

# Celebrity Couple News: Kristen Bell Stands By Husband Dax Shepard After Relapse



By Carly Silva

In the [latest celebrity news](#), Kristen Bell opened up about her husband's relapse nearly one month ago, which ended 16 years of sobriety. According to *People.com*, the [celebrity couple](#) is working together to move forward, and Bell is committed to supporting her husband through this journey.

**In celebrity couple news, Kristen Bell is standing by her man through his continued struggle with alcohol addiction. What are some ways to support your partner through addiction recovery?**

## Cupid's Advice

Being in a relationship with a partner who is struggling with addiction can be difficult, but there are ways to help them through it. If you're looking for some ways to support your partner through addiction recovery, Cupid has some advice for you:

- 1. Attend therapy together:** While your partner is going

through recovery, therapy is always a great option. Attending couple's therapy together may help both of you to have some guidance on this difficult journey, and to stay aware of each others' feelings and move forward together.

**Related Link:** [Celebrity News: Jana Kramer Receives DM Alleging Husband Mike Caussin Cheated Again](#)

**2. Be aware of possible triggers:** As a partner, it's important that you are helpful and supportive in your partner's efforts in recovery. Make sure you are fully informed on their addiction, and be able to identify possible triggers that could throw off progress. Be aware of triggering situations, events, and people that may influence your partner to relapse.

**Related Link:** [Celebrity News: Cardi B & Offset Spotted Kissing at Her Birthday Party One Month After Split](#)

**3. Stay honest with each other:** Make sure you're able to talk to each other honestly. This will be important for your partner to feel comfortable opening up to you and for you to be honest about what you need from your partner as well.

**What are some other ways to support your partner through addiction recovery? Start a conversation in the comments down below!**

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**Celebrity Babies: Kristen Bell Vows to Raise Her and Dax Shepard's Kids to Be**

# 'Anti-Racists'

By Diana Iscenko

In the latest [celebrity news](#), [Kristen Bell](#) shared her and husband Dax Shepard's commitment to teaching their daughters about racial inequality. In the wake of George Floyd's death and Black Lives Matter protests, the [celebrity couple](#) is working toward raising "anti-racist" children. In an interview with *The Morning Beat*, Bell said, "I have been having a lot of conversations with my children about what's happening right now because I think part of the problem is discomfort." Bell continues to say that while these conversations are hard, they need to occur within white communities: "Bring it to your dinner table, don't look away because it's uncomfortable."

**In celebrity baby news, Kristen and Dax's kids will be raised as anti-racists. How do you instill good values in your children?**

## **Cupid's Advice:**

We all want our kids to grow up to be good people but toeing the line of informative and lecturing can be difficult. If you're not sure where to start, Cupid has some advice for you:

- 1. Be a good role model:** You need to set a good example for your children. No matter what you teach them, it will be undone if they see you acting differently from what you've taught them. Don't undermine yourself! Apologize to your kids when you mess up. Share your experiences with them so they can understand why the values you teach them are so important.

**Related Link:** [Celebrity Couple Kristen Bell & Dax Shepard Talk Disciplining Their Daughters](#)

**2. Relate the issue to their life:** Relating a value back to your child's life will make it easier for them to understand it and why it's important. You can use anything to teach them—an issue at school, an event you witness at the store, or even an incident on the news. These make great spontaneous lessons. Ask your kids what they would've done.

**Related Link:** [Celebrity News: Dax Shepard Originally Turned Down 'Parenthood' for Kristen Bell](#)

**3. Follow through:** Let your kids know when you're proud of their behavior! Thank them when they do something you asked. Acknowledge when they make you proud. However, you also need to hold your kids accountable when they're less than perfect. Turn their mistakes into a chance to learn and make amends for what they did.

**How do you start these difficult conversations with your kids? Start a conversation in the comments below!**

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## **Celebrity News: Dax Shepard Originally Turned Down 'Parenthood' for Kristen Bell**



 By Megan McIntosh

One of Dax Shepard's most well-known roles may be that of his role on *Parenthood*, but according to *UsMagazine.com*, he almost

gave up that opportunity for [Kristen Bell](#). The [celebrity couple](#) would have needed to be in a long-distance relationship, but luckily the show was moved from Philadelphia to Los Angeles. Still, Shepard had been willing to make that sacrifice for their relationship and insists that it's "not easy to work around another human being," but that it's worth it.

**In celebrity news, Dax Shepard almost made a huge sacrifice to be with wife Kristen Bell. What are some sacrifices you should make in the name of love?**

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

It's not always easy knowing when you should give something up or compromise to make a relationship work. But there are some things that you should be willing to do for your relationship to work and to make a stronger commitment:

**1. Time:** It may seem like a simple thing but not everyone is willing to give up their time in a relationship. You have to make time for your partner and not let life's little messes get in the way. It's important that you there is always time for you and your partner to spend time together. But also be willing to give your partner some alone time as well.

**Related Link:** [Celebrity Interview: Temptation Island Star, Evan Smith Says, "Ultimatums are Cruel When Dealing with Matters of the Heart."](#)

**2. Being right all the time:** Yes, it may feel good to always be right but that isn't healthy for your relationship. If your need to be right is overshadowing bigger problems or

overshadowing your partner's needs, it's time to step back and reassess.

**Related Link:** [Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Secret to a Happy Relationship](#)

**3. Money:** Whether it's giving up that big vacation for something a little close to home or just being willing to sacrifice a potential job for the sake of the relationship like Dax Shephard for [Kristen Bell](#). Money can cause a strain in any relationship so it's important to have these kinds of discussions.

