time or a few days a week.

It sounds like Eva is finding her way with that and doing what every mom has to do – confronting that fork in the road and looking at what will be the most meaningful and viable way to move forward for her and her children. Ultimately, that is all

you can ask of yourself.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Parenting Advice: How to Decorate Your Modern Nursery





By [Haley Lerner](#)

When you're expecting a new child, there are a lot of things to worry about. One of those things is nesting and getting a room all set up to house your new precious baby. So, are you looking to design the perfect nursery for your little tot? We've got the [parenting advice](#) to help you perfectly decorate a modern nursery for your baby.

Check out our parenting advice on how to decorate your modern nursery!

1. Neutral tones: One way to make your child's nursery feel really modern is by sticking to neutral colors and avoiding the usual choices like pinks, blues and yellows. Try decorate in shades of gray, white and black. These neutral colors will allow colorful accent pieces in the room to stand out.

2. Fun lighting: Spruce up your nursery with some cool

lighting fixtures. Find a light fixture that can be a statement piece in the room. Whether it's a funky chandelier, contemporary lamps or a neon light sign, go for something that will add character to the room.

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3. Wallpaper: Another way to make a room more modern is by using wallpaper. Pick a wall of the room to be a feature wall and cover it with a funky patterned wallpaper.

4. Mirrors: If you want to make a nursery look bigger and more modern, incorporate several mirrors into the design of the room. It'll reflect light and make the room look sharper.

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5. Paint the ceiling: Another fun option if you're bold is to paint the nursery ceiling. If you keep the rest of the room neutral, paint the ceiling with bold bright stripes or a fun, bright color.

Have any more tips on how to decorate a modern nursery? Comment below!

Parenting Trend: Royal Baby Names





By [Haley Lerner](#)

Choosing a name for your child can be extremely tough. You can look through hundreds of baby name books and still not know what to name your little tot. Luckily, we have England's royal family to inspire us with some names perfect for any baby. When [Prince William](#) and [Kate Middleton](#)'s first child Prince George was born, the name George climbed up the top 10 list of baby names for England and Wales, according to the Office for National Statistics. So, we've got the perfect [parenting advice](#) for you to jump on this [parenting trend](#) and give your new addition a royal baby name.

Check out our parenting advice on how to choose a royal baby name for your child!

1. Traditional monarchical names: One way to go in choosing a royal baby name is by going for a more traditional and elegant name, like Victoria or Edward. These names might not be as

common as those currently in the royal family, so one may be a unique choice for your child!

2. Older names: If you prefer a baby name that won't be common, go for a name from older rulers in England, like Matilda, Joan, Edgar or Alfred.

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3. Modern names: If you really love the current royal family, go for a more modern royal name. Whether it's Harry, William, Elizabeth, Charlotte, Louis, Phillip or George, these names can easily be a great fit for your child.

4. Unusual names: Looking for an extra special name for your child? Go for one that's from another royal family outside of Great Britain. Try out Xenia, Zara, Savannah, Cosima, Octavius, Lionel, Nikolai or Charlene.

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5. Opt out of using a royal name: If naming your baby after royals isn't your thing, don't fret! It's perfectly fine to instead go for any name you like. Check out baby name websites and books to find the name you feel is just right!

Have any more tips on how to name your baby after a royal? Comment below!

Parenting Advice: Social

Media for Children



By [Jessica Gomez](#)

Ah, social media – youth and older people alike are very involved in it. When it comes to your children, you obviously want them to be safe when it comes to the web. Social media platforms like Facebook, Instagram, Twitter, and Snapchat are more for teens and adults than they are for children though. The good news is, there are social media platforms specifically designed for our youth. This is great because it can let parents relax a little. Nevertheless, you want to make sure that you have a serious conversation with your children about safety on social media.

Here are a few fun social media sites for your children to use along with some [parenting advice](#) on how to make sure your kids are safe when it comes to the web:

Make sure to sit down with your children and have a talk about the positives and the dangers of social media. Let them know that they must think before friending people and before clicking the send button. Also, make sure to monitor their activities online. With that being said, have an open line of communication with your kids and make sure there is trust there. This will really help now and in the long run.

