

# Celebrity Baby News: 'Bachelor in Paradise' Contestant Krystal Nielson Is Pregnant with First Child



By Nicole Maher

In the latest [celebrity news](#), former *Bachelor in Paradise* contestant Krystal Nielson revealed that she is expecting her first child with boyfriend Miles Bowles. According to *UsMagazine.com*, Nielson revealed the couple is expecting a [celebrity baby](#) in a video posted to YouTube. Nielson and Miles made their relationship official this past October following Nielson's split from her husband Chris Randone. Nielson and Randone had been married for roughly eight months before their

deciding to separate.

## In celebrity baby news, *BiP* star Krystal Nielson is pregnant with her boyfriend of eight months. What are some ways to prepare a newer relationship for a baby?

### Cupid's Advice:

Having a child can be a large adjustment for any relationship, especially one that is relatively new. If you are looking for some ways to prepare a newer relationship for a baby, Cupid has some advice for you:

**1. Balance responsibility:** There is a lot of planning and preparation that comes with expecting a child. Be sure that these responsibilities are balanced between you and your partner. While one of you may be responsible for getting the nursery ready, the other may take on the task of baby-proofing the kitchen. Balancing these types of responsibilities is a great way to get both of you involved and excited about the child you are having.

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**2. Discuss expectations:** Having a child can drastically change the dynamic of a relationship, so discussing future expectations is a must. Topics such as child care plans, living situations, and the future of your relationship are important to have early on to avoid conflict later. If you and your partner have different expectations, find ways to work through them and compromise for the benefit of your future child.

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**3. Continue relationship growth:** Even though you may be focused on preparing for your child, it is still important to prioritize the growth of your relationship. Continue to go on dates and spend time together that does not revolve around child-preparation activities. This will show your partner that you view them as equally important to your future child and get them excited about becoming a family!

**What are some other ways to prepare a newer relationship for a baby? Start a conversation in the comments below!**

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## **Celebrity Baby: Lily Allen Reveals She Wants Kids With Husband David Harbour**





By Nicole Maher

In the latest [celebrity news](#), Lily Allen revealed that she may be discussing the possibility of having a [celebrity baby](#) with new husband David Harbour. According to *EOnline.com*, Allen and Harbour are open to having children together, but may hold off for a while because of Allen's struggles with mental health. The [celebrity couple](#) met on the dating app Raya in 2019 and were secretly married in September of this year.

**In celebrity baby news, Lily Allen wants kids eventually with her new husband, but she may hold off for a little while since she's in a good place mentally. What are some ways mental health comes into play when**

# deciding whether to have kids?

## Cupid's Advice:

Having children leads to large changes in everyone's lives, but these changes can be especially challenging for those who struggle to maintain mental health. What mental health considerations should you make before having kids? Cupid has some advice:

**1. Change in hormones:** Pregnancy and childbirth are two events that cause large changes to a woman's hormones, which could also affect her mental health. If you are considering having children but are worried about the changes it will cause to your body because of your mental health, getting the advice of both a psychologist and an obstetrician can help you decide when the best time to try for a child may be.

**Related Link:** [Royal Celebrity News: Prince William Disagreed With the Palace's Misleading Comments about Meghan Markle's Labor and Birth](#)

**2. Higher energy levels:** Having and raising children requires large amounts of energy, which is something that may already be a struggle for someone with inconsistent mental health. While having a kid may allow for less rest days, there are many ways to structure your schedule that allow you to prioritize both raising your child and maintaining your balance of energy. On days where your energy is lower, try relying more on your partner or a babysitter.

**Related Link:** [Celebrity Baby News: 'Duck Dynasty' Alum Sadie Robertson is Pregnant With First Child](#)

**3. Constant enthusiasm:** Whether it's their first birthday, first steps, or first day of school, there is so much to celebrate as your child grows up. However, this constant need to have enthusiasm may be difficult for someone struggling to

maintain good mental health. Waiting until you have more enthusiasm in your daily life to have a kid may be a good idea to prevent you from feeling like you're missing out on celebrating important milestones.

What are some other ways mental health comes into play when deciding whether to have kids? Start a conversation in the comments below.

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## **Royal Celebrity News: Prince William Disagreed With the Palace's Misleading Comments about Meghan Markle's Labor and Birth**







By Carly Silva

In royal [celebrity news](#), Prince William disagreed with misleading comments regarding Meghan Markle's labor and birth of [celebrity baby](#), Archie. The Duke and Duchess of Sussex welcomed their firstborn baby into the world in 2019, but it wasn't until eight hours after Archie was born that the royal family announced that Meghan was going into labor. According to *UsMagazine.com*, Prince William did not approve of this misleading statement, and in turn, waited a full eight days to meet his nephew.

**In royal celebrity news, Prince William isn't a fan of purposely misleading comments for the public. What are some ways to deal with a partner you've caught being**

# dishonest?

## Cupid's Advice:

Dealing with a partner who has been dishonest can be extremely tricky, but it doesn't have to mean that all hope is lost. If you're in need of some ways to deal with a partner who you have caught being dishonest, Cupid has some advice for you:

**1. Talk honestly with them:** When someone is dishonest, it can be extremely hard accept or move on from. Try talking honestly with your partner, as it may help you understand why they lied in the first place. Having open conversations with each other will allow you to both to maintain an honest relationship together.

**Related Link:** [Royal Celebrity Couple Prince Harry & Meghan Markle Take Aim At Online Negativity](#)

**2. Make sure it won't happen again:** While it's important to understand where your partner was coming from, you also want to make it known that it can't happen again. Make sure your partner knows that dishonesty isn't going to work in your relationship, and try to set up rules and boundaries so it doesn't happen again in the future.

**Related Link:** [Royal Celebrity Couple Prince Harry & Meghan Markle Step Out in Matching Masks in Beverly Hills](#)

**3. Decide if you're going to forgive them:** While it can often be difficult to trust your partner after they've been dishonest, always trust your gut. If you genuinely believe that your partner is open with you, but makes mistakes sometimes, then it's okay to forgive. If lying is a consistent habit of your partner's, then it may be time to reevaluate the trust you have between each other.

