


Sarah Michelle Gellar Is Pregnant



 Hollywood couple, Sarah Michelle Gellar, 35, and Freddie Prinze Jr., 36, are going to be parents again. Gellar is pregnant with their second child. According to [People](#), Gellar and Prinze took their time to have 2 -year-old daughter, Charlotte Grace and are thrilled to be extending their family. On planning a family Gellar said, “You need to be at a point in your life where you can give up anything and everything for a child.” Congratulations Sarah and Freddie!

How do you prepare for your second child differently than your first?

Cupid's Advice:

There is nothing like becoming a parent the first time around, but how do you prepare for when it's time to extend your family? Here are some tips when preparing your family for a new edition:


- 1. Prepare your child:** Preparing for a second child involves more than just stocking up on diapers, talk to your first child about becoming a big brother/sister.
- 2. Prepare your finances:** Having one child is expensive and having another will only make your budget tighter. Figure out your money situation and get your savings account in order.
- 3. Prepare your village:** It takes a village to raise a child and in your case, two children. Figure out your new busy schedule and gather support from family and friends.

How did you prepare differently for your second child? Share

your comments below:

Jessica Simpson Insists She's Still Pregnant, Despite Rumors



 Jessica Simpson and Eric Johnson are more ready to celebrate the birth of their new baby than anyone else, but it seems that fans have jumped the gun by congratulating her on her new baby girl. According to [UsMagazine.com](https://www.usmagazine.com), the star wrote via Twitter, "To everyone who keeps congratulating me on the birth of my baby girl...I'm still pregnant!! Don't believe what you read ladies and gents." Simpson is ready to be a mommy, but the *Fashion Star* mentor said she's also ready to get back into her high heels because her feet feel homesick!

How do you keep discussion about your pregnancy to a minimum?

Cupid's Advice:

Pregnancy is a special moment for you and your partner, but it can also be a monumental moment for the people around you. Don't let them be the ones spreading the word about *your* pregnancy! Cupid has some tips:

1. Demand privacy: Your loved ones are going to want to be as far into your business about the baby as possible, whether they think they're helping or are just there to get the latest gossip, but you need to demand your privacy and tell them when they need to back off.


2. Be discrete: People love being in-the-know. To satisfy the nosey-nellies and the gossip queens, tell them just enough, but not too much. Hopefully, this way they get enough information to keep them occupied for a little while.

3. Close range: Only discuss important aspects of your pregnancy with the people with whom you are closest. This may limit discussions to your partner, the to-be-grandparents, and maybe your closest friends. This way, you know you can trust these people with your private information and don't have to fear information leaking out.

How did you keep your pregnancy hush-hush? Share your comments below.

Giuliana and Bill Rancic Are Expecting a Child



 E! News cohost, Giuliana Rancic, 37, and hubby, Bill Rancic, 40, are expecting their first child. After struggling with infertility, miscarriage, and cancer the couple are using a surrogate mother. According to [People](#), the little bundle of joy is due in late summer and the Rancis are keeping the baby's gender a secret. Congratulations, Giuliana and Bill!

Cupid's Advice:

How do you bond with your baby if you didn't carry him/her?

Carrying a baby for nine months is a bonding experience that

many mothers who use a gestational carrier miss out on. Check out some alternative ways to bond with your newborn:


1. The power of touch: After bath time, gently massage your new addition with baby oil. You can even look up some baby and parent massage classes that are dedicated to bonding.

2. Tummy time: Tummy time is important for your little one's muscle strength and it's a great way for you to have face-to-face contact with your newborn.

3. Swaddle: Swaddling reminds your baby of his/her time spent in the womb. It is extremely calming and can be easily recreated with a blanket.

How have you bonded with your baby if you didn't carry him/her? Share your comments below.

