

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.

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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.

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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.

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.

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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.

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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.

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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.

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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.

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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.

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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.

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

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

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

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.

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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.

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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.

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

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3. Apps disguised to hide content: Nobody wants to think their kids would hide things from them, but in reality, they will. There are apps out there disguised as something innocent which are specifically designed to help your kids hide things on

their smartphones. Some of these include the Calculator app, the Locker. This app is especially sneaky because it looks just like an ordinary calculator, but it stores hidden photos, allowing teens to share nudes without parents finding them because they don't know to check this app.

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

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.

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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.

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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.

Celebrity Couple News: Teresa

Giudice Shares Worries about Husband Joe's Deportation



By Katie Sotack

In [celebrity news](#), Teresa Giudice of *Real Housewives* announced concern over her husband, Joe's, upcoming deportation. According to *UsMagazine.com* the [celebrity couple](#) is separated, but Giudice shares real worries about her husband's absence from their daughters' lives. Giudice started a *Change.org* petition and wrote to the President in hopes of keeping Joe in the country.

In celebrity couple news, Teresa is

worrying that her husband Joe will miss seeing their kids grow up. What are some ways to help a distant parent stay in involved?

Cupid's Advice:

Even with tremendous amounts of distance, it's possible and important to remain active in your children's lives. Here are some parenting tips to stay present despite the distance:

1. Facetime: Keep the face to face interaction going by Facetiming your kids. The video chatting will guarantee the spontaneity and lively conversation with your children.

Related Link: [Celebrity News: Tori Spelling Says It's 'Hard to be Monogamous' Years After Dean McDermott's Affair](#)

2. Mail: Snail mail is a fun way to stay in touch with your kids. Not only will it give you the time to think about what you'd like to say, but it will have the added benefit of exciting your kids each day the mail arrives.

Related Link: [Celebrity Interview: 'RHONJ' Star Teresa Giudice Opens Up About New Book, 'Standing Strong'](#)

3. Regular scheduling: No matter how you choose to stay in contact make sure you adhere to a regular schedule. Don't leave your kids wondering whether or not you'll call. To be present in their lives you've got to be regular.

What's your favorite method of contact when you're long distance? Share in the comments below!

Parenting Tips: How to Keep Your Children During a Custody Battle



By [Bonnie Griffin](#)

One of the worst parts of going through a separation can be worrying about splitting custody of your children. In an ideal world, both parents are loving individuals who can come to an agreement to share custody that best suits the needs of their shared children. However, there are times when an agreement cannot be reached or a parent believes it is best for the children to only live with them. This can result in a custody

battle, and there are right and wrong ways to go about winning so that the backlash doesn't come back to haunt your children.

Parenting Tips: Custody battles can be difficult. Here are some ways to keep your kids during a custody battle.

It can be hard to share your children with their other parent; to go from being with them all the time to having to split time with another. Still, an agreement that prevents a custody battle is often the best solution for your children. Unfortunately, an equal agreement isn't always suitable to meet your children's needs and you're forced to fight for custody. Cupid has some [parenting tips](#) on keeping your children during a custody battle:

1. Preparation: Not every attorney is equal. If you want to win your custody battle and keep your children you need to be prepared, and a big part of that is doing your research to ensure you hire a quality attorney with experience and a positive win record in child custody cases. A good attorney may not be the cheapest solution, but when it comes to keeping our children finding a cheap lawyer is not a great path to take.

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2. Know your kids: It is important that you know your children well. You may need to show that you know details about their education, sports they play, their favorite pastimes, and if they have any special needs. If you want to be the primary caregiver it's important to show you're invested in their lives and helping them be successful in life.

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3. Ensure you have good living arrangements: When you want custody of your kids it is important to be mindful of your home. You need to ensure your living arrangement shows that you are able to provide a stable physical environment for your children. While many judges may be flexible, you will need to show that the home you can provide has enough space for your kids, and it can also be helpful to find a home close to the original family home so the kids are not uprooted to far from familiar surroundings.

Being prepared, knowing your kids, and having a good living environment are important factors to consider when you want custody of your children. Let us know your thoughts 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.

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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.

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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.

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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.

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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!

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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.

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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.

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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.

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[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!

Celebrity Parenting: Kristin Cavallari Says Jay Cutler Is the 'Stricter Parent'





By Megan McIntosh

Though no one would argue that celebrity parents [Kristin Cavallari](#) and Jay Cutler aren't a team, they do have slightly different parenting styles. According to *UsMagazine.com*, Cavallari is a more laid-back parent. Though she's insistent that she doesn't let the kids run wild, she admits, "I'm more along the lines of let kids be kids and make a mess..." Husband Jay Cutler, on the other hand, likes to be a little stricter than his wife and can do without the mess.

Even celebrity parents have to discipline their children. What are some tips to keep in mind for disciplining your kids?

Cupid's Advice:

Disciplining your kids is never a fun time, but it's a necessary evil when it comes to helping your kids grow up the

right way. Cupid has some tips:

1. Keep it positive: Don't focus on what they're doing wrong. Keep the focus on the positives. If they washed their face and didn't brush their teeth, emphasize how good it was that they washed their face. Give them a high five or words of affirmation. They will associate good behavior with good feelings.

