



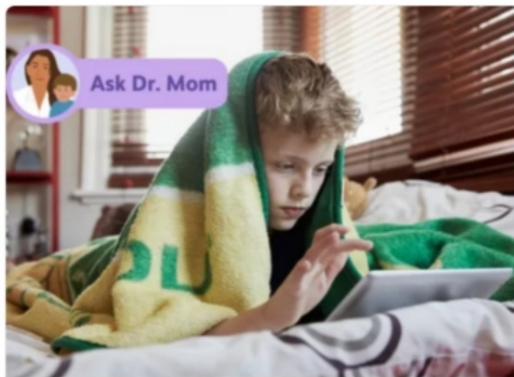
PARENTING

# Raising Kids

✓ Medically reviewed by [Ann-Louise T. Lockhart, PsyD, ABPP](#) | Updated on March 19, 2022  
✓ Fact checked by [Marley Hall](#)

Raising kids brings up all the feelings: joy, exasperation, pride, and worry (just to name a few). That's why it's important to have a toolkit of techniques for tackling both the fun and frustrating sides of parenting. When you're prepared for the curveballs that come with children's [various stages of development](#), you're better able to give them what they need to stay healthy and happy as they grow.

We have ideas for navigating tough phases, planning safe and [fun activities](#), and being savvy with tech to help kids thrive and make daily life easier.



## PERSONAL STORIES

### Ask Dr. Mom: How Much Screen Time Should I Allow My Child?

Medically reviewed by Tyra Tennyson Francis, MD

### RAISING KIDS

#### How to Raise a Child Who Loves Reading

Medically reviewed by Tyra Tennyson Francis, MD



### RAISING KIDS

#### 10 Parents to Follow on TikTok

Fact checked by Daniella Amato



### RAISING KIDS

#### Why Developing Critical Thinking Skills Is Important

Medically reviewed by Sarah Rahal, MD



## FREQUENTLY ASKED QUESTIONS

Is raising a child hard?

What is the most important thing in raising a child?

What age is hardest to parent?

How do you raise a confident child?

What are the common parenting styles?

Why is raising a teenager so difficult?

## KEY TERMS

Screen Time Critical Thinking

Parenting Buzzwords

Emotional Intelligence

### Screen Time

Screen time refers to the number of minutes spent on tech devices—phones, tablets, gaming consoles, or computers—during the day. Kids ages 8 to 12 spend four to six hours a day using screens while teens spend up to nine hours.<sup>[7]</sup> Though it can be enriching in moderation,

Parent-Child Bond

Back-to-School

[too much screen time](#) is associated with mental health and behavior challenges.

Learn More: [Set Limits on Kids' Screen Time](#)



THROUGH THE YEARS  
**Holiday Cookie Recipes That Are Kid-Friendly and Delicious**

Medically reviewed by Willow Jarosh, MS, RD



RAISING KIDS  
**Signs Your Child's Friendship is Unhealthy**

Fact checked by Marley Hall

for Kids, by Age

Fact checked by Marley Hall

RAISING KIDS  
**How to Teach Productivity to Kids**

Medically reviewed by Ann-Louise T. Lockhart, PsyD, ABPP

EXPLORE RAISING KIDS

- All
- Activities
- Celebrations
- Gear and Products
- Technology



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**Does the COVID-19 Vaccine Affect Kids or Teens Fertility?**

Medically reviewed by Rachel Gurevich, RN



RAISING KIDS  
**6 Tips to Successfully Coach Your Child's Sports' Team**

Fact checked by Marley Hall



THROUGH THE YEARS  
**Decisions, Decisions! How to Choose a Sippy Cup For Your Child**

Medically reviewed by Lyndsey Garbi, MD



RAISING KIDS  
**The Best Roller Skates for Kids and Endless Fun**

Medically reviewed by Lyndsey Garbi, MD



RAISING KIDS  
**10 Hanukkah Crafts**



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**10 Halloween Crafts**



AGES AND STAGES  
**10 Halloween Movies**



RAISING KIDS  
**11 Fall Crafts for Kids**

Fact checked by Aaron Johnson

Fact checked by Emily Swaim

Fact checked by Aaron Johnson

Fact checked by Aaron Johnson



RAISING KIDS  
**9 Benefits Kids Get From Owning a Pet**

Medically reviewed by Tyra Tennyson Francis, MD



RAISING KIDS  
**What to Do If You Don't Like Your Child's Friend**

Medically reviewed by Ann-Louise T. Lockhart, PsyD, ABPP



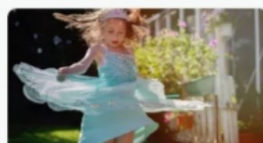
SCHOOL-AGE KIDS  
**Celebrating Back to School! How 2021-22 Can Be Your Best Year Yet**

By Lauren Levinson



EVERYDAY WELLNESS  
**12 Fast & Easy Hairstyles For a Cute Back-to-School Look**

Fact checked by Daniella Amato



<p><b>RAISING KIDS</b>  <b>Everything You Need to Know About Buying Secondhand Baby Items</b>          Fact checked by Daniella Amato</p>	<p><b>RAISING KIDS</b>  <b>9 Places to Shop Our Favorite Disney Clothing For Kids</b>          Fact checked by Daniella Amato</p>	<p><b>RAISING KIDS</b>  <b>Do Kids Need a Best Friend?</b>          Medically reviewed by Ann-Louise T. Lockhart, PsyD, ABPP</p>	<p><b>RAISING KIDS</b>  <b>10 LGBTQ+ Children's Books Your Kids Will Love</b>          Fact checked by Cara Lustik</p>
<p><b>CHALLENGES</b>  <b>Protecting Your Posture: What Parents Need to</b></p>	<p><b>PARENTING</b>  <b>How to Talk to Kids About Pornography</b></p>	<p><b>RAISING KIDS</b>  <b>How to Switch Gears From Work Mode to</b></p>	<p><b>RAISING KIDS</b>  <b>25 Best Self-Care Gifts for Moms</b></p>

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MD	Lockhart, PsyD, ABPP	Lockhart, PsyD, ABPP	Fact checked by Marley Hall
<p><b>RAISING KIDS</b>  <b>The Black-Owned Gift Guide of 2022</b>          Fact checked by Marley Hall</p>	<p><b>RAISING KIDS</b>  <b>Teaching Kids Thankfulness</b>          Medically reviewed by Ann-Louise T. Lockhart, PsyD, ABPP</p>	<p><b>CHALLENGES</b>  <b>How to Talk to Your Kids About Racism</b>          Medically reviewed by Ann-Louise T. Lockhart, PsyD, ABPP</p>	<p><b>RAISING KIDS</b>  <b>Preparing Your Child for First Night Away from Home</b>          Medically reviewed by Ann-Louise T. Lockhart, PsyD, ABPP</p>