Now, here are the social media sites for your little ones:

1. [Kidzworld](#): What is cool about this site is the multi uses for it. Your child will have the choice to create a profile, message friends, partake in secure chat rooms, play online games, create polls, write blogs, and read movie and tv reviews, articles on family and other topics on life! The site is moderated and is for ages nine to 16.

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2. [Gromsocial](#): Parents will be spiked to know that this site is actively monitored 24/7, and adults can only access it once it is confirmed that they are the parents of a user. It's also password protected and parents can receive emails on their child's online activity. Wow! This site gives kids the option to chat, share videos, and get help with their homework. Sounds great to us!

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3. [Club penguin](#): This is more of a place to play games, but children can chat with any other penguins (other children). This is a Disney site where children are penguins and can explore. They play games with other users, live in igloos that they can decorate, and more. This fun site is a community that encourages kids to be friendly and creative. Also, this site does not allow third party advertisements and they monitor all chats.

Which social media platform are you excited for your child to try? Comment below!

Parenting Tips: Make Popsicles with Your Kids This Summer





By [Haley Lerner](#)

In the summer, school is out and your kids are typically spending more time at home. This means that coupled with the sticky hot weather, you have rambunctious children to entertain! Everyone knows the perfect summer treat to cool down is ice cream, but instead of waiting for the ice cream truck to come down your block, why not make a yummy dessert yourself? Or even better, have your little tots help you make them. We have the [parenting advice](#) to help make your summer extra sweet with homemade popsicles.

Check out these parenting tips on how to make popsicles with your kids this summer:

1. Pick out ingredients: Head to the grocery store, and let your child pick out his or her favorite popsicle ingredients. If you're looking to go the simple route, any fruit juice is a good base. If you're ready to put more work into it (and have

a juicer/blender at home), pick out some fresh fruit (and some green veggies if you can manage to sneak them in). Consider picking up whole fruits like blueberries or strawberries to throw in at the end as well.

2. Get a mold: It's important you have something to put all that fruit juice into, so while you're at the grocery store, pick out some small paper cups. Some stores even sell special popsicle molds. Don't forget to grab popsicle sticks, too!

Related Link: [Parenting Tips: 5 Spring Activities To Do With Your Child](#)

3. Put it all together: Once home with all of your ingredients, enlist the help of your kid(s) to help put the popsicles together. Help your child pour the juice or fruit puree (after you blend it) into the popsicle molds. It's the perfect parent-child activity that will be super fun for your little chef.

4. Let it freeze: After placing popsicle sticks in the middle of your fruit juice, carefully put all the molds in the freezer and take them out when the pops are frozen. Then, carefully pull the mold off and give your child the perfect frozen treat!

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5. Eat the popsicles outside: It's summer, so enjoy the nice weather while it lasts! Set up a picnic in your yard or at a park, and enjoy the fresh popsicles with your children. Spend a perfect summer day eating your healthy cold snack and playing in the sun.

Do you have any more tips for making the perfect summer popsicles? Comment them below!

Kym Johnson & Robert Herjavec Welcome Celebrity Baby Twins



By [Jessica Gomez](#)

In [celebrity baby news](#), [celebrity couple](#) Kym Johnson and Robert Herjavec welcomed twins on Monday. According to [UsMagazine.com](#), Johnson shared a black and white filtered photo via Instagram of her beau holding their newborns, captioned: "I never thought my heart could feel so full. We're so in love with our little angels. Born at 7.44am and 7.45am 4/23/18." What a sweet photo and words to share!

These celebrity baby twins are sure to take the dancing world by storm. What are some ways to introduce your kids to new hobbies?

Cupid's Advice:

Introducing hobbies to your children is important. You get them to be active and productive, while they are able to see where their interests lie. Keeping them engaged while feeding their brains is ideal, so we have some [parenting advice](#) for you:

1. Introduce hobbies through books or the web: Do some research with your munchkin. Show them how many hobbies are out there (almost an infinite amount!) and get them excited. Explain to them what certain ones consist of and see what sparks interest in them. The process alone of finding a hobby can be exciting, so share it together.