Related Link: [Celebrity Parenting: Khloe Kardashian Is 'Extremely Upset' With Tristan Thompson For Not Being Involved with True](#)

2. Give them individual attention: Rather than waiting for your child to misbehave, give them attention. This proactive approach, gives positive attention to the child so that they strive to emulate positive behavior that they see mommy or daddy do.

Related Link: [Celebrity Parenting: Hayden Panettiere 'Hasn't Had Much Time' with Daughter Kaya](#)

3. Have clear rules with tangible punishments: There should be a clear direction or even written paper that dictates to your child what rules they are expected to follow. If they know that not doing homework means no dessert, they are not punished after the fact. Your kids already know what will happen if they don't do their homework. But make sure you're consistent with what you expect from your child.

How do you balance disciplining your child? 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: 5 Steps to More Effective Parenting



[By Courtney Shapiro](#)

Sometimes being a parent can get the best of you, it can be overwhelming, and you're not sure if you're truly doing what's best for your kids. Don't worry, you're not alone, there is no perfect way to be a parent. Here are some [parenting tips](#) on how to be more effective with your children.

Check out our parenting advice with steps on being more effective.

1. Accept that you have flaws: No parent is perfect and you shouldn't strive for that either. Do the best you can, and come to terms with the fact that everyday won't be easy, but your kids will still love you regardless.

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

2. Make time for your children: Life can be crazy sometimes. With a job, kids, trying to have a social life, it can be hard to fully make your kids a priority. Plan a special day where you go out of the house and do something fun as a family. It will be fun for everyone to take a break, and it will show your kids you care even though you get busy.

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3. Stick to your limits and boundaries: If you set specific rules for your children, make an effort to keep them. You can stand your ground and remind your kids that you're the one in charge. It will teach them to respect authority and be good for both of you in the long run.

4. Give your kids positive reinforcement: It seems that kids only get noticed when they do something negative. Tell your kids you're proud of them, or be happy for them even when it's

something small. Maybe they cleaned up their mess without being asked to, or were nice to their sibling. Pay attention to the smaller things and tell your kid that they've done something good.

5. Take time for yourself: Spending all of your time with your kids can be exhausting. You can't be effective as a parent if you're constantly tired and stressed. Remind yourself to do things that are good for your mental health, and it will be much easier to take on the tasks of being a parent.

What is some advice on how to be more effective as a parent? Share your thoughts in the comments!

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.

Celebrity Parenting: Hayden Panettiere 'Hasn't Had Much

Time' with Daughter Kaya



By Megan McIntosh

According to *UsMagazine.com*, in the last year, Hayden Panettiere went through a [celebrity break-up](#) from her fiancé of nine years, Wladimir Klitschko, and as a celebrity parent, she hasn't been able to spend much time with her child. She's opted instead to do what's best for her child and allow her to spend more time with her father and grandmother overseas. Break-ups are hard to handle for everyone, but they can be especially difficult for parents.

Break-ups are hard, and that

doesn't change when you're a celebrity parent. What are three tips to successfully co-parent your children with your ex?

Cupid's Advice:

Many celebrity parents have found a way to put their children first after a break-up and are able to successfully co-parent. As long as you find that the child is the center of the relationship, you will be able to successfully parent your child with your ex, too:

1. Put the child first: Like Hayden Panettiere, you must always think about your child first rather than your own feelings. It might be better for the child to have a set schedule or live with one parent full-time, but ultimately it's whatever is best for the child. Co-parenting can lead to happy co-families.

Related Link: [Why Celebrity Exes Kourtney Kardashian & Scott Disick Are Happier Than Ever](#)

2. Be consistent: [Celebrity exes](#) Chris Pratt and Anna Faris keep their relationship separate from their parenting relationship. This allows them to spend time with their child together consistently. Don't assign a fun parent; both of you are examples for your children.

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

3. Don't put anything on your child: Keep any issues with your ex away from family conversation. Don't expose your kid to any conflicts in the relationship. When it comes to co-parenting, it's all about making agreements for the children.

How are you able to successfully co-parent with your ex? Share some tips 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 goes away fairly quickly. For some mothers, it

becomes much more severe, affecting one out of seven women. Postpartum depression can take affect 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.

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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: 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 Tips: Keep Your Kids Safe Online



[By Courtney Shapiro](#)

Being online is almost unavoidable in 2018. There are several ways for kids to use the internet, which can include playing games, learning, and watching TV shows or videos. While these things can be fun for kids, there are also many things on the internet that aren't appropriate or safe for children. Here

are some [parenting tips](#) to keep kids safe while online.

Check out our parenting tips to keep your kids safe while online.

1. Password protected: If your kids are using a device whether it's a phone, computer, or tablet, make sure you put a password in before handing it over to them. If they're older make sure you know all of their passwords so you can be aware if something goes wrong.

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

2. Limited website access: When your kids are younger there are certain things they shouldn't see while online. Restrict certain websites or words that might trigger inappropriate search results. When the kids finish with the device, check the history to make sure everything they were doing was safe.

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

3. Be prepared to talk if something goes wrong: Even while being protected, certain harmful aspects can still appear. Have a conversation with your kid(s) explaining that what they found wasn't their fault and you're now able to talk to them about it if it happens again.

What is some parenting advice on how to keep your kids safe online? Share your thoughts in the comments!

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.

Related Link: [Parenting Advice: How to Manage Being a Working Parent](#)

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.