

Celebrity Parenting Tips: How To Keep Your Child Healthy During Flu Season



By [Marissa Donovan](#)

Back in January 2013, *Supernatural* star Jared Padalecki shared that he was feeling bad for his nine-month old sick son Thomas Colton. According to [People.com](#), Padalecki thought that maybe he gave his son his sickness. As a parent, it's easy pass on a sickness to your children. Keeping your children healthy and practicing good hygiene with them can decrease the risk of them catching the flu this winter season.

Here are some [celebrity parenting tips](#) on how to keep your child from catching the flu bug!

1. Get vaccinated: [Kristen Bell](#) strongly believes in children receiving flu vaccination during those risky winter months. According to her [parenting advice](#) for [Parents.com](#), Bell explains that even though the shot is roughly 50 percent effective, it's better than having your child be 100 percent at risk.

Related Link: [Celebrity Parents Open Up About Their Best Parenting Advice](#)

2. Have a strict diet: [Gwyneth Paltrow](#) is a [celebrity mom](#) who wants her kids eat healthy foods. According to [WomensMealthMag.com](#), she tries to stay away from noticeable food allergens and has her kids eating more plant-based. Eating healthy can keep your immune system on track.

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3. Be on top of their hygiene: [Tia Mowry](#) keeps her son super clean to prevent catching the flu. According to her interview with [Parents.com](#), she keeps her hand sanitizer handy for her son and once he gets home from school he puts on new clothes. Germs can stay attached to surfaces such as clothing, so Mowry encourages to put them into play clothes to keep them from catching the sickness and spreading it to family members.

Do you have other parenting tips in time for flu season? Leave your best advice in the comments!

Celebrity Baby: Jared Padalecki & Wife Genevieve Cortese Welcome Baby Girl



By: Christa Ganz

Supernatural star Jared Padalecki welcomed a new [celebrity baby](#) with wife Genevieve Cortese. Their newest addition, daughter Odette Elliott, was born on March 17. This St. Patrick's Day baby makes a grand total of three children for this [celebrity couple](#)! Odette Elliott is welcomed by two older brothers, four-year-old Thomas, and two-year-old Shepard. Padalecki, 34, met Cortese, 36, on the set of his hit TV show

Supernatural back in 2008. The couple married in February 2010. Padalecki had announced the baby news last November, when he was a guest on *Live with Kelly*. Right before giving birth to little Odette, Cortese signed up for Instagram to photo-journal her life before they become a family of 5. Cortese posted a photo of her two boys in early March and captioned it, “Ahhhh, can they just stay this age forever? Excited to do this all over again with these two plus baby #3!”

Jared Padalecki is a father of three, now that he welcomed his youngest celebrity baby! What are some things to consider before adding another child to your family?

Cupid's Advice:

Children can fill your heart with so much love. That's why the term “baby fever” is a very realistic and relatable term. Here are some things to consider before taking the plunge again:

1. Space: Do you have the room to accommodate another little one? While you may have the means to provide a roof over their head, keep in mind that children at different ages need different types of space. Consider upgrading or expanding your home to suit the needs of all your children.

Related Link: ['Gilmore Girls' Star Jared Padalecki's Wife is Expecting Baby No. 3](#)

2. Time: Consider the small amount of free time you have now with children. As they grow up, they become more involved in

activities. Be sure to keep your growing family balanced with activities and socializing measures. A new baby might take time away from older children, so be ready to seek help getting the kids to school and soccer practice!

Related Link: [‘Supernatural’ Star Jared Padalecki Welcomes Second Son](#)

3. Finances: Remind yourself of the expenses that come with having another child. If you have one child now, double the amount you spend on food, care and fun. While budgeting and recycling old toys and clothes will help a lot, there is no way around the growing expense another child brings.

What did you take into consideration before expanding your family? Comment below!

‘Gilmore Girl’ Star Jared Padalecki’s Wife is Expecting Celebrity Baby No. 3





By [Mallory McDonald](#)

Another [celebrity baby](#) is on the way for *Gilmore Girls* star Jared Padalecki! Padalecki's wife Genevieve Cortese is expecting their third child, and according to [UsMagazine.com](#), the actor announced on the news on *Live with Kelly*. This [celebrity couple](#) met on the set of his show *Supernatural*. Padalecki said, "It was really special and unexpected. The story I tell amongst my friends is that she wouldn't leave me alone. So finally I was like, 'Fine, I'll go on a date with you.'" But in reality, it was the other way around! "I thought she was cute and smart and she would always read books," he told host Kelly Ripa. "It turned into hanging out, talking about traveling, and [then] turned into dinner." These two are pros at parenthood already, and we can't wait to meet their third!

Another celebrity baby is on the way for this *Gilmore Girls* actor!

What are some ways to prepare for a third child versus your first or second?