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2. Introduce hobbies through a series of activities: Go out and do stuff! Get them involved in bunch of different ones. Whether it be crafts, cooking, sports, or anything else – providing these options is important because becoming well rounded while scavenging for your true interests is the way to go.

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3. Introduce hobbies by creating one out of your favorite activity to do together: If you love to go the park, maybe a some nice hobbies for you guys to partake in are bird

watching, photography, exercising, planting, etc. Those are just a few examples stemmed from one commonly liked activity. For the most part, there are tons of hobbies for almost any activity that you would like to do.

What are your fav hobbies? Comment below!

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



By Krav Maga Worldwide

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

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

1. Begin talking to them as young as 2 years old: This may seem very early but children under 12 are most at risk, especially at 4 years old. Even if they can’t speak well, children at this age are busy figuring out the world. And they certainly understand and remember a lot more than adults usually realize.

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

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3. Talk openly about sexuality and sexual abuse to teach your

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

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

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

6. Teach children that they must trust their inner voice: Especially that feeling we all have inside that tells us what feels right and what feels wrong or uncomfortable. Many children who have been sexually abused describe a feeling of discomfort as having a “yucky” feeling inside. You must teach your child to trust or honor their inner voice or that “yucky” feeling.

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

About Krav Maga Worldwide:

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

Parenting Tips: 5 Spring Activities To Do With Your Child





By [Jessica Gomez](#)

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

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

Cupid's Advice:

The following five ideas are sure to keep you and your little

one busy. Your child is sure to have fun with these activities, and they'll also help you bond:

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

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

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

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

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

Related Link: [Product Review: 3 Must-Have Items for Running Errands With Your Kids](#)

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

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

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



By [Carly Horowitz](#)

As your head lightly falls upon your satin pillow, your mind

begins to wander. The white noise machine in the corner of your room prompts your dreams to travel to the beach, in accordance with the wave-like sound. The warm sun shines down on your slightly tanned skin. You taste the sweet, cold margarita... "WAHHH! WAHHH!" Your precious baby wakes you from this wonderful dream. How great would it be for this dream of a nice, relaxing vacation to become a reality this summer? But, how will this work when you have to care for your baby? Fortunately, there are great products on the market that can make the traveling process with your baby a lot easier. Two specific lifesavers are the Lulla Doll and Mobile Changing Station.

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

Lulla Doll: This Icelandic creation works as the perfect sleep companion to give babies a feeling of intense closeness. The doll's appearance incorporates both blue and pink colors in order to work as a suitable companion for all children regardless of race and gender. The coolest thing about this doll is that when the chest is pressed, it plays a real-life recording of the heartbeat and breathing of the child's mother at rest for up to 8 hours. Now, you can travel near and far with your baby in the backseat. You don't have to worry about holding them so that they can have a restful nap because with this doll, they will be able to sleep so soundly listening to your heartbeat and breathing. The doll is made from a soft natural cotton blend so that it is easily machine washable with warm water. It also has the ability to absorb the scent of their caregiver if they hold it close to their skin before giving it to their child. Now, you can either travel far while

your baby is guaranteed a restful sleep with this doll by their side, or, you can leave your baby at home with another caretaker while you have an amazing vacation and they will be so content having your heartbeat, breathing, and smell as if you were right there with them. Venture on a fun [date night](#) with your boo while knowing that your baby is safe and sound with their favorite doll. As [lulladoll.com](#) says, “nothing can replace loving human contact but the Lulla doll aims to be a second best.” Purchase your Lulla Doll today for \$69 and start planning your summer vacation!