**What kind of sacrifices would you make for your partner? Share Below!**

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## Celebrity News: Dax Shepard Denies Having Affair With Julie Andrews' Granddaughter



By [Courtney Shapiro](#)

In [celebrity news](#), Dax Shepard speaks out against cheating allegations that surfaced recently. According to *UsMagazine.com*, Shepard responded to a *Daily Mail* post claiming he had cheated, saying, "Hey Daily Mail, that photo is 13 years old, not 9. Also, Kayti has sold stories to tabloids about Matthew Perry, Jack Osbourne, Kid Rock, and now me. I look forward to her next one. Fingers crossed it's about my #1, Brad Pitt :)." Shepard's [celebrity relationship](#) with

actress Kristen Bell is still going strong, and the pair is happily married with two children.

## **In celebrity news, Dax Shepard is publicly denying claims of an affair. What are some ways to defend yourself about untrue rumors that affect your relationship?**

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

How can you defend yourself against rumors about your relationship? Cupid has some advice:

**1. Stick by your partner:** If rumors are circulating about your partner, make sure you stay positive and stick by them. The rumors aren't easy for either of you, but since they are specifically about your partner, they are probably having a more difficult time than you are. Help your partner by reassuring them that everything in the relationship is how it should be.

**Related Link:** [Celebrity News: Royal Drama Has 'Put Pressure' on Prince Harry & Meghan Markle's Relationship](#)

**2. Have an open conversation with your partner:** The best thing for your relationship is talking out the issues with each other. Don't accuse one another of anything without addressing the rumors first. Be open and honest with each other and tell each other if there is truly anything to worry about.

**Related Link:** [Celebrity News: Jennifer Garner & BF John Miller Are Stronger Than Ever Amid Split Rumors](#)

**3. Stay out of your head:** It can be hard to defend yourself

when the rumor is specifically about you. You have to stay out of your own head and remember your character and who you are as a person, and remember that the rumors will die down.

**How did you yourself against rumors? Let us know in the comments!**

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# Expert Relationship Advice: 4 Ways to Build a Healthy Relationship with Your Body



 By [Amy Osmond Cook, Ph.D.](#)

If you hope to build healthy relationships with other people, the best [expert relationship advice](#) is to start on your relationship with your body.

Body shaming is a real issue. [Selena Gomez](#) responded to it and so did Tyra Banks. Even celebrity [Emma Stone](#) wasn't immune from an encounter. The repercussions of this are a soaring number of cases of eating disorders and depression. For instance, the National Association of Anorexia Nervosa and Associated Disorders reports that at least [30 million](#) people of all ages and genders suffer from an eating disorder in the US.

Social and political forums are scrambling to find ways to eliminate body shaming activities. One of the best defenses you can build against forming a negative self-image is to concentrate on building a healthy relationship with your body. "I am not a woman whose self-worth comes from her dress size,"



says [Kristen Bell](#) when confronted with negative comments about her physical appearance. “Comparison is one long, agonizing death and does not interest me at all.”

Working on your relationship with your body will help you build healthy relationships with others. Here are four tips from [relationship expert](#) Dr. Amy Osmond Cook.

## Expert Relationship Advice for Loving Your Body

**1. What you eat is what you are:** The focus of a healthy diet shouldn't rest on deprivation or discouragement. Instead, healthy eating is about providing fresh, nutritious, quality foods that nourish your body. We have the power to choose what fuels our body. One trend that supports a healthy relationship with our body is cooking at home. [Market research](#) shows the meal kit delivery services industry generated almost \$1.5 billion dollars in sales over the past three years and projections estimate a multi-billion dollar growth in the next five years. [Culinary schools](#) that cater to the amateur chef are popping up in cities across the country, offering hands-on instruction from professional chefs. The idea is to embrace healthy eating, which in turn, allows us to celebrate our bodies.

**Related Link:** [Expert Relationship Advice: Spring Cleaning for a Happier Life](#)

**2. Make exercise a routine:** The benefits of an exercise routine extends beyond better health. A commitment to daily exercise helps other aspects of our lives, especially our jobs, by developing self-discipline, time management skills, and increased productivity. “Some employers take a healthy workforce for granted, until they aren't,” says [Ryan Westwood](#), CEO of Simplus, who encourages exercise in the workplace.

“Employed athletes who pursue passions outside of the workplace bring that self-discipline to their job,” says [Cody Ferraro](#), cofounder of InXAthlete, and a former collegiate Lacrosse player. “What an employer gets is a productive, self-motivated employee who has a strong concept of time-management.”

Along with the physical benefits, exercise enhances mood and staves off depression. “Even moderate physical activity improves muscle strength, maintains healthy joints and bones, and it can help reduce high blood pressure,” said [Tonya Fisher](#), executive director of Bainbridge Island Health and Rehabilitation. The [American Psychological Association](#) says that researchers have also explored exercise as a tool for treating, and perhaps preventing, anxiety. A strong body boosts a strong mind, and that reinforces a healthy relationship between both.

**Related Link:** [Relationship Advice: 5 Things To Do Before You Get Petty](#)

**3. Find a purpose:** An essential defense against negativity is finding meaningful ways to spend your time. “Living on purpose feels alive, clear, and authentic,” say [Barb Leonard, PhD, RN, PNP, and Mary Jo Kreitzer, RN, PhD](#). The article also points out that purpose influences health, including life extension, reduced risk of heart disease and Alzheimer’s disease, and it allows for better pain management. In a world seemingly brimming with shallow, superficial conversations, finding a deeper meaning that adds value to your life is a solid strategy for being a part of the world but not consumed by it.

**4. Surround yourself with great friends:** Whether conscious or not, experts say we are defined by the people with whom we spend the most time. “Your best friend could be a key contributor to your success,” said CNBC contributor [Ruth Umoh](#). “[Research](#) shows that having a close friend boosts your resilience and helps you bounce back from hardships.”

One of the reasons why celebrities can bounce back from harsh criticism is their social support system. Although it may seem the more popular the star, the bigger the entourage, experts say quality outweighs quantity when it comes to friendships. “Although being friendly can get you more friends, you don’t need hundreds to help you through life,” says [Susan Krauss Whitbourne, Phd.](#) “You may have to prune your friendship tree as you get older to be sure that you give enough attention to the ones who will really matter for your well-being.”