**What are some other ways to deal with a partner you've caught**



being dishonest? Start a conversation in the comments down below!

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# Celebrity News: Nikki Bella Describes Deep Postpartum Depression



By Nicole Maher

In the latest [celebrity news](#), Nikki Bella opened up about the struggles she faced in her [celebrity relationship](#) while suffering from postpartum depression. According to

*UsMagazine.com*, Bella recalled having feelings of hatred toward her fiancé Artem Chigvintsev after having their [celebrity baby](#), but was able to move past these feelings as the couple began to have more open discussions. Chigvintsev stated that he wished Bella had opened up “sooner” about how she was feeling so that he was more aware of her postpartum depression when he came home from filming the ABC show *Dancing With The Stars*.

## **In celebrity news, Nikki Bella “hated” partner Artem Chigvintsev as she battled postpartum depression. What are some ways to support your partner through postpartum depression?**

### **Cupid’s Advice:**

Postpartum depression following the birth of a child is something that many couples face in their relationship, even if they are not talking about it openly. If you are looking for ways to support your partner through postpartum depression, Cupid has some advice for you:

**1. Discuss it frequently:** To avoid the formation of ill feelings from either person, it’s important to discuss the effects postpartum depression is having on both your partner and the relationship. While your partner may be hesitant to open up because they fear it will strain the relationship, acknowledging and talking through these new feelings will prevent any bad feelings from building up.

**Related Link:** [Celebrity Baby News: Rooney Mara & Joaquin Phoenix Welcome First Child](#)

**2. Stay close by:** The easiest way to support someone is to remain by their side during a difficult time. Try to make yourself available to the other person as much as possible or contact them frequently if you need to be out of town. By staying close and talking often, you will prevent them from feeling like they are alone in this process.

**Related Link:** [Royal Celebrity Couple Prince Harry & Meghan Markle Take Aim At Online Negativity](#)

**3. Do your research:** Postpartum depression is complicated and can be different for everyone experiencing it. One way to show your partner that you truly care and are ready to be supportive is to do some research about how they might be feeling. If your partner sees you doing a little extra work, they will know you are taking this new part of the relationship seriously!

What are some other ways to support your partner through postpartum depression? Start a conversation in the comments below.

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## Celebrity Baby News: Gigi Hadid & Zayn Malik Welcome First Child





By Carly Silva

In the latest [celebrity baby news](#), Gigi Hadid and Zayn Malik welcomed their first child into the world on Wednesday, September 23. According to *UsMagazine.com*, the [celebrity couple](#) announced the birth of their daughter with a sweet black and white photo of the newborn's hand on Malik's Instagram.

**In celebrity baby news, Gigi and Zayn have welcomed their first child, a girl. What are some perfect “push presents” to give the mother of your recently born child?**

#### **Cupid's Advice:**

Every mother deserves a little something after a difficult delivery journey. If you're looking for some perfect “push

presents” to give the mother of your recently born child, Cupid has some advice for you:

**1. A baby book journal:** A baby book is something most sentimental moms will love. Especially if she is a new mom, writing down all of her experiences of her pregnancy and birthing story will be an important memory for her, and your child may love to read it one day!

**Related Link:** [Celebrity Baby News: Vanderpump Rules Stars Brittany Cartwright Jax Taylor Are Expecting First Child Together](#)

**2. Mom jewelry:** A push present doesn’t have to be something for the baby; this gift can be about celebrating the mother and everything she has been through in this special time in her life. Think about buying some sort of jewelry that symbolizes motherhood, like a birthstone ring, interlocking necklace pendants, or something engraved with “Mama.” These types of gifts will make her feel so special as she enters into motherhood.

**Related Link:** [Celebrity Baby News: Penn Badgley & Domino Kirke Welcome First Child Together](#)

**3. A day of relaxation:** If your baby comes unexpectedly, or if you don’t have enough time to plan out your push present, a spa day is a great idea for a new mother. Buy a gift card so that she can use it whenever she pleases once she has recovered from delivery. Plan a day to watch the baby while she gets some rest and relaxation for all of her hard work.

**What are some other perfect “push presents” to give the mother of your recently born child? Start a conversation in the comments down below!**



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# Celebrity News: Blac Chyna Says Raising Dream Without Child Support Is Her 'Biggest Flex'



By Carly Silva

In the [latest celebrity news](#), Blac Chyna got candid in an interview about raising her 3-year-old daughter, Dream, without child support from ex, Rob Kardashian. According to *UsMagazine.com*, the [reality TV star](#) is legally no longer required to pay Chyna child support as of March of 2019.



# In celebrity news, Blac Chyna is raising her daughter without child support. What are some ways to keep money issues from affecting your relationship?

## Cupid's Advice:

Financial stress can put a big strain on a lot of relationships. If you're looking for ways to keep money issues from affecting your relationship, Cupid has some advice for you:

**1. Communicating:** Being honest about your financial situation can help to ease some of the stress. Talking openly with your partner or family members can help you to find solutions in a healthy way without it being a burden on your relationships.

**Related Link:** [Celebrity Couple News: Khloé Kardashian Tristan Thompson Want to Buy a New Home Together](#)

**2. Re-evaluating what is important:** Even though financial stress can be a major source of negativity in your life and in your relationships, it doesn't have to ruin everything. Try to focus on parts of your life that matter more, like health and happiness before letting financial stress run your life.

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**3. Count your blessings:** If you're dealing with financial stress in a relationship, try to remember what things you are grateful for. This will help you to realize that your relationship and your family are more important than any monetary issue.

What are some ways to keep money issues from affecting your relationship? Start a conversation in the comments down below!

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# Celebrity Baby News: Emma Roberts Reveals Sex of First Child with Garrett Hedlund



By Alycia Williams

In latest [celebrity news](#), [celebrity couple](#) Emma Roberts and Garrett Hedlund revealed the sex of their [celebrity baby](#).

