

Parenting Trend: 6 Baby Gender Reveal Ideas



By Carly Silva

Baby gender reveal celebrations are on the rise as one of the newest parenting trends. These blue and pink announcements, which evolved from the opening of an envelope, have now transformed into entire themed parties and celebrations. A gender reveal party is a great way to add some excitement to your gender announcement, and involve your family and friends while you do it.

If you're looking to join in on the newest [parenting trend](#), check out these six baby gender reveal ideas:

1. Cupcakes: This is a super simple way to reveal your baby's gender if you are looking for something more lowkey. For this idea, you can make cupcakes with surprise colored filling, or have a baking company or trustworthy friend do it if you want to be surprised yourself. These are great for more intimate parties or small gatherings with just close friends and family.

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2. Smoke bomb: This idea is great if you have a bigger party, or want to really make a statement with your gender reveal celebration. Have someone at the party release the smoke bomb, and watch the air get filled with blue or pink smoke! Be sure to do this one in an outdoor space!

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3. Confetti cannon: Confetti cannons are the perfect way to reveal your baby's gender if you want everyone at the party to be involved. You can give each guest a confetti cannon, and have everyone set them off at the same time. This option is fun for kids especially, and makes for a great photo once the confetti fills the air!

4. Balloon pop: This is another great way to reveal your baby's gender with a little bit of excitement, and it can be done in multiple ways. You can get one big balloon filled with confetti, and pop it that way, or you can make a game out of it, and have a bunch of little balloons, with one holding the

blue or pink confetti.

5. Golf ball: The golf ball gender reveal is a great idea, especially if you and your partner are sporty. You can fill this easily breakable golf ball with blue or pink powder, and then have someone take a swing at it!

6. Silly string: Silly string is another way to involve more than one person in the gender reveal. You can give as many guests a bottle of silly string as you want. Be sure to cover the label, which may say the color. You can also have a trusted friend or family member do this as well if you are hoping to be surprised, too!

What are some other baby gender reveal ideas? Start a conversation in the comments down below!

Parenting Tips: 5 Reasons to Take a Parenting Class





By [Katie Sotack](#)

Though not vocalized enough, parenting is a full-time job. Think of it as your career. Something you need to work at and prep for—whether that be through schooling or experience. Parenting classes offer both. Just like a career, no one expects a newbie to know everything in the beginning. Though once thought of as natural instinct, parenting is a cycle we've learned through observation plus trial and error. The [parenting trend](#) offers safe spaces to explore incorrect theories and learn without doing any term damage to the little ones (physical or psychological).

Classes offer [parenting tips](#) and tricks to raising a family, but what are the specific benefits of

attending parenting classes?

Parenting classes offer a sense of community and the know-how to those who want to up their parenting game. Whether you're expecting your first child or you're pregnant with your third, there's always room to learn. You can follow the expert parenting advice offered in these classes through level-based classes to begin your journey to more efficient parenting.

1. Judgment free zone: There's not any worse feeling as a parent than to worry you're being judged for your parenting style. Not only will a parenting class give you the skills you need to be an efficient mom or dad, but the class will be full of other parents who feel the same way you do, and you're less likely to be criticized. Never let someone's harsh judgments affect how you think you should bring up your kids, but in a class, you're more likely to find like-minded individuals who won't make you feel like an awful parent because you need some extra help.

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2. Support systems: Even with your partner and family support, raising a child can feel like a lonely job. Taking a parenting class can help you connect with other parents going through the same thing you're going through—whether it's supporting your child through a learning disability or coping through postpartum depression after your second child.

3. Firstborn jitters: Time to put it out there, having a baby is magical and wonderful, but it's terrifying. To new parents, it may feel like any wrong move could harm your new little angel. That's valid. If you've never had a child before you likely have no idea what you're doing. Attend a parenting class to master the basics and reassure yourself that your parenting skills are up to par.

4. The latest research: Parenting trends and topics are always cycling. It can be a challenge to stay up to date with the newest concerns and tactics to battle them. Taking classes may open your eyes to new information and challenge some instincts that may secretly be harming your kid's self-esteem. For example, praising a child's intellect when they achieve may cause frustration and feelings of failure when they cannot immediately master something. Instead, praise their hard work.