By focusing on diet, exercise, personal fulfillment, and great friends, you will develop a healthy relationship with the one person who matters most: you.

*For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).*

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## Celebrity News: Kristen Bell Shares The Secrets to Her Healthy Relationship With Dax Shepard



By [Jessica Gomez](#)

In [celebrity news](#), [Kristen Bell](#) shared her marital wisdom with Instagram on Valentine’s Day, according to [EOnline.com](#). Bell

shared a post of a letter with [relationship advice](#) she had been asked to write for her newlywed friends. Grab a tissue, here is what she wrote: “Vulnerability always begets connection and intimacy. Stay vulnerable with each other. In 10 yrs when the dopamine has waned, remember: Life is a crazy ride. It is a privilege to go through it with a partner. Take necessary separateness. It will make your marriage better. Loving someone despite their faults, failings, or character defects is the most powerful loving thing you can do. Rejoice in what makes the other person happy, and allow them their individual interests. Know that everyone is doing the best they can with what they’ve got. So get a bigger emotional tool box to fix your problems.” Aw, Kristen Bell is bae – Dax Shepard sure is lucky!

## **In celebrity news, Kristen Bell is giving us her secrets to a successful relationship. What are three things that add to a healthy relationship?**

### **Cupid’s Advice:**

There are many things you can do to help your relationship become healthier. Some things work better than others, while others work for some couples better than others. Nevertheless, here are three things to do for a healthier relationship:

- 1. Be honest:** Being honest is a two way street. Being honest with one another is crucial. Trust is key to making a relationship work. Lies hurt and even ruin relationships. Being honest builds trust and makes the bond between you and your significant other even stronger. It can sometimes be hard to be honest at all times, but the benefits are worth it.

**Related Link:** [Dating Advice: Survey Results Are In! What Does it Mean to be Single in America?](#)

**2. Encourage and compliment each other:** Sweet things and encouraging words go a long way. Supporting each other is another crucial element to making relationships work. As for complimenting, you should always make each other feel special. Never stop making your loved one feel special – flirt and push one another ahead!

**Related Link:** [Celebrity Couple Tom Brady & Gisele Bundchen Kiss in Costa Rica After Super Bowl Loss](#)

**3. Spend quality time together:** Snuggle, do things you both love doing together, and try new things. Cuddling is great because physical contact and connection is important. In fact, being held for an extended period of time releases serotonin, elevating your mood. Spending quality time is important for every relationship. As time passes, sometimes couples spend time together but not quality time. Spice things up and do different things or do those things you really enjoy – try to do that at least once a week.

**What are ways you keep your relationship healthy? Share below!**

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## 10 Valentine's Day Date Ideas Inspired by Celebrity Couples



 By Lori Zaslow and Jenn Zucher for [Project Soulmate](#)

February is right around the corner, and we all know what that means: Yes, Valentine's Day is almost here, the one day of

year when couples get to celebrate their love and singles get to eat Ben and Jerry's guilt-free. This day is really magical. It's when romance can finally express itself, and those in a relationship can really show their gratitude for one another.

However, the day doesn't get cut much slack, mostly because a lot of people don't know what to do to celebrate. That's where expert matchmakers Lori Zaslow and Jennifer Zucher can help! They are at the helm of the luxury matchmaking company Project Soulmate, and with their combined expertise, they know how to craft a [date idea](#) that's fit for any type of relationship.

This year, with their expert relationship advice, we have crafted 10 date ideas inspired by [celebrity couples](#). These duos all have one thing in common: their strong bond with their soulmate. By taking inspiration from their love lives, we hope you can find a date that will bring you and your partner even closer together.

**Related Link:** [New Year, New You! Expert Relationship Advice to Revamp Your Love Life](#)

## Look to Your Favorite Celebrity Couples for Valentine's Day Inspiration

**1. Beyoncé and Jay-Z:** This Valentine's Day, we want you and your partner to spend it *Crazy in Love*. We want you to forget all of your *99 Problems* and put your *Love on Top*. Yes, those puns mean what you think they do: a Valentine's date idea inspired by the iconic duo Beyoncé and Jay-Z. This celebrity couple has been together for over 15 years. They've written dozens of songs together and now have three beautiful children – who wouldn't want to spend a day emulating them?

Why not go to a concert for Valentine's Day? It doesn't have

to be a big one; it could be a small band that you and your loved one both enjoy. Singing and listening to music with your partner on such a romantic day is sure to hit some right notes. Or, if you want something more low-key, a karaoke bar could be great. Enjoying music together is perfect for couples who already have a passion for the industry –and obviously, a shared musical interest has served Beyoncé and Jay-Z well.

**2. Victoria and David Beckham:** When you think of inspirational celebrity couples, who comes to mind? If it's not Victoria and David Beckham, then you've had a lapse in memory because no couple is more #goals than them! These two are the textbook definition of class, and we heard that, if you look up "posh" in the dictionary, you'll find a picture of the two of them surrounded by their four children. We're joking, of course, but this celebrity couple is the inspiration for our next Valentine's Day date idea: a swanky dinner.

Going to a posh, new restaurant with your significant other is a classic idea and a tried-and-true Valentine's Day date. So throw in a David Beckham-twist, and head to a sports game or bar before the two of you dress up for your five-star meal. It may be a fun way to release some nerves before your dinner plans.

**3. Kristen Bell and Dax Shepard:** Two of the most underrated people in Hollywood also happen to be happily married and have a relationship that shows that shared humor is a blessing. [Kristen Bell](#) and Dax Shepard have proven that a love for comedy leads to the purest of partnerships and makes for some great laughs that help you and your loved one grow even closer. Taking inspiration from these two, go to a comedy club or an underground stand-up night. Take your partner to a place where you both can laugh and enjoy a fun time that's bound to be memorable.