Melissa Joan Hart Is Expecting Third Child

 Melissa Joan Hart, 35, has a lot to celebrate. The *Melissa & Joey* star is turning 36 and she's pregnant with her third child. Hart and her husband, Mark Wilkerson, are excited about adding to their family of two sons, Braydon Hart, 4 , and Mason Walter, 6. According to [People](#), Hart knew she wanted more children back in 2009. Are they rooting for a girl? Hart said, "It's not necessarily that I want girls. It's because I just know I want more babies." Congratulations Melissa and Mark!

How do you decide how many children to have?

Cupid's Advice:

Deciding to start a family is a huge decision and size matters. Here are some ways to decide on just how big your family should be:

1. Be selfish: It's okay to want a small amount of children or a whole baseball team. Take time out to decide what you want. In the end, it's your body and your decision.


2. It takes two: You're not the only one making the babies. Talk to your partner about how big you want your family to be. Things don't always work out the way they are planned, but being on the same page with your partner helps ease whatever surprises may come along.

3. Talk to the kids: If you already have children, adding another child is going to be a big change for the existing kids. Take time out to talk to your kids about becoming big brothers or big sisters. After all, they're apart of the family too.

How did you decide how many children to have? Share your comments below.

'True Blood' Stars Anna Paquin and Stephen Moyer Are Expecting



 Sookie and Bill are having a baby. According to UsMagazine.com, *True Blood* costars and real-life couple Anna

Paquin and Stephen Moyer are expecting their first baby. Paquin and Moyer met in 2007 when *True Blood* began filming, and a short two years later Moyer popped the question. The couple was married in Malibu in August 2010. That same year, Paquin told *Marie Claire* she wanted to put off having kids. "I have trouble planning anything more than brunch with my friends. But when the time's right, we'll do it." This will be Paquin's first child, although Moyer has two children from a previous marriage, Billy and Lilac.

How do you handle children from separate marriages?

Cupid's Advice:

Having older children from a past marriage could be an uncomfortable situation when bringing a new baby into the picture. Here are a few tips on how to do it:

1. Don't force anything: Forcing your children to meet or even have a relationship with siblings they are not related to can be a touchy situation. Pushing your children into something they don't want to do will ultimately push them away. Allow your children to make to choice on their own.


2. Allow them to become friends: Similar to not forcing your children to meet the others, you don't want to force them into friendship. Let them become friends on their own, and they will form greater bonds.

3. Act as one family: Don't separate your children into groups based upon marriages. Bring all of your children out as one happy family. Go to the beach together and have family dinners together. Whatever it is that you do, do it together as family.

How do you handle children from separate marriages? Share your stories below.

'NCIS' Star Michael Weatherly Shares Meaning Behind Daughter's Name



 *NCIS* actor Michael Weatherly has some big news: he recently welcomed a daughter with wife Bojana Jankovic. Their baby name of choice, you ask? Olivia. “My wife Bojana is Serbian and her name means war or warrior,” Weatherly said, according to [People](#). “And when you give someone an olive branch, that’s an offering of peace so Olivia is peace. I think we have a Tolstoy novel going on now: Mother and daughter, war and peace!?” Although this is a happy coincidence and not necessarily a planned deeper meaning, the couple is thrilled to have found stumbled upon the connection.

What are some ways to make your child's name meaningful?

Cupid's Advice:

Although there's no shame in naming your child something that you simply like the sound of, it can sometimes be touching to have meaning behind a name. Cupid has some tips:

1. A relative: Sometimes names are passed down from generation to generation in families. It can be special to continue a tradition or start a new one in this fashion.

2. Name origins: Baby names all have different meanings originally, and it's always a good idea to look into the origin of a name before assigning it to your child.

3. An experience: If you have a particularly meaningful event or experience that's affected your life, try thinking of names associated with that special time.

How did you make your baby's name meaningful? Share your experiences below.

LeAnn Rimes Dotes on Eddie Cibrian's Kids at Easter Dinner



LeAnn Rimes celebrated Easter in Venice, CA with hubby, Eddie Cibrian, and his two boys. According to [People](#), the couple looking adorable together as Rimes doted on Cibrian's two sons. In celebration of the Easter holiday, the happy family dined at the trendy Gjelina eatery.

