

# Melissa Rycroft Turns in Her Tap Shoes for Baby Booties



Reality TV star Melissa Rycroft is expecting her first baby with husband Tye Strickland. Rycroft told [US Weekly](#) that while they are thrilled, the baby news was a shock, and they weren't trying to get pregnant. Meanwhile, Rycroft and Strickland are quite the busy couple. Talking with [Good Morning America](#) earlier this week, Rycroft said, "Apparently Tye and I wanted to see how many life-changing events we could fit into one calendar year... from getting engaged, married, new job, and we are now pregnant." The former *Dancing with the Stars* and *Bachelor* contestant tied the knot with the insurance agent in December.

**What's the best way to juggle parenthood and a busy career?**

## **Cupid's Advice:**

Nowadays, it's not uncommon to see a couple juggling work, a family, and everyday life. With more women in the workplace, finding that balance can be a challenge. Let Cupid help:

**1. Get a routine down:** If you and your spouse both need to work, make sure to set up daily schedules. This will get you into a rhythm, and will help your child adjust to a routine, which can cut down on behavioral issues.

**2. Set priorities:** While it's good to try to get a lot accomplished in one day, set priorities so you don't burn yourself out, or miss out on opportunities. One working mother [said](#), "When deciding between attending a meeting or a school event, for example, use the five-year test. In five years, will I look back and say, 'I wish I'd gone to a school play or that meeting?' You may decide you have to go to that meeting but give yourself a little bit of a time perspective about what your priorities are." Also, when you set priorities, you will become more productive at work and parenting.

**3. Explore all options:** It's not a bad idea to look for help in the form of a housekeeper, nanny, or daycare program. This will take some of the burden off of you, and with a reputable daycare your child is in good hands. To find a good one, talk to friends, family, or go online for resources. If you have questions on what to do when leaving your child with a new sitter, check out these tips from Bright Horizons.