**Related Link:** [Celebrity Couple News: Kristen Bell and Dax Shepard Rent a Roller Skating Rink for Date Night](#)

**4. Rose Leslie and Kit Harrington:** You and your partner have a solid relationship, and you guys aren't the going out type. The two of you have no plans for Valentine's Day, except that Chinese takeout you want to order, and you're not really sure what to watch. Take a cue from stars Rose Leslie and Kit Harrington, who fell in love while on set together for *Game of Thrones*. Find shows and films where the couples are married in real life, and watch their romance blossom on-screen, all the while knowing that they're still in love off-camera. Start by rewatching (or watching for the first time!) those early episodes of *GoT* where Jon and Ygritte fall in love, and don't miss the true magic that is being filmed between these two soulmates!

**5. Rita Wilson and Tom Hanks:** Another date night idea that doesn't involve going out and dealing with the madness that is Valentine's Day takes inspiration from power couple Rita Wilson and Tom Hanks. These two have been happily married for almost 30 years and have two sons together, but as a couple, they're probably best-known for their ability to keep to themselves. They've managed to stay under the radar when it comes to paparazzi, and that's because they're both as down-to-earth as celebrities can get. They prove that you don't have to be glitz and glam to enjoy being with your loved one.

Take inspiration from them and stay home and make dinner together. Spend a low-key night bonding with each other and with your family rather than making a big scene. Their love has proven that it's not about *what* you do; it's about who you do it with.

**6. Sarah Jessica Parker and Matthew Broderick:** Valentine's Day doesn't strictly mean that you and your partner have to spend time alone together. It's a day about love, but it doesn't have to be spent isolated from your closest friends. This Valentine's Day, take inspiration from Sarah Jessica Parker and Matthew Broderick and host a group dinner at home. This celebrity couple is known for their incredible group of



friends; they know how to be loving with their spouse while also maintaining a healthy social life. So why not have a Valentine's Day dinner party and avoid the hassle of making plans at a fully-booked restaurant? Afterwards, you all can play cute couple games and end the night on a fun note.

**Related Link:** [Expert Relationship Advice: The Stages of Soulmates](#)

**7. Mila Kunis and Ashton Kutcher:** [Mila Kunis](#) shared that her first kiss ever was on the set of *That 70's Show* with her future husband Ashton Kutcher. If that isn't one of the cutest stories ever, we don't know what is! The two of them have two children together and are always pictured smiling ear-to-ear at basketball and baseball games together.

That's why our next date idea was easy: Take your loved one to a sporting event. Watching sports together makes for some great moments – from the pre-game tailgate to the first minutes after a big win, a game is bound to make the two of you feel closer. Plus, this celebrity couple seems to really enjoy watching the game together, so if it works for them, it can't hurt to try it with your significant other.

**8. Jada Pinkett-Smith and Will Smith:** The next inspiration for a Valentine's Day date idea comes from a famous couple that exemplifies trendy. Jada Pinkett-Smith and Will Smith have been together for nearly 21 years and have two children who have both thrived in the artsy-alternative community. This is a family of trendsetters and artists, so a date inspired by them needs to be on the same thread.

That's why we suggest that you and your soulmate go to a modern art exhibit or a jazz club – something that stimulates your minds but is visually or musically pleasing too. Afterwards, go to a cute little place for dinner for a well-rounded date. You can talk about the art or performance during your meal, so you don't have to worry about any awkward

silences!

**9. Sarah Michelle Gellar and Freddie Prinze Jr.:** From *She's All That* to *Cruel Intentions*, Sarah Michelle Gellar and Freddie Prinze Jr. ruled the silver screen of 90's romances, and now, they have championed a new field: long-term celebrity relationships. They have been married for almost 16 years and have two children together, and there has never been a rumor of them getting a celebrity divorce or threatening to split.

A great date idea for the couple who loves a little bit of 90's romance is a night out at a retro theatre watching old rom-coms. Snack on some buttery popcorn and soda for a throwback Valentine's Day date night!

**Related Link:** [Celebrity News: Find Out Details About Meghan Markle's Upcoming Bachelorette Party](#)

**10. Meghan Markle and Prince Harry:** We couldn't end this list without including the celebrity couple whose engagement has dominated headlines for the past month or so. Yes, we're talking about the much anticipated royal wedding of Meghan Markle and Prince Harry. Taking inspiration from this couple, we decided that the best date idea would be to get fancy and take your loved one to high tea. Enjoy the cute little hors d'oeuvres and classy tea rituals before heading to a spa for some much-needed rest and relaxation. End the day with a bath bomb or a bubble bath from Lush's collection of rose-scented goodies, and enjoy some romantic tub time as a couple.

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).

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# Celebrity Couple News: Kristen Bell & Dax Shepard Rent a Roller Skating Rink for Date Night



By Jessica Gomez

In [celebrity news](#), [Kristen Bell](#) and her hubby Dax Shepard were looking cute as ever Saturday while roller skating with friends, according to [EOnline.com](#). Bell posted several photos on Instagram of the [celebrity couple](#) enjoying their time together at the Moonlight Rollerway rink in Glendale, north of Los Angeles. Bell and Shepard have been married for four years (since 2013) and have been together for 10 (since 2007). Adorbs!

**This celebrity couple is super cute! What are some creative date night ideas, much like Kristen and Dax's rollerskating date?**

## **Cupid's Advice:**

Creating a bucket list is always a great idea because when in doubt, you can just randomly pick and have your date. Cupid has some [date ideas](#):

**1. Feeling adventurous? Go camping:** Time surrounded by the beauty of nature with your significant other is a bonding experience, and will of course make you bond with mother

nature! You can also explore together with your cameras!

**Related Link:** [Famous Couple Kristen Bell and Dax Shepard Plan Date Nights Mathematically](#)

**2. Feeling hungry? Enroll in a cooking class for two, or conduct your own at home:** Yummy food combined with the experience of making it together – uh, awesome! If you want to have your own cooking session in private, look up a video online, shop for some ingredients – and poof, your own cooking class from the comfort of your own home!