What are some ways to gain the trust of your stepchildren?

Cupid's Advice:

When it comes to getting close to stepchildren, it can be a very rocky road. While you are a parental figure, you're not actually a parent, which can leave a lot of uncertainty about the relationship. It's a difficult game, but if you play your cards right, you can form an excellent bond with your stepchildren:

1. Don't step on any toes: Make it clear from the beginning that though you are there for them, you're not

trying to replace their parents.


2. Be patient: It takes time for children to adjust to change. Just because they don't warm up to you right away, doesn't mean they never will.

3. Remain open: Sometimes you may need to wait for the kids to open up to you on their own terms. Let them know you are there for them and are interested in getting to know them, take a step back, and wait for them to come to you.

Can stepparents form the same bond with their stepchildren as their biological parents? Share your thoughts below.

Tony Romo and Candice Crawford Welcome a Baby Boy



 Tony Romo and Candice Crawford welcomed their new son, Hawkins Crawford Romo, into the world on the evening of April 9th. "Hawkins Crawford Romo is now a part of the Dallas Cowboys family," said Rich Dalrymple, a Cowboys spokesperson, according to [People](#). Hawkins was born 8 lbs. 8 oz. Romo, 31, and Crawford, 25, were married in May 2011 and announced their pregnancy the following October.

What are some things to consider when you're naming your child?

Cupid's Advice:

The name you give your child is permanent and will reflect their precious life to come. Here are some considerations to

make when naming your baby:

1. Your last name: When naming your baby, it's important to think about how the name will sound with your last name. Try selecting a few of your favorite names and put them together with your last name to see what sounds just right.


2. Your relatives: Carrying names through generations is very important in many families. If every man in your family has been sharing the same name, and it's just not your favorite, you should consider using it as your new baby's middle name.

3. History: When you think of a name, it often brings back a memory of someone. When naming your baby, you don't want to always think back to the Amanda you sat next to in grade school and how bad she smelled. Talk to your significant other, and make sure the names you select don't ring any old bells.

What did you consider when naming your child? Share your stories below.

LeAnn Rimes and Eddie Cibrian Dodge Pregnancy Rumors



 LeAnn Rimes played an April Fools joke on all of those claiming she was pregnant with Eddie Cibrian. On April 1st at the 2012 Academy of Country Music Awards, Cibrian, 38, jokingly rubbed Rimes', 29, belly with a smirk on his face for all the cameras to see, according to UsMagazine.com. Cibrian is already the father of two boys, and Rimes has made it clear she isn't expecting any time soon. Turning to Twitter, Rimes

has answered back to these false rumors in January, "I have never even tried. Please stop discussing my ovaries."

How do you know when it's the right time to have a child?

Cupid's Advice:

Some couples think that after marriage, comes children. Sometimes this is the case, but you have to make sure you are both ready for it instead of just jumping into it. Here are some ways to know you're prepared to have kids:

1. You are financially stable: Having kids can be expensive. Not to put a price tag on them, but you have to consider all of the purchases that would come from the day they are born until they are ready to move out.

2. You have a strong relationship with your spouse: Before making the big decision to have a child, you should make sure it's a good time for both of you. A child can help make your relationship with each other even stronger, but if it's already in rough waters, it can end up breaking you up.

3. You are both settled down: When you first get married, most couples like to travel together and share some experiences together. That's why you need to make sure that's all out of your system by the time you have a child. You need to be settled in one spot where your child can grow up.

When do you think is the best time to have a child? Share your thoughts below.

Sources Shoot Down Rumors that Kate Middleton Is Pregnant



Although Prince William and Kate Middleton will be celebrating their first wedding anniversary, they will not be planning any baby showers just yet. According to UsMagazine.com, “Kate is not pregnant or about to make a pregnancy announcement.” Rumors surfaced in November, when she refused peanut paste in Denmark. Peanut paste is often off limits to pregnant women to prevent allergies for their babies-to-be. Middleton was seen sipping sherry on St. Patrick’s Day and was skiing in France in the past few weeks. Overall, a witness says, “They looked very happy together.”