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5. Aid academics: Studies have shown that engaged parents are one of the top factors to an academically successful child. Classes specifically designed to focus on academics will teach the right questions to ask your child and ways to become more involved in their life, like attending school functions and being more involved in homework.

How do you feel about taking a parenting class? Share in the comments below!

Parenting Tips: The Benefit of Kind Words





By [Bonnie Griffin](#)

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

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

Your children look up to you. They learn a lot about their language skills and behaviors by mimicking you. If you use harsh language or they see you being unkind to others that could influence their behavior. That's why it is important to

set a good example that starts with using kind words with your children. Cupid has some [parenting tips](#) on how using kind words around your children can benefit them and their development as people:

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

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

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

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

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

Parenting Advice: Tips to Get Your Child Talking



By [Bonnie Griffin](#)

Kids are full of questions. We can sometimes find ourselves tired of giving them answers, especially when they ask the same question more than once. However tiresome the endless questions may be, it's actually good that they are asking questions and they should be encouraged to ask even more. According to *Parents.com* "When you answer your child's questions, you help keep your child's mind open, says author

and parenting expert Michele Borba, Ed.D.” This [parenting advice](#) will help you get your kids talking and help them use their imaginations and satisfy their need to learn.

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

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

1. Ask them open-ended questions: You want to get their minds and imagination working and open-ended questions are a great way to do that. Instead of asking them yes or no questions, ask them questions that require a more elaborate answer. Ask them questions that will make them think and talk more. You can ask them what they like to daydream about, or what makes them happy. If they give a short answer prompt them to elaborate.

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

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

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

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.

Parenting Trend: The Science Behind Baby Fever



By [Bonnie Griffin](#)

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

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

Every time you see a baby, or you get on social media and all your friends are posting pictures of their children, you feel a sudden need to have a baby of your own. A desire to hold a tiny life in your arms and nurture and love them. This is a natural part of life and real emotion that most people experience throughout their lives. The number one factor is often simply being exposed to babies being cute. Let’s take a look at this [parenting trend](#) and check out some of the reasons why people get baby fever:

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

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2. Society: Society has certain “norms” we all feel pressured to meet from time to time. Once you reach a certain age or you

get married it is as if you feel this invisible weight on your shoulders saying you should take certain next steps, and one of those steps is having a baby. Your subconscious can play into this need to meet societal norms with feelings of baby fever.

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

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

Parenting Advice: Collaborative Parenting





By [Katie Sotack](#)

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

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

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

some collaborative [parenting tips](#) to help you and your child get on the same page:

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

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

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

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

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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 Trend: Baby Led Weaning





By [Bonnie Griffin](#)

In recent [parenting trends](#), parents are beginning to put down the spoons, and are choosing to follow the method of baby led weaning. It may sound uncommon to some to consider the idea of not feeding your baby with an airplane spoon full of mashed up foods, but many are setting this old classic to the side and allowing their babies to pick up their food and feed themselves. According to *Parents.com*, dietician Clancy Cash Harrison claims, “Baby-led weaning supports the development of eye-hand coordination, chewing skills, dexterity, and healthy eating habits.” Maybe it is time to give the idea of letting your one-year-old feed themselves a try.

Parenting Trend: Baby led weaning may be the best way for your child to learn important motor skills and

to feed themselves.

It can be hard to put down the reigns and let our babies feed themselves. They depend on us so much that it seems natural to keep feeding them even after they turn one, but it turns out that it might be better for them overall if we allow them to do some of the work at meal times themselves. Cupid has some advice about baby led weaning:

1. Learn to self-regulate: When we feed our babies it can be hard for us to know when they have had enough. This can, unfortunately, lead to accidental overfeeding. However, babies who feed themselves are less likely to continue eating once they are no longer hungry, and this will teach them to self-regulate their food intake, instead of taking in too much food, which could lead to issues where they eat even when they're full as they get older.

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2. No more jarred food or time blending: Do you dread buying all those little jars of baby food, or spending a lot of time blending food into mush only to have your baby spit it out? With baby led weaning, you can forget the jarred food, and tuck that blender away in the cabinet because your baby won't need that mashed food any longer.

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3. Soft foods in the beginning: You don't want to dive right into the more difficult foods with your one-year-old. Instead, start them on their self-weaning journey with soft foods like puffed cereals, cooked egg yolks, and cooked pasta. These are foods that will be easy for them to consume on their own with you supervising.