According to *UsMagazine.com*, Roberts wrote an Instagram post captioned: “Me...and my two favorite guys,” revealing that the couple is expecting a boy. The couple’s celebrity friends joined them in celebrating the news in the comments section of Robert’s post. Her aunt, Julia Roberts, commented, “Love you” with a kiss emoji. Emma’s former *Scream Queens* costar Lea Michele, commented, “You will be the greatest mama. I love you Em! Boy moms together.” Her *American Horror Story* castmate Sarah Paulson, meanwhile, wrote, “Beauty beauty.”

## **In celebrity baby news, Emma Roberts and her boyfriend Garrett are expecting a baby boy. What are some ways to reveal the sex of your baby to family and friends?**

### **Cupid’s Advice:**

Finding out the sex of your baby is almost as exciting as finding out that you’re welcoming a baby. There are so many ways to reveal the sex of your baby to your friends and family and if you’re looking for the way that’s right for you, Cupid has some advice for you:

**1. Use social media:** Just like Emma Roberts and Garrett Hedlund, you can use social media to share with all of your friends and family the gender of your new baby. It’s fast, it’s easy, and it gets the job done. It’s also a great excuse for a photo shoot.

**Related Link:** [Celebrity Baby News: Carrie Underwood Shares Sex of Baby at 2018 CMAs](#)

**2. Have a gender reveal party:** When you’re revealing the sex of your baby a great way to celebrate is to throw a party.

You'll have all the people that you would want to know the sex and it's a pre-celebration before the baby shower. You can use smoke bombs, confetti, or even your cake to reveal your baby's sex.

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**3. Keep it simple:** If you don't want to make this a big deal you can always keep it simple by just privately telling the people that you want to know. This works best if you're interested in keeping your pregnancy more intimate and private.

What are some other ways to reveal the sex of your baby to family and friends? Start a conversation in the comments below!

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





By Alycia Williams

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!**

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# Celebrity Baby News: Chrissy Tiegen Reveals the Surprising Way She Found Out About Her Third Pregnancy



By Alycia Williams

In latest [celebrity news](#), [celebrity couple](#) Chrissy Tiegen and John Legend confirmed they're expecting their third [celebrity baby](#) through Legend's music video. According to *EOnline.com*, Tiegen revealed how she found out about her surprise pregnancy. She admitted to not knowing about the baby news when she was undergoing breast implant removal surgery in June after asked by a fan how she found out about the pregnancy. She explained that when she took a pregnancy test before the

surgery, it was negative, but after the surgery she took another and it was positive.

## In celebrity baby news, Chrissy Tiegen is keeping it real by letting fans know how she found out about her surprise pregnancy. What are some ways to support your partner through a surprise pregnancy?

### Cupid's Advice:

There is no telling how you're going to react when faced with a surprise pregnancy. That being said, you both have to be there for each other as you recover from being shocked. If you're looking for ways to support your partner through a surprise pregnancy, Cupid has some advice for you:

**1. Respond **positively**:** When a woman experiencing challenging circumstances confides she is pregnant, the reaction of the first person she tells tends to set the tone for her decision-making. Avoid responding with shock or alarm, and be calm and understanding. Let her know you're there for her and that it's going to be okay. Pay close attention to her emotional state, and act accordingly.

**Related Link:** [Celebrity Baby News: Stassi Schroeder Is Expecting First Child Amid 'Pump Rules' Firing](#)

**2. Set up a support system:** In addition to the standard baby registry, you can help her get other kinds of support by lining up much-needed, practical help. Think outside the box. Take advantage of websites that allow friends and family to

sign up to make meals, send food deliveries, or simply donate money. Some websites can even help organize other assistance like rides to the doctor, babysitting other children she may have, or help around the house.

**Related Link:** [Celebrity Baby News: Sean Lowe Admits Wife Catherine's Third Pregnancy Happened 'Sooner Than Planned'](#)

**3. Encourage her:** Society tends to focus on ways that an unexpected pregnancy can be challenging. Help your partner to think of the benefits. Remind her of the fluttering kicks, somersaults, and maybe even dance moves her son or daughter will be rocking once they grow a little more. With moms' groups and opportunities for play dates, there's a whole new social world to explore.

**What are some other ways to support your partner through a surprise pregnancy? Start a conversation the comments below!**

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## **Celebrity Baby News: Bindi Irwin Is Expecting First Child With Chandler Powell**





By Alycia Williams

In latest [celebrity news](#), [celebrity couple](#) Bindi Irwin and Chandler Powell are expecting their first child. According to *UsMagazine.com*, Irwin told fans that she is still in her first trimester, but wants them to be part of our journey from the beginning of this new life chapter. “Chandler and I are proud to announce that we’re expecting! It’s an honor to share this special moment in our lives with you,” Irwin said.

**In celebrity baby news, Bindi and Chandler are about to become parents. How do you know if your partner will make a good parent?**

#### **Cupid’s Advice:**

Becoming a parent is a big step in life and deciphering whether you and your partner will be good parents can be hard to determine. If you are wondering if your partner will be a

good parent, Cupid has some advice for you:

**1. They're a sacrificer:** If a person is willing to make a lot of sacrifices, then the chances that they will be a good parent is pretty high. One of the main things parents are supposed to be able to do for their children without a second thought is sacrifice things. Parenting is all about sacrificing things. One of the main things parents have to give up when they have kids is time.

**Related Link:** [Celebrity News: Bindi Irwin Makes First Red Carpet Appearance with Boyfriend Chandler Powell](#)

**2. They're a loving person:** One of the qualities a good parent must have is the ability to treat other people with love and respect. If someone seems to be unable to do that before they become a parent, then it does not seem very likely that they will be able to do that after they become a parent. Parents should be able to treat others with lots of love and kindness.