Related Link: [Product Review: 3 Must-Have Items for Running Errands With Your Kids](#)

Mobile Changing Station: As appealing as a vacation alone may sound, you may not be able to fathom the thought of leaving your baby in the care of someone else just yet. That doesn't

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



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

Parenting Advice: Tech-Free Boredom Busters



By [Carly Horowitz](#)

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

will be occupied playing games until the doctor is ready to see them. But do you really want to resort to that? It is great that we have made such vast advances in technology and we have these amazing devices that have the ability to entertain for hours, but for children, this should be a regulated reward. It is not a bad idea to teach your children to spend their time doing other things to pass the time rather than relying on electronics.

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

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

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

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3. Mad Libs: Mad Libs is a word game where you are given a template of a story, and you have to fill in random missing words. One player prompts others for a list of words to substitute for the blanks in the story. Then, they read the

story out loud and it usually comes out in a funny way that barely makes sense. If your child is at an age where they are honing in on their language skills, this is perfect! Your kids will be having fun and learning about verbs, nouns, and adjectives at the same time. You can even indulge in other games similar to Mad Libs like Scrabble, My Word!, Mad Gab, or Boggle.

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

Related Link: [Parenting Tips to Stay Sane for the Rest of the Summer](#)

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

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

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



By [Jessica Gomez](#)

Your child's school year is almost over! However, as they approach the finish line, some students may get off track. This is unfortunate considering that they're so close to the end! Having a support system to encourage kids with their studies is essential. The approach to motivating your children

can depend on the child's age. However, some methods can be useful for children of any age if they're customized or "tailored" to the girl or boy, and that is where you, the parent, comes in!

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

1. Stay involved: When you are constantly involved in parent teacher meetings and school events, your child is more likely to keep their interest in school going. Being active in your child's school not only helps you keep an eye on them, but also familiarizes you with the environment they're in for the majority of the week. Being attentive is key. Celebrity couple [Beyoncé](#) and [Jay-Z](#) stay involved with daughter Blue Ivy's school. Bey volunteered at a fundraiser last year where she performed three hit songs, while Jay-Z attends PTA meetings. And, the duo alternates picking her up and dropping her off to school. If this busy, power couple can make the time, so can you!

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

2. Create a reward system while keeping yourself up-to-date: Whether the reward is big or small, a reward is a reward. For example, having your kids do their homework straight after school before taking part in other activities is one way to do it. After doing their homework, getting to play, watch TV, or do any other acceptable activity is a reward. When creating and implementing a reward system, it is important to keep yourself updated with your child's work. Make sure they do their homework and projects, and don't forget to ask them how

school went and what they learned. For a little more information on creating reward systems (specifically ones based on the child's age), read on [here](#) along with other creative ideas on [Pinterest](#).

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

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

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

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

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

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

Related Link: [Parenting Tips to Stay Sane for the Rest of the Summer](#)

These are just a few ways to help your child stay motivated for the rest of the school year – there are many more! Being a parent is a huge responsibility, and in order to do the job right, you have to know your child and incorporate different aspects of life into your parenting style, like described above.

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

Parenting Tips: Rainy Day

Activities



By [Karley Kemble](#)

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

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

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

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

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

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

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

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

4. Get crafty: There are tons of crafts you can do while being

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

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

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

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





By [Rachel Sparks](#)

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

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

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

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

2. Give passionate affirmation: Teens are prone to thinking about nothing but romantic love. The idea of romance places value on who they are, which is an unhealthy perspective of self. Not all love need be romantic, especially when self-worth is involved. Teach you teen about positive self-images with passionate affirmations. Even if they're alone this V-Day, they will have a lot more fun with friends if they feel love elsewhere.

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

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

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

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

Day Parties



By [Rachel Sparks](#)

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

Protect your kids from Valentine's

Day blues with Cupid's parenting tips!

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

1. Make plans with friends: If your kid doesn't have a date for Valentine's Day and they're upset about it, encourage them to make dates with their friends. Whether it's going to the movies with all their girlfriends, having a rowdy gaming sleepover full of shouting boys and empty pizza boxes, you'll be helping your kids stay busy and prevent loneliness for the holiday.