**Related Link:** [Kourtney Kardashian & Younes Bendjima Getting Very Serious and Enjoy Date Night in L.A.](#)

**3. Feeling artsy? Join a pottery class or sign up for a paint-and-drink session at a bar:** Making art is fun on its own, and it gets even better when doing so while tipsy with your love. It might teach you something you didn't know about your significant other, too!

**Creative dates are what you make them – do things you haven't done before! What are some creative dates you've been on or want to try? Comment below!**

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# 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.

**Related Link:** [Parenting Tips: Why Disciplining Your Kids Is Important](#)

**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!**

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## Movie Review: 'A Bad Moms Christmas' Is A Spirited Sequel Full Of Laughs



By [Marissa Donovan](#)

*Bad Moms* was the just beginning for the hilarious mom squad. *A Bad Moms Christmas* is the follow-up feature that shows the lives of Amy ([Mila Kunis](#)), Carla (Kathryn Hahn), and Kiki ([Kristen Bell](#)) during the chaotic winter holiday. The friends decide to rebel against the tradition of coordinating the holiday for their families and new love interests. Plans to relax during the holiday seem to go haywire once their own mothers stop by for a visit.

# This holiday movie can provide us with [relationship advice](#) for the holidays!

## Should you see it:

If you laughed over the crazy shenanigans from the last movie, you are bound to giggle over the raunchy humor and relatable mom jokes this film will provide.

## Who to take:

This is definitely a girls' night out movie. Take a break from shopping, and go with your friends! Due to the adult humor in this film, it's best to let someone watch your kids instead of bringing them to the theater with you.

## Cupid Advice:

In *A Bad Moms Christmas*, Amy's love interest Jessie Harkness (Jay Hernandez) has his children celebrate Christmas with Amy's kids. Amy tries to juggle looking after their children, getting ready for the holidays, and maintaining a relationship with Jessie. Like Amy, the holidays can be stressful for anyone in a new relationship. Here are some ways to keep your family and new partner happy during the holidays:

**1. Take two large shopping trips separately:** Shopping with your partner and your family can be stressful. Between secretly buying gifts for each other or losing each other in large crowds, it can make you want to pull your hair out! Instead of going together, plan two shopping trips. One trip can be spent with you and your partner, and the other trip can be spent with your family. It will be less stressful and you get to surprise each other with the gifts that you get!

**Related Link:** [Date Ideas: Holiday Couple Fun](#)

**2. Decorate your home together:** Bring out your holiday decorations, and let your partner and family bond over getting into the spirit of Christmas! Your partner can help your children put a star or angel on the top of the tree or wrap the tree with lights. Everyone will enjoy getting festive as a family!

**Related Link:** [Get Ready to Celebrate the Holidays with 'A Madea Christmas'](#)

**3. Prepare a meal as a family:** Instead of leaving all the cooking up to you, let your partner and family help. They can join in on creating Christmas cookies or even mashing the potatoes. You will be less stressed out and your partner will get to know your family traditions when it comes to food!

**What do you plan on doing with your family and partner during this holiday season? Let us know in the comments!**

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## Relationship Advice: Can You Cheat Jealousy?



By Dr. Jane Greer

[Kristen Bell](#) recently shared how her husband, Dax Shepard, was her wingman at the Golden Globes so that she could meet her celebrity crush, Riz Ahmed. This is a perfect example of a relationship where both partners are secure and completely trust that, even though one may find another individual attractive, it won't challenge their fidelity. It's natural to see others as appealing, even when you're in a committed, monogamous relationship, but it is also important to remember



that everyone's physical appearance changes. People get older, and sometimes they get sick. Beauty is not enough to sustain an ongoing romance. If you know in your heart that you're always the most important person to your partner, then even if they have flirtations and/or a crush, it will enable you to tolerate your partner's attention or interest in someone else without feeling threatened.

**So, how do you get the trusting feeling that equips you to joust jealousy? Here's some [relationship advice](#).**

Make sure you take the time to tell and show one another how much they turn you on. If you are able to do this even when someone hasn't taken the time to dress up – when they first wake up in the morning and are makeup free, or are playing with the kids and despite being covered in dirt from the backyard look so manly – it can mean even more because those are the real moments of living. They can bind you in intimacy because you are seeing each other through the eyes of love. Also, be aware of your partner's likes and dislikes so that you can take them seriously. This will help them feel supported, cared about and understood by you, and help keep the air clear so tension doesn't build. You don't have to be the best looking person in the room, just the best in your partner's eyes.

**Related Link:** [Famous Couple Kristen Bell and Dax Shepard Plan Date Nights Mathematically](#)

By following this recipe, you strengthen your bond so that you can buffer your relationship from other people coming between you. When you have a solid foundation and know that you both have each other's back, it gives you the confidence to handle

a passing flirtation knowing that's all that it is, something that is in the moment and will pass. Whether it is meeting one of your high school first loves, an old flame from college, a new work partner, or anyone who might be perceived as a possible intruder, the two of you can remain impenetrable.

**Related Link:** [Expert Relationship Advice: How to Handle a Jealous Girlfriend](#)

Another ingredient in the trust recipe is that when either one of you feels insecure and voices that, it is important to respond with a heavy dose of reassurance. Rather than getting angry, minimizing your partner's feelings, telling them they are being ridiculous and continuing your behavior or ignoring them, instead let them know that it doesn't matter how many people you are talking to because they come first and you only want to go home with them.