How do you know when it’s time to start a family with your significant other?

Cupid’s Advice:

Starting a family is a major step to take with your significant other. Here are a few tips to know when you’re ready:

1. You’re settled: When you and your man are comfortable and have fallen into a routine with one another and you’re looking for something new, it’s time to start talking about bringing a new life into the picture. Having jobs and a nice savings account won’t hurt either.

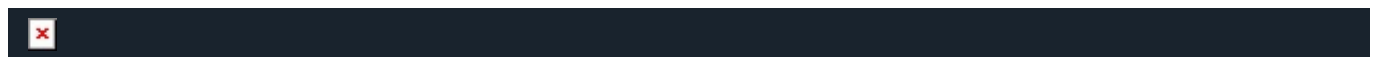
2 You have a home: Having a warm and welcoming home is very important when bringing a baby into the picture. Being settled in a nice neighborhood with good schools will give you the chance to raise your child with safety, as well as


compassion.

3. It feels right: Lastly, you will know it's time when you feel it. Everything will fall into place. Having the big talk with your lover should feel natural and exciting, not nerve wracking or uncomfortable.

How did you know it was time to start a family? Share your stories below.

Elisabeth Röhm Explains Why Family Dinners Are Important



 *Law & Order* actress Elisabeth Röhm took to her [People](#) blog this week to explain the importance of family dinners. Röhm came into contact with cookbook author Ellamarie Fortenbach and learned about the importance of eating dinner as a family. The actress and her 3-year-old daughter, Easton August, participated in the production of Fortenbach's cookbook. "Cooking together and finding a connection through mealtime has been important and a challenge for our family," said Röhm in her blog. "Cooking together and then eating that meal is truly nurturing!"

What are some reasons it's important to eat meals as a family?

Cupid's Advice:

Though it can be difficult to coordinate schedules, eating meals as a family is still a valued tradition. Here are a few reasons why it's important:

1. Catch up: Mealtimes are an opportunity to share with your family the things that have been on your mind during the day. Your children can voice their worries about school and their friends while you can chip in with stories from work or around the house.


2. Good for children: Children who have meals with their families are statistically proven to do better in school. Bonding time at the dinner table is important for developing minds.

3. Unity: A family that eats together is undoubtedly stronger as a unit than one who does not. It's important to find time for your family despite your busy lives.

Do you eat dinner as a family? What do you like about it? Feel free to leave a comment below.

Ashlee Simpson Says There's "Plenty of Time" Before Jessica Simpson's Birth



 Though her sister Jessica Simpson is very much pregnant and ready to become a mom, Ashlee Simpson had no worries she's miss the birth when attending an event in Australia recently.

According to UsMagazine.com, Simpson brushed off concerns, saying, "I have plenty of time and I'm going home [today] so it will be fine." Jessica Simpson was heard saying that she still had "a month to go" so Ashlee will definitely be in attendance at the birth of her sister's first child.

How do you decide who you want with you when you give birth?

Cupid's Advice:


It's not always clear who should be with you in that hospital room when it's finally time for the baby's arrival. Cupid has some advice:

- 1. Focus:** During childbirth you'll want all the focus on you. Make sure to choose people who are able to focus on you entirely during the birth as support. Perhaps choose a sibling or parent.
- 2. Coach:** Just because you want your partner there doesn't mean you have to have them there as your coach during the birth. Have someone else important to you take on that role if your sweetheart isn't quite ready to be around the action.
- 3. Friends/family:** Beyond having a coach and your partner there during the birth, you may want some other people present during the birth such as your mother. Have them there for a reason though, as childbirth is not a show and they should know they're there as a support team.

How did you decide who you wanted present during birth? Let us know in a comment below.