**Related Link:** [Bindi Irwin's Boyfriend Bandages Her Feet After 'DWTS' in Latest Celebrity News](#)

**3. They're attentive:** If a person is attentive, that is a sign that they will make a good parent. Parents always need to be attentive, especially when it comes to their children. There are cases during which some parents will get upset with their kids when they act out, but kids usually act out because they are emotional. ]

**What are some other signs that your partner will be a good parent? Start a conversation in the comment below!**

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# Celebrity Baby News: Katherine Schwarzenegger & Chris Pratt Welcome First Child Together



By Alycia Williams

In latest [celebrity news](#), Katherine Schwarzenegger has welcomed her first [celebrity baby](#) with Chris Pratt. According to *UsMagazine.com*, Schwarzenegger's brother Patrick Schwarzenegger confirmed the news saying "They're doing great, she just got her a little gift." Pratt's car was also spotted at a hospital in Santa Monica on Friday, August 7.



# In celebrity baby news, Katherine and Chris are proud new parents. What are some tips for working as a team with a newborn?

## Cupid's Advice:

Welcoming your new baby is always going to be an exciting moment to remember. However, newborn babies also come with a lot of work and in that case you have to make sure you and your partner work together. If you are just welcoming your bundle of joy and is looking for tips to work as a team with your partner, Cupid has some advice for you:

**1. Split the work evenly:** With a newborn baby there is going to be a lot of things that need to be done on a daily basis. You and your partner should decipher how you can split everything that needs to be done evenly, that way one person isn't doing way more than the other.

**Related Link:** [Celebrity Couple News: Katherine Schwarzenegger Calls New Husband Chris Pratt a 'Wonderful Husband' on Father's Day](#)

**2. Be there for each other:** Welcoming a new baby to your family is going to be hard on the parents physically and mentally. Encourage each other push through the stress. When your partner needs someone to talk to, don't hesitate to sit down and listen because you need each other more than ever right now.

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

**3. Be consistent with baby care:** You and your partner may have different parenting styles, but it helps to communicate and be

on the same page when it comes to baby care. If you don't see eye to eye on some aspects of parenting, talk through your concerns and try to find a compromise that works for both of you.

**What are some other tips for working as a team with a newborn? Start a conversation in the comments below!**

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## **Celebrity Baby News: Stassi Schroeder Is Expecting First Child Amid 'Pump Rules' Firing**





By Alycia Williams

In latest [celebrity news](#), [reality TV star](#) Stassi Schroeder is expecting her first [celebrity baby](#) with fiancé Beau Clark amid Schroeder's recent firing from *Vanderpump Rules*. According to *UsMagazine.com*, the news of the couple's baby came out four days after she was fired from *Vanderpump Rules* after eight seasons. Bravo cut ties with Schroeder after racially insensitive comments and actions from her past resurfaced. Although she's recently been fired, that doesn't stop her life from going on.

**In celebrity baby news, Stassi Shroeder is no doubt overwhelm with all that's happening in her life. How do you support your partner during an unexpected pregnancy?**

**Cupid's Advice:**

Unplanned pregnancies can come as a surprise, but it can also be really overwhelming. If you're looking for ways to support your partner through an unexpected pregnancy, Cupid has some advice for you:

**1. Make your partner feel comfortable:** Unexpected pregnancy comes with a lot of questions once the truth hits home. Keep your partner from panicking, and reassure them that everything is going to be okay. Focus their attention to the most important thing: the new baby.

**Related Link:** [Celebrity Baby News: Sean Lowe Admits Wife Catherine's Third Pregnancy Happened 'Sooner Than Planned'](#)

**2. Help her out:** A new baby means that both of your lives will change drastically. As she gets further along in her pregnancy, she'll need emotional as well as physical help. Don't sit around and wait for her to ask; just offer help whenever you can. She'll need it.

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**3. Do your **research**:** If you're becoming a first time parent, then there is a lot you have to learn about babies and parenting in nine short months. Read parenting books and articles; it'll make your partner feel more at ease to know that you are doing your best to learn everything you can before the baby comes.

**What are some ways you support your partner during an unexpected pregnancy? Start a conversation in the comment below!**

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# Celebrity Couple News: Pregnant Sophie Turner & Joe Jonas Attend Black Lives Matter Protest



By Alycia Williams

In latest [celebrity news](#), Sophie Turner and her husband, Joe Jonas, protested police brutality and racial inequality at a Black Lives Matter demonstration. According to *UsMagazine.com*, while their [celebrity baby](#) is on the way, this [celebrity couple](#) posted photos and a video of them protesting in California. They included a photo of protesters lying face down in the grass, and in another, Turner holds a sign that reads, "White silence is violence."

# In celebrity couple news, pregnancy isn't keeping Sophie Turner from protesting racism with her hubby, Joe Jonas. How do you know you've found a partner with values that align with your own?

## Cupid's Advice:

Finding "The One" is always going to be a long process, but finding someone who shares similar values as yours is especially difficult to find. If you're wondering if you and your partner have similar beliefs and ethics, Cupid has some advice for you:

**1. Just simply ask:** Don't be afraid to ask your partner how they feel about current events, politics, and social issues. It shouldn't be an interrogation session, but just you just casually asking your partner a question. This is so much easier than trying to figure out on your own, and you're bound to get a more real and authentic answer.

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**2. Are they just as excited as you are?:** Whatever makes you excited when it comes to your values, whether it's protesting, donating, or a post on Instagram, should make your partner feel the same way. Typically, if you both feel the same way about something, you'll both want to help. On the side, the things that make you angry or upset in society, should make them feel the same way.

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**3. Do you both see eye to eye on the simple things?:** If you two are disagreeing on something simple in the grand scheme of things, then you probably don't have similar ethics and values. Pay attention to the small things you may be bickering about and take a birds eye view to it. You may be able to see your partner's values more clearly.