Everyone is drawn to other people at times, but attraction and intimacy are two different things. One is instant and the other takes time to develop. If you trust this, and know your connection runs deep, you will be better able to cheat any jealousy that might come up and move forward as a team that nobody can divide. It seems that Kristen and Dax have this recipe under their belts.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

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# Celebrity News: Dax Shepard Shares Throwback Pic with Wife Kristen Bell



 By [Jessica DeRubbo](#)

In [celebrity news](#), one of Hollywood's cutest [celebrity couples](#) has done it again. According to [UsMagazine.com](#), Shepard posted a throwback photo of himself with now wife [Kristen Bell](#) from nine years ago. It's a photo of Bell on Shepard's lap, captioned, "9 years ago. And unfortunately that bottom lip isn't from injections, it's Skoal. That's right, I landed @kristenanniebell while in the throes of a nasty dip habit. Thanks for being an optimist, honey." Shepard and Bell have been married for four years and have two children together, Lincoln, 3, and Delta, 2.

**This celebrity news has us believing in love again. What are some ways to keep the spark alive in your relationship?**

## **Cupid's Advice:**

Kristen Bell and Dax Shepard are definitely #relationshipgoals. Cupid has some tips to keep the spark alive just like they do:

**1. Publicly gush once in a while:** You don't need to go crazy with the public gushing, but it's almost guaranteed that your partner will appreciate the recognition with family, friends, or social media connections. If you're proud of your partner for something, yell it from the rooftops!

**Related Link:** [Kristen Bell and Dax Shepard Consider Having Kids Out of Wedlock](#)

**2. Plan a surprise "just because":** When you're in a long-term relationship, it can be easy to get into a routine. Before you know it, your relationship is hitting the "rut" stage. To keep things interesting, consider planning a surprise trip or date for your partner. It's even better if it's "just because" and not for a special occasion, to show you're thinking about him/her all the time.

**Related Link:** [Famous Couple Kristen Bell and Dax Shepard Plan Date Nights Mathematically](#)

**3. Do your own things:** We're sure you've heard the phrase, "Distance makes the heart grow fonder." Well, it's true! You definitely want to keep your independent lives intact, just as you keep your together lives in mind. Keep your own groups of friends, and get away sometimes. When you come back together, you'll be even more grateful for your relationship.

**What are some other ways to keep the spark in your relationship alive? Share your thoughts and experiences below.**

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# Famous 'Couples' Star in Best Movies for a Rainy Day



By [Katie Gray](#)

The weather is always unpredictable, but how we spend our time during a rainy day doesn't have to be. When it's dreary outside, the best thing to do is stay inside and watch a movie. Watching [celebrity couples](#) on screen with your significant other is the perfect bonding experience. Plus, a movie date is classic! Many of these storylines involve love, celebrity engagements and celebrity babies. You'll be happy you have your love by your side during these films. Watch [celebrity relationships](#) in movies unfold, snuggled up with your partner!

## Cupid has compiled the 10 best couple movies for a rainy day:

1. ***The Proposal***: This 2009 romantic comedy starring [Ryan Reynolds](#) and Sandra Bullock will have you laughing and feeling the love. It shows us that sometimes we fall in love with someone who we least expect. The plot revolves around Margaret, a powerful publishing executive, and her assistant Andrew. In order to continue working in the United States as a Canadian, Margaret convinces Andrew to marry her, and in return he would get a promotion. We meet his family and get to see this story unfold. Bonus: Betty White plays the Grandma! Hilarious!

2. ***Juno***: Diablo Cody outdid herself when she wrote this masterpiece film. She even won the Academy Award for Best Screenplay for it! The film stars Ellen Page, Michael Cera,

Jennifer Garner, Jason Bateman, Allison Janney and J. K. Simmons. It's a film you can watch as a couple and/or as a family. The comedy-drama is set in Minnesota and revolves around a teenager who finds herself pregnant and is giving the baby to a couple who can't get pregnant through adoption. It's fresh, funny and heartfelt. The film was so popular it earned over \$231 million dollars, when the budget was only a little over \$6 million. In fact, [Jennifer Garner](#) loved the script so much, she took on the role even though her salary alone is usually way over what the entire budget was for this production.

**Related Link:** [8 Celebrity Couples Who Were Friends First](#)

**3. *The Wedding Singer*:** Who doesn't love Adam Sandler and Drew Barrymore? This 1998 rom-com, is about a wedding singer in the 80's in New Jersey and a waitress at the reception hall he performs in. He sings catchy songs like, 'You Spin Me Round' and 'Love Stinks.' They form a friendship, although they're both in different relationships. However; it shows us that sometimes being friends first leads to the best relationships. This is one wedding singer you don't want to miss perform!

**4. *Couples Retreat*:** Why not watch *Couples Retreat* as a couple? This movie is a 2009 American romantic comedy starring Jon Favreau, Vince Vaughn, Jason Bateman, Faizon Love, Kristin Davis, Kristen Bell, Malin Akerman, Kali Hawk and Jean Reno. It was written by two of its stars, Favreau and Vaughn. This movie will make you laugh out loud, and maybe even teach you some tips for your own relationship.

**5. *Walk The Line*:** Fall into this burning ring of fire! This film is based on the true story of Johnny Cash and June Carter – country music royalty. It's a beautiful love story, and it is full of love songs. The movie stars [Reese Witherspoon](#) and Joaquin Phoenix, who have so much chemistry on screen! In fact, Witherspoon even won an Oscar for her portrayal of June. This film shows us that sometimes we go through ups and downs

with our soulmate, but that doesn't mean we won't end up with them. What is meant to be, will be!

**Related Link:** [Celebrity Couples Saving The Earth](#)

**6. *Breakfast At Tiffany's*:** Indulge in this classic film with your partner on a rainy day. Audrey Hepburn is forever a Hollywood icon, and this film is one of her most famous roles. Set in New York City, this love story will keep your eyes glued to the screen. The best packages come in little blue boxes from Tiffany & Co., and the best things in life are the relationships we have with people.

**7. *The Spectacular Now*:** Based on the novel of the same name written by Tim Tharp, this film is spectacular. It stars Miles Teller and Shailene Woodley. It tells the story of two high school students who typically wouldn't be a match, but end up making a pretty pair. The main character Sutter is a fun, party boy, who avoids the future, and Aimee a shy, nerdy, introvert who tends to be a pushover. They end up learning a lot from one another. Sometimes the best relationships are when we can teach our partner different things.