Hilary Duff Hits the Gym 1.5 Weeks After Giving Birth



 Hilary Duff is wasting no time getting back to the gym. After giving birth nearly two weeks ago to her and her

husband's, Mike Comrie, first baby together, Luca Cruz, Duff is already yearning to tone up her post baby body. "20 minutes on the elliptical seems like an eternity!!! What the hell..." the former Disney star tweeted Saturday. Besides getting some much needed time pampering herself at the Nine Zero One hair salon last Thursday, the new mom spent a little time toning her body doing Pilates on Monday. "Did a little Pilates today. Felt so good to stretch!..." the former *Lizzie McGuire* star said via twitter.

How can you help your partner get back into shape after pregnancy?

Cupid's Advice:

After gaining a few pounds, it may seem like a stretch to get back to your desirable weight, but it's definitely possible.

Men, here are a few tips to help your woman get back into the sexy shape she had before giving birth:

1. Workout together: Instead of letting her take that mile run by herself, join her and also take advantage of enrolling in yoga or gym classes together. Not only will this encourage her to keep her progress up, but it will also give you two some great bonding time.

2. Healthy choices: There are plenty of meals you and your lady can enjoy together that will taste delicious and are healthy for you. Look up different recipes online that both you and your lover can enjoy making and eating together.

3. Support: The number one thing your significant other needs when they're trying to achieve their weight loss goal (or any goal) is your support. Besides working out and cooking together, give her words of encouragement to keep her going.

How did you help your partner get back into shape? Share your comments below.

Jim Toth Steps Up as Stepdad to Reese Witherspoon's Kids



Reese Witherspoon has found a stand up guy to be her husband! Jim Toth has definitely shown himself to be parent material, which is a good thing since the couple is expecting a child together. According to UsMagazine.com, Toth wasn't "sure about having kids" when they first began dating in 2010, but warmed up to the idea once he got to know Witherspoon's two children. Toth is all about family now and the couple are "big family people."

What are some important things to remember when you marry someone with kids?

Cupid's Advice:

Sometimes it can be difficult adjusting to a new parent.

Cupid shares some things to consider when you marry someone who already has children:

1. Blending families: It's important to remember that even though you're becoming a part of a family and thus creating a new one with your partner, these kids may already have a parent and may not be immediately receptive to your new role.

2. Do you like kids?: Don't marry into a family with children if you don't like children. Simple as that. It's not any easier raising a child that is not biologically yours, so make sure you're ready to be a parent.

3. Lifestyle: Make sure you're ready to change your lifestyle.

While dating someone with kids, you may not have experienced many changes socially; however, once you have the role of step parent, you have to become a role-model.

What did you think about before becoming a step-parent? Share your thoughts below.

Bruce Willis and Emma Heming Welcome a Baby Daughter



It's official! Bruce Willis and his wife of three years, Emma Heming, have welcomed the newest addition to their family, daughter Mabel Ray Willis. Mabel joins three half-sisters, Rumer, 23, Scout, 20, and Tallulah, 18, who Willis had with ex-wife Demi Moore, according to [People](#). The *Die Hard* actor and designer-model, according to their rep, "are overjoyed about the newest member of their family. Both mother and baby are healthy and doing beautifully."

What are some ways to prepare your existing family for an infant addition?

Cupid's Advice:

When you're getting ready to welcome a new addition to your family, it's important to prepare certain things. Cupid has some tips:

1. Prepare your other children: Keep your kids up to date about the pregnancy and what it will be like when you bring the baby home. Have them help get the nursery ready and offer

baby names. The more involved the feel, the more accepting they'll be of the situation.


2. Get your finances in order: Another child means one more mouth to feed and one more body to clothe. Kids are by no means inexpensive, so it's important to make sure you're getting your finances in tip top shape before having a baby.

3. Prepare yourselves: If you already have kids, another child in the mix means you'll be all the more busy and worn out. Make sure you're staying in shape and taking care of yourself as you prepare to welcome another addition to your family.

How did you prepare your family for an additional child? Share your tips below.