Cupid's Advice:

Every pregnancy is different, and the way you prepare for one may not be the same as another. Here is how to best prepare no matter if it is your first or your last:

1. Normalcy: For as long as possible (depending on your pregnancy), try to keep your routine as normal as possible. This can make the pregnancy seem less stressful and just part of your life.

Related Link: [‘Supernatural’ Star Jared Padalecki Welcomes Second Son](#)

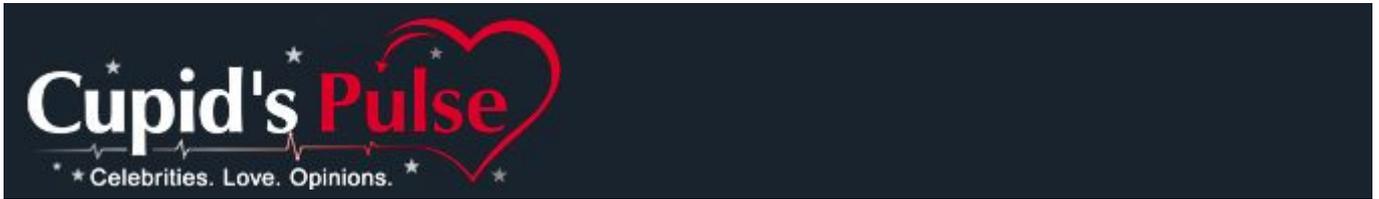
2. Educate enough: During any pregnancy, always read up on the latest pregnancy fad. There is always new and important information being updated.

Related Link: [‘Supernatural’ Star Jared Padalecki and Wife Genevieve Are Expecting Baby #2](#)

3. Enjoy the pregnancy: In your first or second pregnancy it can be easy to stress the little stuff, especially because there are so many changes happening to your body. This time, you can expect these, so try to just enjoy the natural process.

What ways did you prepare for each of your kids? Comment below!

'Supernatural' Star Jared Padalecki Welcomes Second Son



By April Littleton

According to [People](#), Jared Padalecki and his wife Genevieve Cortese Padalecki welcomed their second son Sunday, Dec. 22. "My amazingly strong wife home-birthed a happy and healthy baby boy last night. Please send love," the *Supernatural* star wrote on his Twitter. The couple are already parents to Thomas Colton, 21 months, and married Feb. 2010.

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

Cupid's Advice:

Preparing for a second child is just as difficult it was the first time around. Not only will you have to find a way to manage your money to fit the needs of four people rather than three, but you'll also have to prepare your first child for what's to come as well. Cupid is here to help:

1. Communicate with your first child: If your first child is old enough to understand what's going on, let them know about your new bundle of joy. Create a sense of excitement for your daughter/son so they won't feel threatened by the idea of having a sibling. Let them know that when the baby comes, they'll be able to help out by reading bedtime stories, changing diapers and just being the best older brother/sister they can be.

Related: [Rachel Zoe Welcomes Her Second Son](#)

2. Look through the closet: Before you go out and buy new baby items, look through some of the old clothes and toys you already have from your previous pregnancy. If the baby is the same gender, you can reuse almost everything you already have.

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3. Budget: You already have a little family. You're just bringing in a new addition. To prepare yourself for the added expenses a second child will bring in, you need to come up with a set budget. Along with the everyday items you spend money on, you will now need to figure in diapers, bottles, etc. to the equation.

What are some other ways to prepare differently for your second son than your first? Comment below.

'Supernatural' Star Jared Padalecki and Wife Genevieve Are Expecting Baby #2



By Kerri Sheehan

The *Supernatural* fandom is soon to add another Padalecki to its ranks! UsMagazine.com confirmed that star Jared Padalecki and his wife, actress Genevieve Cortese Padalecki, are expecting their second baby. The pair is already parents to a 16-month-old son named Thomas. Padalecki seems to be enjoying fatherhood so far as on Father's Day he tweeted, "Hope all you other daddy's out there had a great day. I'm honored to be a part of the club. (Thank god the mommys make our jobs SO easy)."

What are ways to prepare differently for a second child versus a first?

Cupid's Advice:

No doubt welcoming your first child into the world is the happiest you've ever been, so you're thrilled to be expecting a second. Cupid has some advice about how to make sure you're ready for baby number two to come:

1. Help your first child cope: Up until now your first child has been receiving all of your attention, so he or she won't be used to sharing the spotlight. Make sure your first child knows what's coming so they won't be in for a huge surprise.

2. Reuse items: Figure out what items you bought for your first child that can be reused by the second. Things such as a crib or a stroller can be passed down whereas pacifiers and a great deal of clothing cannot be. You and your spouse should have all of this sorted out before the baby arrives.

3. Get organized: Things are likely to get a little crazy with two little ones running around. Make sure everything is in check before the baby comes to save yourself some stress.

How did you prepare for your second child? Share below.