

Adriana Lima Introduces Baby Valentina



[Hola! Brasil](#) magazine introduces Adriana Lima's baby girl, Valentina, born on November 15, 2009. The Victoria's Secret supermodel and husband, Serbian basketball player, Marko Jaric, kept their news private, because Valentina was born six weeks premature when Lima developed preeclampsia late in her pregnancy. Now that baby and mom have recovered, they want to share their lives with everyone.

What are some ways to prevent pregnancy complications?

Cupid's Advice:

Unfortunately, pregnancy complications are always a concern. Cupid has some ways you can prevent or reduce your chances

dealing with them.

1. Eat healthy: This is a standard recommendation from your health care provider, but as cravings can often trump logic. Create a menu that allows for smaller versions of your needs to curb munchies and keep you in line with your new diet.

2. Listen to your doctor: Seems simple, but not everyone follows their doctor's advice. Ask if there are other ways to meet your goal – your doc is sure to have tips to make your pregnancy easier on you.

3. Have your partner to join you: Many partners already experience sympathy cravings and weight gain. Why not have your partner share your menu plan? Seeing their commitment to you and your baby's health can help you stay focused and healthy.