'Jersey Shore' Star Vinny Says Snooki Will Be a 'Good Mom'



 It looks like all of Snooki's *Jersey Shore* cronies are stepping out in support of their pregnant cast mate. The most recent? Vinny Guidagnino. "She'll be a great mom," he said, according to *People*. "She's already drastically changed her life." Nicole "Snooki" Polizzi is known for her crazy partying antics on the show, but recently announced she's expecting with boyfriend Jionni LaValle. "I had no idea," said Guidagnino. "Actually people would call me, like, 'Is the show still gonna work?'...And I was like, 'What are you talking about, she's not pregnant.'" And then all of the

sudden, that whole thing came out and I was like, Oh my God.”

What are some ways to prepare your life during an unexpected pregnancy?

Cupid's Advice:

When you're planning to get pregnant and have kids, you already have some idea as to how your life will change. When it's unexpected, however, it can be a shock to your system.

Cupid has some advice:

1. Stop smoking and drinking: This one may be the most obvious course of action when you find out you're pregnant, but it's important to give up things that will harm your growing baby. Consuming a lot of caffeine is another thing you should avoid.

2. Settle into a stable home: When you're not planning a pregnancy, where you live and what you currently do may not be the best environment to raise a child. You have nine months, so make the most of them.

3. Establish a support system: During an unplanned pregnancy, make sure to lean on those family and friends closest to you. They can give advice or simply be a shoulder to cry on.

What are some other ways to prepare during an unexpected pregnancy? Share your ideas below.

Fergie Says She Doesn't Want Kids with Josh Duhamel Yet



✖ Black Eyed Peas singer Fergie is enjoying her time off with her husband, actor Josh Duhamel, after being on the road eight years touring with her group the Black Eyed Peas. “We like each other. We like hanging out together and we have fun,” Fergie told MTV News. “We have fun in the kitchen cooking and singing silly songs. Not to give too much away – I’m not going any further than that – but we have a good time together, and it’s nice to get to have that quality time. We enjoy it.” Though they recently celebrated their three-year anniversary, don’t expect the Hollywood duo to make a pregnancy announcement anytime soon. “It’s not happening yet, I can tell you that definitely,” the singer says. “But we want to have a family, so that’s in the cards, but it’s just not this second.”

How do you know when it’s time to start having children?

Cupid’s Advice:

Having kids is usually the next step to take after marriage. Here’s how to determine when you and your spouse should start planning for your new addition to the family:

1. Live like newlyweds for a while: Enjoy your time with your spouse for a little while before having kids. The first few years of your marriage are when you and your lover can take advantage of spoiling each other with “just because” gifts and enjoy your time together taking romantic vacations.

2. You’ve done what you wanted to do: For some people, their life truly begins when they have kids, but if you’re the type of person that wants to live a little before having children, then be a little selfish and cross some things off of your bucket list.


3. You’re ready to expand your family: After treating your puppy as though it’s your own kid and both you and your spouse still feel like something is missing in your life, then it may

be time to start planning for a family.

How did you know when it was time to have kids? Share your experiences below.

Actress Beth Littleford Adopts a Baby Girl



 *Crazy, Stupid Love* actress Beth Littleford is a new mom. Littleford, 43, and husband Rob Fox adopted daughter Halcyon “Hallie” Juna Fox, reports [UsMagazine.com](https://www.usmagazine.com/celebrity-news/news/actress-beth-littleford-adopts-baby-girl-halcyon-juna-fox/). Hallie was born Friday at 1:05 a.m., weighing 6 lbs. 9 oz and measuring 18” long.

What are some reasons to adopt a baby?

Cupid’s Advice:

Adopting a baby can be just as rewarding as giving birth to a baby of your own. Here are a few reasons to adopt a child:

1. You can’t have children of your own: No matter how hard you try, it’s very possible that you may never get pregnant. If you are having difficulty having children of your own, contact an adoption agent.

2. You don’t want to wait for marriage: Many women want to become mothers, even if they aren’t married or in a serious relationship. Single mothers are becoming more and more common, so adopting a child may be easier than you think.


3. Do a good deed: There are many children in the world

without a home, especially in countries like Russia, where orphanages have to turn away children once they turn 16. Visit an orphanage or contact an adoption agent to adopt a baby that is in need of a home.

