

Top 3 Worst Parenting Tips I've Tried



Being a parent is one of the hardest things you will ever put your heart through.

From day one, your child is the most precious thing on earth. The color of their eyes, that curly lock behind their ear and the goofy things they say. You are head-over-heels in love.

On the other hand, they can drive you completely **MAD** with their repetitive questions, eye rolling and dragging their feet.

Parenting is tough! Some things go right, and it seems like a lot of things go wrong.

Of course, you can find parenting advice almost anywhere on just about anything you can try on your child. Each piece of advice is as varied and diverse as the children that they will be imposed upon.

But did you realize that parenting advice can teach you, the parent, a lesson too?

[The Top 3 Worst Parenting Tips I've Tried](#)

#3. Jiggle Your Baby to Sleep



I knew this one when I did it, and I did it anyway. Sometimes it was hard to get baby Caleb to go to sleep. He just didn't want me to put him down. During my pregnancy, the doctor told me he thought the baby would be a cuddly guy, and he is!

So, when it was time to go to sleep, I would stand at the crib, holding him in my arms, jiggling him to sleep (at least 20 minutes at a time). I had read some really great advice from a [parenting book](#) on soothing your child. It really worked, but it required that I do it every time. Every. Time.

Even though I should have tried something else, I can't say that I regret it now. I automatically shift into jiggle mode when I am holding someone else's baby. It's a nice reminder of that time, but I'm glad I don't have to do that now.

What I Learned: Some of the crazy things you do for your kids will be worth it.

#2. Make Them Clean Their Plate



As much as our youngest child is adventurous, our oldest child is determined. One day, he came home from school and declared he did not like blueberries. Someone at school told the class

that he hated blueberries. Now, Caleb did too.

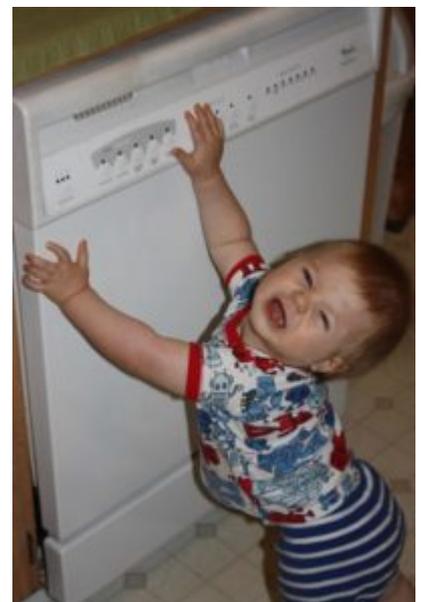
Though he had never struggled downing blueberries in the past, now he noticed every little blue dot. Even if it was surrounded with muffin or cake.

Being the determined mother that I was, I decided he was going to grow up properly nourished whether he liked it or not. Dinner battle after dinner battle resulted in a weary mother. After talking it over with my husband a few times, we decided it wasn't worth fighting over. Caleb could decide how much he wanted after "trying" the food out.

I soon realized my child was learning food preferences and what it feels like to be full and satisfied. Giving him some control over what he wanted to eat and how much taught him healthy eating habits.

What I Learned: If they didn't get enough to eat for dinner, I would be happy to make them a large breakfast in the morning.

#1. Removing Door Stopper Springs



From the time Jackson was 18 months to 3 years old, I constantly held my breath. His nickname was "Mr. Adventure", and I told people that when I was an old woman, he would send me postcards from the Himalayas. That kid loves to climb!

So when he started cruising around the house, I heard that

parents should remove the door stopper springs so it wouldn't pinch their fingers. I quickly went around the house unscrewing every single one and moving the dangerous tools far away from my delicate child.

That was a big mistake! That boy has done significantly more damage to our home since then, and multiple times he got his fingers squashed in between the door and the frame. Take note of this, new parents: Your child will pinch their fingers...multiple times. No matter what you do.

What I Learned: Pain can help kids learn not to do it again.

Next week, I will talk about the BEST parenting advice I received. In the meantime, feel free to share your stories of bad parenting tips in the comments below.