



## From the Runway to the Playground: Coco Rocha's Guide to Parenting



Supermodel Coco Rocha is the real definition of a supermom.

The 34-year-old Canadian-born fashion muse has over ten years of experience in the field and is still in high demand. She manages to balance being a successful professional with raising her three children, Ioni, 7, Iver, 4, and Iley, 2.

Rocha is likewise a suggestion for younger fashions and the founding father of the Coco Rocha Model Camp.

One of the many things Rocha does well is traveling with children. She shared some of her pro tips with her SheKnows on how to make it easier to be on a plane or in a hotel with small children.

Her tip number one: Bring out new toys and activities at the airport, "anything that they've never seen before," she says. "Like a Mary Poppins bag, I just start pulling things out and they get so excited that usually, I get 30 minutes or an hour of their attention."

Rocha also shared that her 2-year-old daughter, Iley, is the hardest part to keep her entertained when traveling.

"She's the one that we buy the new goodies for, really, and then the other two are always like, 'Well, what does she have? I need it!'" One of the goodies that Rocha swears by are Melissa & Doug reusable sticker activity books, which her kids love to peel and stick on airplane windows.

Rocha provided SheKnows with additional parenting essentials in addition to her travel advice. She revealed the one snack that all of her children enjoy as well as the books that they devour, demonstrating that she is a supermom who has it all figured out.

Rocha's experience and advice are a great help to parents looking for ways to make traveling with their children easier and more enjoyable.

Read also: [From Runways to Retirement: The Lives of '90s Supermodels Today](#)

## Advice She Gave

A parent shares their current go-to picks for their children's books, snacks, beauty products, apps, parenting blogs, non-screen activities, TV shows and movies, kid-friendly music, subscription services, and bath and skincare products in this article.

The parent mentions that their child, Ioni, is currently enjoying reading The Baby-Sitters Club series and that their child, Iver, is obsessed with reading Captain Underpants.

They also mention that they always keep snacks like Pirate's Booty, Goldfish Crackers, Mini Babybel cheese and Trader Joe's organic roasted seaweed on hand for their kids. The parent also mentions that they use Fresh Direct, a baby monitor app, and the Starbucks app to make their life as a parent easier.

Additionally, they recommend following accounts like @BumoParent and @Joan.bumo for parenting advice. They also mention that their kids enjoy non-screen activities like crafting and that they enjoy watching movies and TV shows like Back to The Future and Lego City with their kids.

Finally, they recommend various subscriptions and clothing brands for kids, such as Lovevery, ABC Mouse, Tappity, Janie & Jack, Bonton, Little Navy, and Peregrine.

## What Rocha Thinks

Rocha is a Canadian model, actress, and entrepreneur known for her striking features and bold fashion choices.

She is also a mother of two, and her parenting advice has been sought after by many. In this article, we will peek at some of the parenting tips and tricks that Coco Rocha has shared with her fans and followers.

One of the most important advice Rocha has shared is the importance of setting boundaries. As a parent, it can be easy to get caught up in the demands of our children and neglect our own needs.

However, Rocha stresses the importance of setting boundaries and taking care of ourselves as parents.

This means setting aside time for ourselves, whether it be for exercise, hobbies, or just some alone time. By doing so, we can ensure that we have the energy and focus to give our children

the attention and care they need.

Another piece of advice that Coco Rocha has shared is the importance of staying connected with our children.

In today's fast-paced world, it can be really easy to get caught up in our own busy schedules and neglect the needs of our children. However, Coco Rocha stresses the importance of staying connected with our children and making time for them on a daily basis.

This can be done through simple activities like reading together, playing games, or even just having a conversation. By staying connected with our children, we can ensure that they feel loved and supported, even amidst the chaos of daily life...[Read More](#)

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