**8. *Runaway Bride*:** Julia Roberts and Richard Gere shine in this romantic comedy. Celebrity weddings, engagements and babies are always fun topics. In this film, it makes for great storylines. It's a cute love story full of small town characters that will entertain you. It is also very realistic and truly makes you feel real emotions. Bond with this movie and characters, while bonding with your own partner!

**9. *How To Lose A Guy In 10 Days*:** Despite the title, this film is actually a heartfelt love story that packs the humor! It stars [Kate Hudson](#) and [Matthew McConaughey](#), and they make a pretty pair. It's a funny flick that tells the tale of two people who think they are both playing the other. However; games played in love are put to the test in this film!

**10. *The Wedding Planner*:** [Jennifer Lopez](#) plays a wedding

planner who takes care of everyone, but herself. She makes everyone's big day extra special, but her own love life is nonexistent – until one day it changes. Fall in love with the woman who helps everyone else in love.

**What are some of your favorite movies to watch as a couple?  
Comment below!**

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## **Celebrity Couple Kristen Bell & Dax Shepard Talk Disciplining Their Daughters**



 By [Brooke Crawford](#)

Famous [celebrity couple Kristen Bell](#) and Dax Shepard are great examples of parenting. In a recent story from [UsMagazine.com](#), the pair shared their good parenting advice on how they communicate with their kids. This couple, who have been in a [celebrity relationship](#) since 2007, finds there is importance in how you raise your children for the future of the family as well as themselves.

**This celebrity couple is super focused on good parenting. What are some ways to know if your partner will be a good parent?**

**Cupid's Advice:**



There is no manual on how to parent your children, and sometimes watching others does not help. Finding your own set of family moral and value sets to reference is important. Being sure that you both are on the same page when parenting is also important. Cupid is here with parenting advice to help with the process:

**1. Patience:** Every parent needs to have an immense amount of patience. Raising children is not an easy job and can be thankless more often than not. Kids require a lot of patience, and without that, it can be extremely frustrating.

**Related Link:** [Simple Survival Tips for Single Parents](#)

**2. Stress management:** Kids can put a strain on a couple, as it affects each person differently. Someone who is strong under pressure will be able to handle anything that is thrown their way.

**Related Link:** [To Move or Not to Move? Why This Decision is Tough on Kids](#)

**3. Dedication:** Kids require a lot hard work and dedication. Some people see this as a full time job. This is a bit more than a job because there aren't any off days, and it is an 18 year commitment (at least). A dedicated partner will have no problem sacrificing certain parts of their life to help raise kids.

**Every family is different in how kids are raised. Share some of your valued parenting advice with us below!**

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# 5 Celebrity Couples Who Live Modestly



By [Katie Gray](#)

When [celebrity couples](#) are humble and genuine, we feel more connected to them and admire them even more. Whether they have simple lifestyles outside of work, stay low key by avoiding the public eye, or live in an average sized home, we love celebrity couples who live modestly. Our favorite stars in [celebrity relationships](#) are more down to earth and endearing when they're living modestly, although they have so much success. We can all take [relationship advice](#) from these celebs!

## Cupid has compiled a list of five celebrity couples who live modestly:

**1. Sarah Jessica Parker & Matthew Broderick:** One of the cutest celebrity couples in Hollywood, for years, has been Sarah Jessica Parker and Matthew Broderick. The actors married in 1997 in a [celebrity wedding](#) and have three [celebrity babies](#) together. Although Parker's character, Carrie Bradshaw, on *Sex and the City* was super into spending money on designer clothing, Parker opts for dressing her kids in Gap clothes and hand-me-downs. Although she has a net worth of almost \$100 million, this celebrity relationship is genuine, which is likely why their marriage works so well!

**Related Link:** [Top 5 Pop Culture Celebrity Couples to Seek Relationship Advice From](#)

**2. Princess Kate & Prince William:** We all love the royals! Prince William and Princess Kate are living a fairytale, however; they opt to live modestly, too. The proud parents of two even opt to do their own grocery shopping! Also, Kate Middleton doesn't have a set fashion stylist, instead choosing her own outfits and choosing to re-wear an outfit from time to time. Even when you're royalty, you can enjoy the simple things in life!

**3. Kristen Bell & Dax Shepard:** Kristen Bell is famous for playing Veronica Mars and being the voice of *Gossip Girl*. She is also known for loving coupons and the sales at Bed, Bath & Beyond. That's right; she and actor husband Dax Shepard, enjoy buying things on sale just like the rest of us! Their celebrity wedding was at the courthouse and only cost them \$142 dollars. It's the little things in life that mean the most!

**Related Link:** [Celebrity Couples Who Gave Us Major Relationship Goals](#)

**4. Mariska Hargitay & Peter Hermann:** The *Law & Order SVU* actress, Mariska Hargitay, has garnered the reputation of being humble and down to earth. She and her actor husband, Peter Hermann, are also modest when it comes to finances. They put most of their income in savings for the future and have said they want to be good role models for their children, so they live as if they don't have a lot of money. Although they earn a swell living in the entertainment industry, they enjoy living low key and showing their children how the working class does it. Props to them!

**5. Jay Leno & Mavis Leno:** Jay Leno, the former star of *The Tonight Show With Jay Leno*, and his wife Mavis Leno have been married for years and choose to live quite modestly. Although he made millions on his late night talk show, they don't spend much of his earnings from that. A big portion of the income that finances their lifestyle actually comes from his stand-up

comedy paychecks. A big round of applause to the Leno family for keeping it successful and simple!

