

19 Kids & Counting: The Duggar Family Welcomes Baby Josie Home

[People](#) reported Friday that Josie Duggar, the latest addition born to Michelle and Jim Bob Duggar of the reality show *19 Kids and Counting*, was finally brought home. Their 19th daughter entered the world during Michelle's 25th week of pregnancy, and Josie has spent the last six months in neonatal intensive care. Healthy and finally home in Tontitown, Ark., Josie weighs 9 lbs., 1 oz. The TLC reality show chronicles this family's daily routine, and the Duggar's have easily added Josie to the mix.

How do you run an efficient household?

Cupid's Advice:

Managing a family's busy schedule is never easy, especially with a family as large as the Duggar's. See what Cupid has to say about running a tight ship, regardless of your family's size:

- 1. Schedule, schedule, schedule:** Whether you have one child or 19, you need to manage your time more effectively than when you didn't have a family. Always leave room for the unexpected.
- 2. Involve everyone:** When your family expands into multiple children, time disappears right before your eyes. Delegate tasks to your partner and older kids. Get everyone in the routine of pitching in, and before long, it will become a natural thing!
- 3. Breathe:** When you feel the stress of managing a busy life, give yourself a little breathing room – even if it means

letting the dishes sit for an extra five minutes!