

Need Advice?

Have helpful tips to share?

This section is where Katy parents help other parents with great advice and tips for common kid issues and childhood dilemmas.

Want to be part of our Katy parent panel?

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Jackson Peltier

Parent Talk

Katy parents share tips on common topics we all face

Written by Kirsten Cornell



How do you handle a toddler's tantrum in a public place?

Prepare Ahead of Time

"I always try to address this before we go to a public place. For instance, if you throw a fit while we are in Target, we will leave without getting anything. Make sure you follow through. Park that basket and promptly leave. If it happens in a restaurant, I will go sit in the car with them for a time out and a nice long talk." - Meredith Gilbert

Give a Warning

"I will punish my kids during the tantrum if they disobey after the first warning. I love my children enough to get them to act straight, have manners, and respect for adults." - Bobbi Shea

Relax, It Happens to Everyone

"Most importantly, it's ok. Every parent has had to find out what works when dealing with tantrums. You are not alone and not everyone who looks at you is with disapproval, most are sympathetic. I always say a prayer in my head for the parent when I see a child having a public meltdown." - Michelle Molinari

Remove Them from the Situation

"Remove them to a more private place to talk to them, but remember that you are the adult and the child should not be telling you what to do. With my kids, we sometimes discuss expected behavior on the way to our destination." - Christina Gamble

What is your best home remedy to ease sore throat pain?

"Organic honey and lemon drops mixed in warm spring water. The more pure the product, the better results you will get. Children can sip on this mixture several times a day." - Maria Covarrubias

"Pineapple juice reduces the inflammation associated with a sore throat." - Alex Geiger

"I have them gargle warm water with salt." - Jennifer Marrero

"Honey, lemon, and star mints, all boiled together and served warm." - Violet Dinnebeck

"Warm water with honey and lime. My girls love it." - Courtney Wyatt

"Jolly Ranchers or any hard candy - instant results." - Angie Williams

"A Sonic slush and throat spray." - Angela Krog

"Honey with warm milk." - Maureen Viteri



Thank you for participating in this issue's parent panel. If you would like to be a part of our next panel, visit *Katy Magazine's* Facebook page and watch for parent talk questions posted regularly!



How do you encourage your children to eat their vegetables?

"Cut up broccoli into teeny weeny pieces and put it in the spaghetti sauce on lasagna. All kids love pasta!"

- Mary Crenshaw

"Get them started as soon as they are able to eat them. If they don't like the taste, try and try again." - Jessy Dayani

"Veggie Mama popsicles! Sprouts carries them and my non-veggie eaters love them." - Erica Melton

"I just always tell my girls it's good for the heart. Works every time." - Emelie Helfrich

"Make it a one-color food day. If the kids pick green, we may have spinach noodles, salad, peas, and green grapes. Red plate day, we may have chicken Parmesan covered in red sauce, beets, and raspberries."

- Alexis Saacke

"Let them pick them out. Visit a farmers market, search recipes, and let them help cook." - Geri Kern

"Have them help prepare them. If kids help make the food, they are more likely to eat it." - Robin Cartwright

"I sprinkle a little brown sugar on baby carrots and bake in the oven for about 15 minutes. They turn out sweet but still al dente enough for them not to be soggy. You know kids are all about texture." - Anita Owens



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