**What are some more ways to know you've found a partner with values that align with your own? Start a conversation in the comments below!**

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## **Celebrity News: James Van Der Beek Dances for Wife Kimberly on 'DWTS' After She Suffers Miscarriage**





By [Ahjané Forbes](#)

In [celebrity news](#), *Dawson's Creek* alum James Van Der Beek and his wife Kimberly lost their [celebrity baby](#), which would have been a sixth addition to their family, after announcing it a month prior. The [celebrity couple](#) were overtaken by grief as they had to announce the loss of their baby. On *Dancing With The Stars*, James made the announcement saying, "My wife Kimberly went through every expectant parent's worst nightmare. We lost the baby." The star danced for his wife as they both work together to overcome this pain.

**In celebrity news, James Van Der Beek and his wife are suffering a loss. What are some ways to support your partner after a tragedy?**

**Cupid's Advice:**

Loosing an unborn child can be devastating. There's no

handbook on how to deal with this, especially if you have already told outside people. Cupid has some advice on how to help your partner through this:

**1. Let them know that they're not alone:** Tough times with your partner can be significantly sensitive. Tried to comfort them by offering a shoulder to cry on or just even sitting with them and silence. This will make them more comfortable to opening up about their true feelings about the issue and create a closer connection for the both of you.

**Related Link:** [Ask the Guy's Guy: How Can I Support My Man's Mental Health?](#)

**2. Go to therapy sessions with them:** This will show them that you're committed to helping them and your relationship gets the problem together. They may not admit every detail in the therapy session, but it's important that you at least support them and hear them now. Try not to tell the story from their perspective if they're not ready to speak yet. It will only make the situation worse by doing so.

**Related Link:** [Celebrity Marriage: Why Harry Hamlin's Marriage to Lisa Rinna Works](#)

**3. Take time to understand:** This issue might directly affect you as well. You need to take time for yourself to be able to help your partner. Pointing fingers at each other will not help the situation. Work on ways to approach a partner without bringing up the topic first. This will de-escalate the situation a little bit so that your partner knows that you can be approach when they need to talk.

**What are some ways you helped your love get through a difficult situation? Let us know in the comments below!**

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# Celebrity News: Halsey Denies Pregnancy Rumors After Evan Peters Touches Her Stomach



By [Ahjané Forbes](#)

In [celebrity news](#), [celebrity baby](#) rumors sparked when Halsey's boyfriend, Evan Peters, was spotted rubbing her belly. According to *UsMagazine.com*, the singer took Twitter to joke about the situation saying, "Is it a boy? Is it a girl? It's pancakes." Halsey had encountered a similar situation with celebrity ex-boyfriend, Youngbud. She was holding her stomach and wearing an over-sized T-shirt.

# In celebrity news, Halsey is not pregnant after all. What are some ways to squash pregnancy rumors?

## Cupid's Advice:

Having people assume you're pregnant when you're not can be a pain. However, sometimes a picture can make people believe that you might be "showing" or "hiding" something. Cupid has some advice on how to handle those rumors:

**1. Make a joke out of it:** As soon as you post a picture to Instagram with an over-sized shirt or loose dress, your followers might think that you are pregnant. This can cause frustration and anxiety, but have some fun with their assumptions. Create a video to post online talking about the allegations, and then tell them you're pregnant with a food baby.

**Related Link:** [Celebrity Baby News: Pippa Middleton Confirms She's Pregnant and Expecting First Child](#)

**2. Answer the question head on:** Nothing is better than the truth, right? Tell your friends, family members, and social media that you will not be having a baby. If you let them know the truth from the source, they will no longer question it.

**Related Link:** [Parenting Trend: The Science Behind Baby Fever](#)

**3. Leave it to time:** Gossip does pass and people do figure out the truth on their own. If you're not a person that likes confrontation or a million questions, then you don't have to answer. Your silence (and lack of a continuously growing belly) will speak volumes.

**What are some ways you handle rumors? Let us know in the comments below!**



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# Celebrity Baby News: Blake Lively & Ryan Reynolds Reveal Sex of Third Baby



By [Meghan Khameraj](#)

In [celebrity news](#), [Blake Lively](#) and [Ryan Reynolds](#) reveal the sex of their third baby. According to *UsMagazine.com*, the [famous couple](#) took to Twitter to share the first picture of their newborn girl. The *Deadpool* star posted a photo of himself and Lively with their baby in between them. This [celebrity relationship](#) has been going strong since they wed in 2012. The couple also share two other children, a boy and a



girl. Along with sharing the first photo of the [celebrity baby](#), the *Gossip Girl* star also shared her Amazon registry to help new parents.

## **In celebrity baby news, Blake and Ryan will be welcoming a baby girl! How do you prepare for a third child differently than the first and second?**

### **Cupid's Advice:**

Blake Lively and Ryan Reynolds welcomed their new baby girl earlier this month. The couple has two other children together, making this baby number three. Cupid has some advice to help you prepare for a third child:

**1. Involve your other children:** Your younger children may be curious as to what is happening during your pregnancy. If your kids are a bit older, you can involve them by asking for help with choosing a name or decorating the nursery.

**Related Link:** [Celebrity News: Prince Harry & Duchess Meghan Are Considering Moving to Canada](#)

**2. Try new methods:** By your third pregnancy, you've definitely read a lot of different methods on how to handle a pregnancy and a newborn. If there is a certain idea you are curious about then you should try it out! You can also ask other mothers for any pregnancy lifehacks they have learned over the years.

**Related Link:** [Celebrity News: JWoww Is 'Hurt' After Boyfriend Makes a Move on Angelina Pavarnick](#)

**3. Use your past experience:** You know a lot about pregnancy

and how your body reacts to being pregnant. Take that information and use it to make your third pregnancy easier than the first two.

What are some pregnancy tips? Let us know in the comments below!

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## Celebrity Baby News: Lauren Conrad Welcomes Baby No 2 with Husband William Tell



By Ahjané Forbes

It's a [celebrity baby](#)! [Reality TV star](#), [Lauren Conrad](#), shares her joy with the world in [celebrity news](#) after giving birth to a little boy named Charlie Wolf Tell. According to [EOnline.com](#), the [celebrity couple](#) share another son, Liam, and a dog as well. Conrad says that her family and her husband's have been "very supportive" during this transition and adjustment period.

