

# Celebrity Baby: George & Amal Clooney Will Avoid Dangerous Travel During Pregnancy



By [Delaney Gilbride](#)

In [latest celebrity news](#), it looks like Amal Clooney will have to hold off on some of her human rights cases due to her pregnancy that was announced earlier this year. In a recent [celebrity interview](#) with *Paris Match* magazine, [George Clooney](#), 55, admitted that he and Amal have “decided to be much more responsible” in regards to traveling. The actor also added that “Amal will no longer go to Iraq and she’ll avoid places where she knows she isn’t welcome,” as she recently took on ISIS for a human trafficking survivor, Nadia Murad. According

to [UsMagazine.com](https://www.usmagazine.com), the [celebrity couple](#) still has multiple safe options to raise their [celebrity babies](#) as they have houses in Italy, America, and England. George also went on to explain his devotion to Amal as he said, "People think that we are never together, but we haven't been separated for more than a week." The couple will welcome their twins sometime this coming June.

## **This couple is taking no risky chances with their soon-to-be celebrity babies! What are some precautions to take when you're pregnant?**

### **Cupid's Advice:**

Although it must be hard for Amal to put her job on hold, she's already doing everything in her power to protect her babies. It has us thinking, what are some of the best ways to take care of your unborn child? Cupid's here with baby advice:

**1. Stay away from seafood:** Although fish is one of the best low-carb sources of nutrition for a healthy diet, it could be very harmful for your baby. It's been said that eating seafood during pregnancy could negatively affect your babies development since some types of fish contain very high levels of mercury. Although sushi might be tasty, you gotta put it on hold!

**Related Link:** [Celebrity Baby: George & Amal Clooney Are Expecting Twins](#)

**2. Be cautious around caffeine:** If coffee and/or other caffeine related drinks are a part of your every day life, it may be hard to give up during pregnancy. Although it's still

under investigation, scientists have said that caffeine consumption during pregnancy could be related to premature births and other birth defects. It would be best to decrease your caffeine consumption day by day once your pregnancy begins.

**Related Link:** [Celebrity Baby News: Beyoncé Announces She's Expecting Twins with Jay-Z](#)

**3. Avoid saunas and hot tubs:** While the previous tidbits about what not to do during pregnancy may have sounded familiar, this one may not be known too well around the pregnant community. Because saunas and hot tubs maintain a temperature higher than the human body, they could overheat your baby leading to defects on their development. Keep your baby happy and healthy by avoiding this!

**Are you pregnant? Comment below with some precautions you use during pregnancy to keep your baby healthy!**