

Moms Offered Parenting Tips On How Parents Can Deal With Stress

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Nicole DeAvilla, a noted parenting advisor, has recently joined 30Second Mom, a website and app creating the best snackable content for parents that can be read or viewed on video in about 30 seconds. She will be offering parenting tips through the 30Second Mom site and app. On Wednesday, November 4th she will be a featured guest in the #30SecondMom live Twitter chat, which is held every Wednesday at 6pm PST. In her first chat session, she will be addressing parental, and mainly moms', stress. Further information about DeAvilla and who she is can be found on www.nicoledeavilla.com.

"We are so thrilled to have Nicole DeAvilla in the #30SecondMom tribe. She brings a fresh voice to our team of 150 expert contributors, and we're looking forward to sharing her great tips with our vibrant community!" says Elisa All, founder & CEO of 30Second Mom (a 30Second Mobile brand www.30SecondMobile.com).

DeAvilla is known mainly for her holistic yoga solutions. She has achieved great success in offering the '2 Minute Yoga Solution' and the Professional Yoga Academy. She has also long offered services through the Prenatal Yoga Academy, focusing on women during pregnancy, in particular. Additionally, she is the author of

numerous content that address specific stresses that many people experience in their day to day lives. These include busy entrepreneurs who struggle with their work-life balance, and parents of whining teenagers.

She has also been working on providing handy and easy to implement tips to help moms' overall health. For instance, she explains how she has her own special water bottle to which she adds a few drops of DoTerra essential oils for overall health. Her children know it as the bottle of 'spicy water', which means they are not interested in trying it. For DeAvilla, life is all about simple tips like this that make life easier and reduce overall stress.

30 Second Tips for Your Mobile Life has created a personal tip stream for DeAvilla, which can be seen on http://www.30secondmom.com/author-nicoledeavilla. Others are encouraged to look into this and do the same if they have important tips to share. Since having started her stream, DeAvilla has already build up a list of followers who are commenting on her various tips and explaining how they have implemented them in their lives. Everybody is also very excited about the upcoming Twitter live chat, where people will be able to have their questions answered directly.

For more information about 30Second Mom, contact Elisa All at elisa@30secondmom.com.
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Nicole DeAvilla

Nicole DeAvilla, bestselling author, parent education specialist & intn'l recognized yoga expert, introduces parents to healthy, cutting edge solutions which tackle the challenges posed by stress and fast paced lives faced by today?s families.

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