**In celebrity news, this former *Hills* star welcomed her second child. How do you keep the spark alive in your relationship when you're juggling parenting duties?**

#### **Cupid's Advice:**

Children can make your relationship stronger and can add a new layer to your relationship . You may pay less attention to your partner because of the consistent need to be on the move for your child. Cupid has some advice on how to keep your love strong:

**1. Date night:** Rent a movie and bond when your children are asleep. Try to keep your partner's attention on you when your babies aren't around. You could even make dinner and talk while you sip on some wine.

**Related Link:** [Celebrity News: Miley Cyrus & Kaitlynn Carter Step Out for Date Night in Matching Outfits](#)

**2. Secret getaways:** Take them to a place they have always wanted to go to (it can even be for the weekend). Turn off all of your social media and only answer the phone when the person who is watching your children calls. Reconnect with each other. Take a walk together. Hold hands and participate in

activities with other couples.

**Related Link:** [Celebrity Couple: Kylie Jenner & Travis Scott Share Photos from "Baecation"](#)

**3. Love:** Show you care! If you can't do date night or plan trip, buy them a random thoughtful gift. Maybe your partner was wearing Chanel No.5 when you first met. Buy her another one. Your husband may have been wanting to go see the New England Patriots play. Get him a pair of tickets.

**What are some ways you add more love to your relationship with children? Share your ideas in the comments below!**

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## **Celebrity News: Prince Harry & Duchess Meghan Are Considering Moving to Canada**





By Ahjané Forbes

In [celebrity news](#), British royalty may be moving to Canada! According to *UsMagazine.com*, Prince Harry and Duchess Meghan are considering a move to the Great White North, where Meghan Markle used to film the *Suits*. The [celebrity couple](#) plan to stay in Kensington Palace for now with their [celebrity baby](#), Archie.

**In celebrity news, this royal couple is considering a move to Canada. What are some ways to compromise with your partner about where to live?**

### **Cupid's Advice:**

Getting serious in a relationship means that you will have to start making choices with and for the benefit of your partner.

This may mean considering a relocation for career or family reasons. Cupid has some advice on how to help make the discussion a smoother one:

**1. Listen to their reasons:** You don't have to be fond of moving to another state or country. It is normal to feel this way. Changing your environment is a huge adjustment, but hear your partner out. Ask them: how will this help us or our family? Weigh the pros and cons, and try to remain reasonable.

>**Related Link:** [Relationship Advice: Talking Through the Tough Times](#)

**2. Let them know your concerns:** If you feel that you won't get enough money in the location being discussed for work, tell them this! Also, share your thoughts on cost of living, school systems, and transportation (if needed). Work on focusing on common ground. Show them what you are looking for in a place you want to call your home.

**Related Link:** [Date Idea: Hometown Tourism](#)

**3. Take a trip there:** The only way you'll know if you like a new location is if you go there in person. Cruise around and go sightseeing. This will help you become more accustomed to the area. Let your partner show you the city they love through a different perspective.

**What are some ways you can agree on a place your partner wants to live? Let us know in the comments below!**

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## Celebrity Baby News: 'RH0A'



# Star Kandi Burruss Is Expecting Third Baby Via Surrogate



By [Meghan Khameraj](#)

In [celebrity news](#), *Real Housewives of Atlanta* star Kandi Burruss is expecting her third child. According to *UsMagazine.com*, Burruss revealed in November of 2018 that she and her husband were in the surrogacy process. Burruss stated, "We have two embryos that are still left from when we had Ace. So, we have two embryos left and we know they're girls." Burruss gave birth to son Ace in 2016 and she also gave birth to Riley, her 17-year-old daughter with her ex-husband, Russell Spencer. This, however, is a different [celebrity](#)

[pregnancy](#) experience for her. She opened up about her nerves and the advice Andy Cohen, who also had a child through surrogacy, gave her. She explained to Busy Phillips, “I had made a comment. I said something like, ‘I guess I’m gonna have a baby mama and he said to me, ‘Don’t you ever say that because you are the mother. And to say she’s your baby’s mom is taking away from you.’ It made me feel better.” Looks like we’ll have a new [celebrity baby](#) soon!

## **In celebrity baby news, Kandi Burruss is having a baby via surrogate. What are some factors to consider before having a child via surrogate?**

### **Cupid’s Advice:**

Kandi Burruss is getting ready to welcome her third child via surrogate. Burruss had a lot of nerves and doubts before she was able to fully commit to surrogacy. Cupid has some factors to consider to help you figure out if surrogacy is the right choice for you:

**1. Your health:** If you’re considering having a child, via surrogate or not, it is important to make sure you’re healthy both physically and mentally. Surrogacy can come with a lot of stress and struggles. Knowing how to deal with your stress and emotions in a safe way can make the entire process go smoothly.

**Related Link:** [Celebrity News: Gwen Stefani Had No Idea Who Blake Shelton Was Before ‘The Voice’](#)

**2. Your finances:** Having a child is expensive, especially so through surrogacy. Ensure you have enough money saved up to be

able to support you and your family. This may take some extra planning so it would be very helpful to get the advice of an accountant to figure out the best course of action for you and your family.

**Related Link:** [Celebrity News: Tyler Cameron Had Offer to Become 'The Bachelor' Amid Dating Gigi Hadid](#)

**3. Your family dynamic:** If you already have kids it might be difficult to explain the surrogacy process. A new baby, regardless, will cause your family dynamic to change. Anticipate how it will change and figure out the best way to prepare for it so it is not a surprise.

