

Celebrity Baby News: Former 'Glee' Star Lea Michele Gives Birth to 1st Child with Husband Zandy Reich



By

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In latest [celebrity news](#), *Glee* star Lea Michele welcomed her first [celebrity baby](#) with husband Zandy Reich. According to *UsMagazine.com*, the baby boy was born on Thursday, August 20. They are all happy and healthy, and they're extremely grateful. He's been an easy baby so far, and they decided to name him Ever Leo.

In celebrity baby news, Lea Michele is a first time mom. How can you and your partner prepare for becoming parents?

Cupid's Advice:

Becoming a parent can be extremely exciting and awaiting your new baby can feel like a lifetime. By using those months that you are waiting for your bundle of joy, you and your partner can prepare, because your lives are going to take a major shift. If you and your partner are looking for ways to prepare for becoming parents, Cupid has some advice for you:

1. Learn about baby and toddler sleep: The topic of sleep is one of the biggest questions for first time parents. You and your partner should learn about sleep while you are pregnant so you can quickly pick up on sleep troubles and avoid many of the bad sleep habits parents unintentionally develop. The biggest reason children have troubles sleeping through the night is that their parents haven't learned how to facilitate good sleep.

Related Link: [Celebrity Baby News: Katherine Schwarzenegger & Chris Pratt Welcome First Child Together](#)

2. Get healthy: Before your baby arrives is a great time to focus on your own health, because once the baby comes most of your focus needs to be on the baby. This would be the best time quit smoking, develop a healthy diet, start taking vitamins, and schedule your annual physical.

Related Link: [Celebrity Baby News: Nikki Bella Gives Birth to 1st Child with Artem Chigvintsev](#)

3. Increase your social support network: Although becoming a

new parent is thrilling at first, as time goes by you and your partner may need help from people in your lives. Strengthen your relationship with your family and friends now, so that when you're in need of their help it won't seem far fetched.

What are some other ways you and your partner can prepare for becoming parents? Start a conversation in the comments below!