Soft foods, self-regulation, and no more jars of blended baby food are just some examples of why it is a best parenting practice to use baby led weaning. Let us know your thoughts about this method in the comments below.

Parenting Advice: 4 Ways to Promote Healthy Growth & Development



By [Lauren Burczyk](#)

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

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

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

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

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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.

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3. Expect accountability: You can teach your child to be held accountable by assigning them some household chores. Make sure

the chores are appropriate for her age and hold her accountable with natural or logical consequences for not completing her chores on time.

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

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

Parenting 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 loses 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 Trend: Weighted Blankets



By Rhodesia Williams

The latest [parenting trend](#) you should be looking into is [weighted blankets](#). These blankets, originally designed for children diagnosed with Autism, have made their mark in the world of relaxation. Children and adults have grown fond of these stress relievers. With being able to create your own, people all over have fallen in love with these custom blankets.

Weighted blankets are the new parenting trend when it comes to relaxation. Why are these new blankets all the rave and how do they work?

1. Create your own: Imagine being able to cuddle up with the perfect blanket. Luckily, these heaven sent covers allow you to design them yourself. From the material to the weight, enjoy customizing your own blanket. Surprising your child with a custom blanket will not only excite them, but it will show them that you were thinking of them. Knowing what your child likes also helps to create the perfect gift.

Related Link: [Do We Sleep Differently When in Love?](#)

2. Reduces stress: Because the blanket has some weight to it, researchers say it's like being held or even hugged. Ultimately, the weight acts as a pressure which then calms your child without you even having to touch them. This blanket will help to eliminate any anxiety or restlessness that your child may suffer from throughout the night. No more restless nights! Not only will your child sleep, but you will be able to rest as well. Sounds like a win- win!

Related Link: [Relationship Advice: Our Connection With Sleep](#)

3. Worth it: With so many sleep aid options, this may be the least invasive and totally worth it. Although the blanket can be pricey, just imagine the amazing sleep your child will get. Initially, the target consumers were children with Autism, but the popularity of the blankets have spread. Think about it; no trips to the doctor's office, no medications, and most importantly, no more late nights.

What do you think about weighted blankets? Share 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.

Related Link: [Celebrity Maternity Style: Get Inspired by These Celebrity Baby Nurseries](#)

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.

Related Link: [Product Review: Baby Fashion for Easy & Cute Parenting](#)

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 Trend: Start A Garden With Your Children



By Rhodesia Williams

While your kids may love playing with their electronics, a great [parenting trend](#) is starting a garden with your kids! As hot as it can be during the summer months, you can still enjoy this outdoor activity in the mornings and evenings when it's cooler. Not only are you teaching your kids how to garden, you are teaching them responsibility. Picking out flowers or choosing the seeds you want to plant is just half of the fun. Turn their summer into a learning experience away from their iPads.

A little dirt never hurt anybody! Starting a garden with your children is a cute parenting trend that is fun for everyone.

With kids complaining of boredom or who are too obsessed with electronics, try something new. Gardening is a fun relaxing way to not only teach your kids about nature, but also to give them a sense of responsibility and accomplishment. Here are some benefits of this fun outdoor activity:

1. Responsibility: Enjoy planning and setting up your new garden. After everything is set, work out a watering schedule with your children. Allow them to water and care for their new project. Not only will it keep them busy, but they will learn important life skills around the value of keeping up with your responsibilities.

Related Link: [Parenting Tips: Rainy Day Activities](#)

2. Quality time: Although the summer months bring a shift in scheduling, this cute activity will allow you and the kids to relax and spend some time together. Taking your kids away from electronics and working on an outside project is good for them. While they have rainy days to enjoy TV and tablets, take

the nice, sunny days to be outside and enjoy the fresh air, together.

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

3. Never too young to learn: Gardening can help teach your kids the basics of nature and growth. Showing your children how to carefully take care of their plants will encourage them to be accountable. While they will physically see the growth of their plants, you can teach them how plants survive in their environment. Explaining how they grow and the importance of feeding them, watering them and giving them sunlight will keep your kids interested and involved.

What are some other ways gardening will help your kids? Share below.