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

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

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

3. Teach them about bullying: Ultimately, no matter what you teach your kids or how much you try to prepare them, some hardships cannot be prevented. If your kid or one of their friends is being bullied, they need to be able to identify

what it is and how to react to it. Make sure you spend time with your kids telling them what signs to look for and that what bullies say should not be taken to heart. Build a support and safety network beforehand so your child knows who to go to when something does happen.

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

Celebrity Maternity Style: Get Inspired by These Celebrity Baby Nurseries





By [Rachel Sparks](#)

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

Read Cupid's parenting advice to get ideas for your baby's nursery!

Cupid's Advice:

While your baby may not remember their nursery, you certainly will. There's something about investing right from the beginning of your child's life that makes you feel like the parent who can conquer anything. Here are some of the latest

nursery trends based on what we've seen celebrity parents doing:

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

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

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

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

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

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

5. Whimsy: The most important details you can add to your

nursery are the ones that add magic to your child's life. Oversized stuffed animals, child-sized teepees, and plush carpeting create many sources of entertainment for your child!

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

Kim Kardashian Announces the Sex of Celebrity Baby No. 3



By [Rachel Sparks](#)

[Kim Kardashian](#) just revealed the sex of [celebrity baby](#) number

three! According to EOnline.com, during an interview with Ellen Degeneres, Kim Kardashian was telling a story where North West said, "Mom, baby sister isn't here. I think I need all the toys in my room." This [celebrity couple](#) is on their way to a full house!

It looks like Kim and Kanye will be welcoming another celebrity baby girl to their brood! What are some ways to prepare for a third child versus the first or the second?

Cupid's Advice:

Each addition of a new child takes its own preparation. When you brought home baby number two, you worried how your first born would react to not getting as much attention. Now, you know more about handling an infant, so there's less to buy and worry about. But having a third infant is different. Now you've got two older siblings to prepare, five schedules to try and balance, and the financial strain of another kid. How can you prepare for baby number three with less stress? Read our [parenting advice below](#):

1. Potty train: If you have older kids that aren't potty trained yet, go ahead and make your life so much easier now and get those kids' butts on the toilet. You don't want to have an infant strapped to your chest while you're chasing a screaming, naked two year old around the house.

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

2. Prep the house: Besides setting up a nursery, there's a lot that you can do before baby number three gets here. If you have carpets and children, you know what a disaster that can

be. While redoing floors may not be at the top of your prepping list, removing carpets can help you avoid allergies and stains. Buy the carpet tile samples from a home improvement store for a cheap and easily replaced rug for your kids' rooms.

3. Start a routine: Children thrive off of routines, but changing them can be hard. Start the newborn routine now so the kids won't have such a hard time adjusting. The most critical thing is to ensure you spend alone time with each child so they know they won't be forgotten.

Related Link: [Celebrity Video Interview: Actress Tia Mowry Says, "There's No Such Thing as Balance!"](#)

4. Encourage alliances: Building strong relationships with the kids and encouraging them to be the best of sibling friends will make entertaining the older kids much easier. It also teaches them how to look out for each other, making them feel special instead of left out when the newborn comes home.

How have you adjusted for each new baby you brought home? Share your own parenting advice below!

Parenting Advice: How to Combat Holiday Commercialism





By [Rachel Sparks](#)

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

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

1. Limit commercials: One of the quickest ways to nix commercialism in your kids is to entertain them during commercials. Avoiding those bombastic sellers will help keep

your kids clear of any unnecessary buys they may think they want. Find interesting ways to entertain your children during commercials. Tell a holiday story, share an interesting thing about your day, play a game of Monopoly, or decorate an ornament.

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

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

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

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

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

5. Recreate traditions: Children look up to their parents. Of

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

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

Adam Levine & Pregnant Wife Behati Prinsloo Are Expecting a Second Baby Girl





By [Rachel Sparks](#)

[Celebrity couple](#) Adam Levine and Behati Prinsloo are expecting their second [celebrity baby](#), and it's going to be another girl! According to [UsMagazine](#), [Adam Levine](#) shared the baby gender news on the *Ellen DeGeneres Show* November 7th. When asked if they would be having more children, the expecting couple claim they both want a lot more children. We can't wait to see the family these two beauties build together!