**What else should you consider before having a baby via surrogacy? Let us know in the comments below!**

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## **Celebrity Baby News: Jenna Dewan & Boyfriend Steve Kazee Are Expecting**





By Ahjané Forbes

In [celebrity news](#), *Step Up* star Jenna Dewan is waiting for a bundle of joy to arrive, as she is expecting a [celebrity baby](#) with her boyfriend, actor Steve Kazee. This will be Jenna Dewan's second child. The [celebrity parent](#) had her first child with her heart throb co-star and ex-husband Channing Tatum. According to *UsMagazine.com*, Dewan's [celebrity ex](#) was crying while she was giving birth to their daughter. The *Magic Mike* star told the magazine, "I probably went to the bathroom four times [at the hospital] and had a crying fit. Like, I'm just like, 'I don't know what to do!'" Tatum later added that "seeing the one you love in pain makes you feel bad, Men are useless, but we are really useless during [the delivery process]."

**In celebrity baby news, Jenna Dewan is preparing to welcome her second**

# child – her first with Steve Kazee. What are some ways to prepare for the birth of your second child?

## **Cupid's Advice:**

Welcoming a little one into the world can be very time consuming and stressful if you aren't prepared. Having your second child should be easier, right? Not exactly! Sometimes it can be easier if you have the same gender as you did previously, especially if you have a lot of baby clothes and bottles left over. Babies have a mind of their own just like humans. They can't directly tell you how they're feeling, but you'll catch their drift once they start crying. The second can be tricky and different for everyone. Cupid has some tips and tricks to help you through this journey:

**1. Don't assume this will be easy:** Every child and pregnancy is different. Try to keep an open mind, especially with the second child. Even though this is the second child, there's still a lot to learn about being a parent. Also, if you aren't the one having the child, be there for your partner.

**Related Link:** [Parenting Advice: Plan To Fail and Be Okay With It](#)

**2. Don't compare the two children:** When the baby is born, it's okay to assume who they look like and whose personality they might have. It is important that you try to not compare your children in the beginning stages of life. Yes, they might do some of the same things that older brother or sister do/did, but it's not a good habit to keep comparing the two. You want your baby to be their own person and not a younger version of your first child.

**Related Link:** [Celebrity Parenting: Find Out What Carrie](#)

## [Underwood Is Doing Differently as a Second-Time Mom](#)

**3. Relax:** Everything will work out fine if you are less stressed. The baby will come and you'll be fine. Don't overthink anything or expect the worse. Just hope for a healthy and happy baby, because that's truly all that matters.

**How did you prepare for your second baby? Share your tips and thoughts in the comments below!**

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**Celebrity Parents: Former 'Bachelor' Arie Luyendyk Jr. Calls Wife Lauren the 'Hottest Momma'**







By [Katie Sotack](#)

Arie Luyendyk still has the hots for his final rose recipient and now wife, Lauren. The caption on a recent Instagram post of his wife in a swimsuit holding their eight week old baby read, "I love those cheeks. Proud of you @laurenluyendyk, hottest momma around #8weeks". According to *EOnline.com* the [celebrity couple](#) are having a grand old time as parents. They can be seen hiking and eating out on social media where they document their trials and tribulations of new parenthood. As for the post, Lauren responded with a squeamish "Omg baby", to which Arie let us know he couldn't help himself with a simple "Sorrriyyyyy".

**These [celebrity parents](#) are always supporting and uplifting each other. What are some ways to support your partner after she**

# gives birth?

## Cupid's Advice:

Arie and Lauren are enjoying their time together as new parents, but Arie has been sure to let new dads know it's a vital job as well. "It will be hard, it will challenge your relationship. It will also be the best thing you'll have ever done together," the former [Bachelor](#) said. Take a [parenting tip](#) from Arie, and use these ways to be there for your partner after the birth of your child:

**1. Take care of Mama:** With the focus on the new life you've brought into the world, remembering the needs of the woman who's produced this baby can fall to the bottom of the list. But don't let it. Pregnancy and birth takes a huge toll on the body. Hormonal-wise, the baby package is likely a roller coaster that does not dissipate after postpartum. Take the time to check in with your partner emotionally and physically during the ordeal.

**Related Link:** [Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids](#)

**2. Get her a gift:** I'm not talking flowers here, though even that gesture is nice. Instead think of the traumatic toll birth has taken on her body and get her something she *needs*. Try something like *MOMBOX*, a subscription service that delivers a box full of goodies for postpartum moms. They have boxes for vaginal birth and c-sections which come with things like transition panties, herbal bath salts, and nipple cream. If you're not into prepackaged gifts, try to put a basket together yourself. Use your knowledge of what relaxes your partner and what's currently paining her to create the perfect gift.

**Related Link:** [Celebrity Parenting: Find Out What Carrie](#)

## [Underwood Is Doing Differently as a Second-Time Mom](#)

**3. Give her alone time:** Her entire life is revolved around your baby right now, but her mental health is important too. Once a week offer to watch the baby by yourself for a few hours so mom can do something for herself. Suggest taking a bubble bath or going out with friends/family. Anything to remind her that she is a person outside of your precious child and her needs deserve to be met too.

**How did your partner/you give support to the new mom? Share in the comments below!**

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## **Royal Celebrity Parents: Meghan Markle & Prince Harry Are 'Enjoying Each Day' with Baby Archie**





By [Katie Sotack](#)

Royals Meghan Markle and Prince Harry are stowed away in Windsor and “enjoying each day” with their eight week old [celebrity baby](#), Archie. According to *People.com*, the celebrity parents are focused on giving Archie a peaceful start to life, hence the escape to a private cottage. A royal source says they are “basking in the glow and enjoying each day”. Like all new parents, the royal couple are living soulfully in their new baby’s needs and wants, discovering his newness every day that they spend with him.

**These royal celebrity parents are enjoying the time with their infant son. What are some ways to bond as a couple in the face of parenthood?**

**Cupid’s Advice:**

New parenthood is filled with as many challenges as it is

joys. Making time for your partner when this new life has become your world can feel impossible. Here are relationship tips for parents looking to bond outside of their baby:

**1. Make time for one another:** With your new baby becoming the center of your world, it's difficult to make time for each other. However, having one-on-one time is essential to a sturdy relationship and ultimately the growth of your baby. Go on a date together or just sit and talk after the baby's gone to bed.