Have you ever considered adoption? Feel free to leave a comment below.

January Jones Said Returning to 'Mad Men' Post-Baby Was Tough



 January Jones, made famous by her role as Betty Draper (now Betty Francis) on AMC's hit show *Mad Men*, described her feelings of coming back to work seven weeks after giving birth to her son, Xander, as first day of school nerves. According to [People](#), the long days on the set were tough for her, especially with her son being so little, but work did everything possible to make it comfortable for her.

"The first episode I'm always finding my way back into my character's shoes. But, then after a few days, I'm able to fall pretty easily back into her, and find her voice and her body language and everything that I do for her," said Jones.

What are some ways to balance your career and your family?

Cupid's Advice:

Finding work and family balance is never easy, but it's not impossible. As long as you're getting equal support from your

family and work, finding a work/life balance is completely possible. Here's how:

1. Be honest and open a work: Let your boss and co-workers know that though your life at home may have changed, your dedication and performance at work will not. Make arrangements in advance as to what to do if you have to leave work at a moment's notice for your family.


2. Be supportive: Support your partner and co-workers with their careers and growing families, and they will in exchange do the same for you.

3. Be thankful: Take a moment every day to be thankful for everyone in your life and the support system they have formed.

What are some ways you can support a co-worker dealing with the stress of their job and a growing family? Share your thoughts below.

Sources Say Reese Witherspoon is Expecting Her Third Child



 We were ecstatic when Reese Witherspoon married Jim Toth after her seven year marriage to Ryan Phillippe ended. It was only a matter of time before the happy couple decided to extend their blended family. Sources told [UsMagazine.com](https://www.usmagazine.com), that Witherspoon is 12 weeks along with her third child, and first child with Toth. Could Witherspoon be waiting for the right time to tell ex-hubby Phillippe and her kids Ava, 12, and Deacon, 8, about the good news? Witherspoon and Roth may be keeping their pregnancy a secret, but we can't hold in our

excitement for the couple.

What are some reasons to keep your pregnancy a secret?

Cupid's Advice:


Some women wait to tell family and friends about a [pregnancy](#) for valid reasons. Here are some reasons why you should keep your pregnancy a secret and not feel guilty about it:

- 1. Health:** Most females wait until after their first trimester to reveal the big news, because miscarriages are more likely.
- 2. Time:** Is this your first child with your partner? It's okay to take some time to enjoy the good news with each other, as this will bring the two of you closer.
- 3. Privacy:** Keeping your pregnant as secret as long as you can is your prerogative, and you are entitled to your privacy.

Why would you keep your pregnancy a secret? Share your comments below.

Vanessa Minnillo Talks Up Pregnancy on Double Date



 Pregnancy can be tough, so it's no wonder Nick Lachey took mom-to-be Vanessa Minnillo on a double date this weekend, right? Well, no. According to [People](#), Minnillo spent the double date in Brentwood, Calif. gushing about how wonderful her pregnancy has been. An onlooker said, "She has this cute little belly."

How much about your pregnancy should you share with friends?

Cupid's Advice:

There's thin line between just enough information and too much information. Cupid has some tips on how much you should be sharing about your pregnancy:

1. Facebook: Pregnancy updates on facebook are TMI. It's nice to share this moment of happiness with friends, but not so much with your entire friend list which contains coworkers and old teachers.


2. All in the details: It's not a crime to want to share your pregnancy with anyone and everyone. The difference is in the details. If you're not especially close with someone, you should know how much is too much. No one needs pregnancy advice from too many people.

3. It's okay to fib a little: Don't want to tell your friends about that morning sickness you had before brunch? It's okay to tweak how your pregnancy is going so that you don't have to share some of the more unpleasant details.

What do you share about your pregnancy with friends? Share below.