This celebrity news has the girls outweighing the boys in Adam Levine's household! What are some ways to help your husband deal with an all-girl **family?**

Cupid's Advice:

Family dynamics are an important aspect as couples decide to

have another child. Oftentimes, though, parents only think about how the older child(ren) will adapt to being an older child. But how do parents change as their family grows, especially when one gender is outnumbered? Read Cupid's [parenting advice](#) below:

1. Model through Mom: Children watch how their parents interact, and this sets the basis for a lot of their future relationships. When you're raising all daughters, the girls watch how mom and dad treat each other. If you want to raise confident young women with high standards, show them what those standards should be by treating your spouse right.

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

2. Don't shy away as she grows: The whole family gets pretty terrified as the little ladies in the family start to grow up. Teenage years are terrible for everyone in the family, but don't shy away. The pre-teen years are especially important for developing the adult minds, so be careful of too much distance, even if that seems like what they want. Be there, be supportive, be present.

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

3. Date her: Put aside the Oedipal complex and realize that your role as the most important man in your daughter's life really does affect the future of her relationships with men. That's a lot of pressure. Take your daughter out for dates for genuine connection, but you'll also teach her how she should be treated. Make sure to spend authentic time with each of the kids alone to nourish both the present and the future for your children.

What advice do you have for men like Adam Levine who are surrounded by all women in their house? Share below!

Product Review: Share a Scare with Care Bear Onesies!



By [Rachel Sparks](#)

This post was sponsored by Care Bears.

Every time of year is a great time of year to have themed outfits for the whole family! Whether you're looking for a last minute costume for a party or a goofy [date night](#) in, Care Bear Onesies are the perfect outfit to have in your closet. No amount of [parenting advice](#) helps you get the kids to sleep? These fluffy, easy to clean pajamas are an inspiration to sleepy children everywhere. Celebrating 35 years, Care Bear

has created an easy way for the whole family to let loose and have a good time!

Rock the Care Bear onesie for a date night or a parenting win!

Get casual with your love for a goofy date night in with this onesie. They come in male and female sizes and various themes. Men can sport the blue Grumpy Bear. Ladies, look as hot as Tori Spelling when she wore the flashy pink and rainbow-patterned Cheer Bear. Even better, every onesie has pockets for your convenience.

Related Link: [Date Idea: Have an Oscar Nominated Movie Date Night](#)

Keep the fun going past Halloween for your kiddos in these plush and easy to wash styles for youngsters. Your son or daughter can match Dad in their own child-sized Grumpy Bear onesie. Your child can brighten everyone's day in their own Love-a-lot Bear onesie. The best parenting advice Cupid can give: don't forget to have fun with your kids. These Care Bear onesies make it easy!

Related Link: [Baby Fever: Dress and Wrap Your Child in Celebrity Style with These Comfortable and Cozy Products](#)

For their 35th anniversary, Care Bear onesies are easy to find and even easier on the pocket. Check out Target and American Greetings to buy your own set for the family. Priced as low as \$14.99 and ranging to \$27.99, they're the perfect winter pajama set for everyone.

Learn more about these fun family outfits at [Target.com!](https://www.target.com/)

Parenting Tips: 5 Tips for Co-Parenting



By [Rachel Sparks](#)

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

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

Cupid's Advice:

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

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

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

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

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

Let the kids be kids.

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

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

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

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

Parenting Tips: Co-Parenting

During the Holidays



By [Rachel Sparks](#)

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

Read Cupid's parenting tips

to navigate holiday stress.

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

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

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

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

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

4. Terminology: Everyone knows to watch what you say about your ex in front of your kid, but also think about *how* you say something. Instead of saying, "This is my ex," which likely

brings up a painful history for your child, say, “This is my child’s father/mother.” It allows the child to take ownership and pride in their parents, something every child and parent wants.

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

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

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