**Related Link:** [Celebrity News: Nick Cannon Reacts to Ex Mariah Carey's Take on #BottleCapChallenge](#)

**2. Enlist a trusted relative or friend:** Give yourself a break and recruit a member of your inner circle to watch your children so you parents can have alone time. Make sure you have faith in their child care abilities and your child is familiar with the care taker so that you don't spend your date worried out of your mind.

**Related Link:** [Celebrity Couple News: Teresa Giudice Shares Worries about Husband Joe's Deportation](#)

**3. Cut each other some slack:** Being a parent isn't easy. When your partner makes a mistake, don't go after them. Instead understand where they're coming from and that we're all human. As long as your baby's safe, chances are they won't remember the tiny screw up.

**How do you make time for your partner as a parent? Share in the comments below!**

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# Fitness Tips: How to Workout After Having a Baby



By [Bonnie Griffin](#)

Working out after childbirth might seem like a daunting task. Your body is out of whack after pregnancy due to hormones that can linger up to six to eight weeks postpartum. Exercising will only make you stronger and will help you recover faster after giving birth to your new little one. According to *Prevention.com*, [Eva Longoria](#) has been following a strict [celebrity workout](#) and a healthy eating plan since giving birth to her [celebrity baby](#) boy six months ago, and it shows! This celebrity mom looks amazing. You might be interested in these [fitness tips](#) for working out after having a baby if you want your pre-baby body back.



# In these fitness tips, find out how working out will benefit you after having a baby!

Exercise after having a baby is recommended because you'll heal faster and build your strength while toning your muscles. Not only will it physically help you heal, but you'll be in a better mood and have more energy when exercising. Physical activity relieves stress and helps you to lose weight, which leads to you becoming a fitter and happier version of yourself. Cupid has some [fitness advice](#) to help you decide on a workout routine after having a baby:

**1. Abdominal exercises:** When you are a new mom, you'll want to start out with low-risk exercises such as abdominal bracing. For this exercise, pull in your lower tummy towards your spine and brace for a few seconds. These can be done three to four times a day in reps of eight to twelve. Stop working out if you experience any pain. Physical activity is beneficial, but not if you push your body too hard too soon.

**Related Link:** [Fitness Trend: Establish a Workout of the Day](#)

**2. Pelvic floor exercises:** Another low-risk option for new moms are pelvic floor exercises. You can sit and lean slightly forward while keeping a straight back. Squeeze your pelvic muscles for a few seconds. Do these in reps of eight to twelve.

**Related Link:** [Top 2019 Fitness & Wellness Trends to Watch](#)

**3. Walking:** Walking is another great way to exercise after having a baby. You can walk on a treadmill, or put your new son or daughter in the stroller. Take a nice walk around the neighborhood. Not only is it a good and safe exercise after childbirth, but it will get you out of the house for some

sunshine. It's also a fantastic mood booster!

**4. Swimming:** You'll want to avoid high impact workouts. Swimming is an ideal way to exercise post-childbirth. You can exercise without any of the impacts you'll experience with something like running. You'll have fun in the water, too!

**5. Rest after your workout:** When you're a new mom, rest seems like something impossible to come by with a newborn who isn't on your schedule. It is important to take a few moments after a workout to rest because it can help replenish your strength and leave you feeling rested and restored.

Working out safely after having a baby can improve your health and mood. Let us know some of your workout routines after having a baby in the comments below.

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## Celebrity Parenting: Find Out What Carrie Underwood Is Doing Differently as a Second-Time Mom





By [Mara Miller](#)

In [celebrity news](#), [celebrity parenting](#) isn't [Carrie Underwood's](#) first rodeo. She was already a celebrity mom to four-year-old Isaiah Michael before she welcomed [celebrity baby](#) Jacob Bryan in January, according to *People.com*. Little Jacob has joined his celebrity parents and big brother on Underwood's Cry Pretty 360 arena tour. While it might be a popular notion that second-time moms naturally have it together by the second child, Underwood admitted it isn't the case for her. Her two boys look different, with her newborn's unique strawberry blonde hair while her eldest son's hair is darker. She also finds herself worrying more over Jacob. Underwood even revealed that she schedules a time to cry when she feels overwhelmed. "Sometimes I feel like I just need to cry, for no reason, and there's not anything that happened," she says. "I've learned to be okay with that, whereas five or 10 years ago I would have been like 'Oh my God, something's wrong with me!'"

# Celebrity parenting comes with the same challenges the rest of us face. What are some tips you can learn from your first-time parenting mistakes?

## Cupid's Advice:

You're on your second kid, or maybe even your third. You've had time to learn what not to do, or maybe you need a nudge in the right direction because you feel like scheduling a cry. Cupid has advice on parenting tips you can learn from your first-time parenting mistakes:

**1. Don't take advice from everyone:** You need to do your own thing when it comes to parenting. Many people—family and friends included—will have opinions on things like how much you should feed your kids, when they should go to bed, or when you should stop breastfeeding. You need to do what you feel is right for the well-being of your children.

**Related Link:** [Celebrity Pregnancy: Tristan Thompson's Ex Claims Khloe Kardashian Relationship Caused Pregnancy Complications](#)

**2. You overestimate free-time:** Um, free time? What's that? Unless you have a baby sitter or your spouse is willing to stay with the kids while you pursue your passions, there is *no such thing* as free time now that you're a parent until the kids are in school...and that's a *maybe* unless it's scheduled. Time management is now key so you don't drive yourself crazy because it helps you see how much time you actually have in a day.

**Related Link:** [Celebrity Parents: Exes Drew Barrymore & Will](#)

## [Kopelman Reunite for Daughter's Graduation](#)

**3. Don't put yourself last:** Even though you might feel overwhelmed and feel like you never have free time anymore, you have to realize putting yourself last is a big no-no. As mentioned, time management will help you see how much time you actually have so you can soak in the bathtub or go out to dinner with your friends. Even moms need breaks.