Jessica Simpson Celebrates Her Baby Shower



 Jessica Simpson is making the most of the time before her due date. Simpson, 31, attended her star-studded baby shower

on Sunday, reports UsMagazine.com. Her sister, Ashlee Simpson, and old friends like Odette Annable and Jessica Alba attended the Los Angeles bash. "It was a kid friendly shower with many of her friends bringing babies," said a source.

"Jessica [Alba] brought her baby Haven, 7 months, and Ashlee brought Bronx, 3." Earlier this month Simpson and fiancé Eric Johnson told *ELLE Magazine* that they are expecting a girl.

What are some ways to make your pregnant partner's baby shower special?

Cupid's Advice:

Throwing a baby shower can be a daunting task, especially if you're spearheading the planning process. Here are a few ways to make your partner's baby shower special:

1. Find what they like: Chances are, your partner is expecting a baby shower. Don't be afraid to partially ruin the surprise by asking your partner what she would prefer. Ask her about general themes, the guest list, etc. By asking vague questions you will be able to throw the ideal shower without giving too much away.

2. Add a surprise: If you do ruin part of the surprise, be sure to make up for it. Invite a faraway friend she hasn't seen in years or have guests bring old photos of your partner. Touching surprises like these will make her shower all the more memorable.

3. Give your own gift: Though it's only customary for the guests to give gifts, surprise your partner with a present of your own. Give her something heartfelt and meaningful that will differentiate your gift from the others.

How did you plan your partner's baby shower? Feel free to leave a comment below.

Kristin Cavallari Shows Off Her Baby Bump



It looks as if Kristin Cavallari is now very visibly pregnant. Cavallari de-stressed last weekend by going to Mexico with fiancé Jay Cutler and showing off her baby bump. According to [People](#), she is also trying yoga, as she hears “it helps with giving birth.” This is the first child for Cutler and Cavallari, and Cavallari was shocked when a baby bump appeared overnight. Pregnancy is full of surprises, so mother-to-be will no doubt be experiencing more along the way!

What are some ways your partner can help you stay healthy during pregnancy?

Cupid's Advice:

Sometimes it can be difficult to stay healthy during pregnancy, as your cravings become intense when you're eating for two. Here are some ways your partner can help:

- 1. Serve as an example:** If your partner wants you to be healthy during pregnancy, then he or she needs to do the same. There's nothing worse than temptation, so have your partner avoid alcohol and smoking like you should. Start being a great parent before the baby is even born.
- 2. Exercise as a couple:** Exercise with your sweetheart. Like Cavallari, have your partner take you to yoga or go with you while you're pregnant.

3. Get support: Don't hesitate to lean on your partner for support. Not only is physical health important when you're expecting, but mental health is as well. Talk things out and de-stress with your mate.

What are some ways you put your health first with your partner's help during pregnancy? Share below.

January Jones Says Being a Single Working Mother Is 'Difficult'

January Jones has been playing supermom, being a single mother for newborn, Xander, while working hard on the set for season 5 of *Mad Men*. She had already been on the set and was working hard when Xander was only 6 to 7 weeks old. But the 34-year-old actress told UsMagazine.com, "It was difficult to be a working mom and just juggling all of that. But everyone made it work and it was great." Even though she is a single working mother, the staff on the set has made her job as a mother and actress that much easier.

What are some ways to balance your career and being a parent?

Cupid's Advice:

Being a parent should always come first on your list, but if your career is flexible, then you might be able to do both. Here are some ways to keep a good balance:

1. Don't work long hours: It's fine to have a baby and to be working at the same time, but remember your child needs you and its home environment to grow up normally. Don't overdo working, and make sure you're able to have some quality time with your kid at home.

2. Make sure your boss knows you're a parent: Remind your boss that you do have children and although your job can be very demanding at times, you need to be at home with your family without including your job with every thing you do. Let them know you need some periodic family time.

3. Don't choose work events over family events: The biggest mistake is letting your job take over. It's always good to work hard, but your children will start taking things to heart if you continue choosing work events over their soccer games or gymnastics matches. You never want to get to the point where they begin resenting you.

Have you ever had to balance being a parent and your job at the same time? Share some advice on how to make it work below.