**Who are your favorite celebrity couples who are living modestly? Share your comments below!**

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## Courtney Shapiro



**September 2018 – Present**

### **Editorial Intern**


Courtney is currently a junior at Hofstra University with a major in Journalism and a minor in Spanish. Cupid's Pulse is the perfect place to combine her love of [celebrity news](#) with her love of writing. She also loves fashion, beauty, and reading during her free time. When not in class, Courtney is on the executive board of Hofstra Hillel, an active brother in the co-ed community service fraternity, Alpha Phi Omega, and a writer for her chapter of Her Campus. She loves sit-coms, dramas, and the *Bachelor* franchise. One of her favorite [celebrity couples](#) is [Kristen Bell](#) and Dax Shepard. Courtney hopes to write for a fashion magazine one day.

**Courtney's Expertise:** [Celebrity News](#), [Fashion Features](#)

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# 5 Celebrity Couples Who Have Massive Height Differences



 By Abbi Comphe

There are many [celebrity couples](#) in Hollywood that do not let their height difference bother them. They can be seen around Hollywood in love and happy. These celebrity couples definitely know how to make height difference look good!

## Cupid has created a list of celebrity couples who have massive height differences:

**1. Hayden Panettiere and Wladimir Kitschko:** There is a major height difference between these two. Panettiere is 5'0" while her husband is 6'6". They are also 14 years apart. But the two still share a sweet relationship.

**2. Kristen Bell and Dax Shepard:** Kristen Bell and Dax Shepard are a Hollywood power couple. The height difference between the two is quite big. The *Frozen* star coming in at 5'1" and Shepard coming in at 6'2".

**Related Link:** [Dax Shepard Keeps Fiancee Kristen Bell Laughing](#)

**3. Nicole Kidman and Keith Urban:** This celebrity relationship can be seen by others as a little odd due to height difference, but they don't let that bother them. Kidman may have some height on Urban, but the two are still super cute and in love.

**4. Portia De Rossi and Ellen DeGeneres:** One of Hollywood's

favorite power couple, Portia De Rossi and Ellen DeGeneres have a height difference. Ellen definitely looks up to Portia in this relationship!

**Related Link:** [5 Celebrity Couples Who Just Made It Official](#)

**5. Will and Jada Pinkett-Smith:** This long-time celebrity couple has a height difference of 14". Will Smith is 6'2", while Jada-Pinkett Smith is 5'. They have not let this difference bother them. The two have been together for quite some time now.

**Do you know of other celebrity couples who have huge height differences? Comment below!**

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## Celebrity Couples Who Always Make Us Laugh





Leslie Mann and Judd Apatow

The hilarious actress and her film producer husband met on the set of 'The Cable Guy' in 1996 and were married a year later. Since then, this celebrity couple has worked together on a number of comedies, including 'The 40 Year Old Virgin' and 'Funny People.' Photo: Janet Mayer / PRPhotos.com

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## Famous Couple Kristen Bell and Dax Shepard Plan Date Nights Mathematically



 By Maggie Manfredi

Cute parents alert! According to [UsMagazine.com](https://www.usmagazine.com), famous couple

Dax Shepard and Kristen Bell have a family calendar in place to keep their life organized. The movie star mama said, "In truth, there's no trick to balancing it. If you look at the calendar and you've seen you've gone ten days without a date night, you know you need to prioritize more. That's how we work – we're very mathematical about our relationship!" The two make time for their relationship and love while raising their beautiful 21-month-old daughter and eldest son while continuing to work.

**Famous couples like Kristen Bell and Dax Shepard are just like the rest of us when it comes to the difficulty in finding time for date night. What are some things to keep in mind when it comes to planning quality time with your partner?**

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

As partners, it takes work to have jobs and also be full-time parents like famous couple Kristen Bell and Dax Shepard. On top of that, you have to keep the spark alive! Cupid has some tips on how to make time for love:

**1. Element of surprise:** As a relationship and love matures and there are added pressures and obligations, there is a definite pressure to keep the spark alive. One way to do this is to continue to surprise each other. This could be with little gifts for no reason or cooking your partner's favorite dish just because.

**Related Link:** [Kristen Bell and Dax Shepard Have a Baby Name Breakthrough](#)



**2. Keep it simple:** Making time for love doesn't mean you need hot air balloon rides or fireworks. Keep it simple by lighting some candles at dinner or making a calendar like Dax and Kristen to build anticipation for nights out together.

**Related Link:** [Dax Shepard and Kristen Bell Are Expecting Their Second Child](#)

**3. Time for romance:** No matter what is going on in your life or how crazy the schedule may look, you have to keep romance on the books. Dax and Kristen have celebrity babies and are movie stars, yet they are making it work...so you can, too!

**How do you make time in your schedule for time with your love? Share your thoughts below!**

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# Cutest      Celebrity      Baby Announcements





Ryan Reynolds and Blake Lively

In October 2014, this gorgeous couple almost broke the Internet with their subtle but powerful baby announcement. The 'Gossip Girl' alum posted a post titled Preserve Celebration of Family on her website with a photo of her holding her baby bump. The couple have openly expressed their desire to start a family, and we know they're excited to welcome their bundle of joy in 2015. Photo: AAR/FameFlyNet

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## Kristen Bell and Dax Shepard Have a Baby Name Breakthrough



 By Amanda Boyer

Kristen Bell and her husband Dax Shepard have had a breakthrough when it comes to what to call their second child.

The duo has been trying to come up with ideas since this past summer, according to [People](#). Since their first child was born and they fell in love with the name “Lincoln,” they began to feel the pressure on what to name the next. But now, as they wait their arrival of their new baby boy or girl, they can be prepared to say they love the names they picked out.

**What are some creative ways to compromise on baby names?**

### **Cupid’s Advice:**

Did you just find out the gender of the baby you are about to have with your honey? It is time to start picking a name, but to compromise, Cupid has some tips:

**1. Brainstorm:** Even though one of you might already be set on a name, get a white board and split it down the middle. Write out all your ideas. After that, sit down with each other and read your ideas out loud. Eliminate from there.

**Related:** [Kristen Bell and Dax Shepard Consider Having Kids Out of Wedlock](#)

**2. Talk it out:** Go through each of the names to discuss inspiration and meaning. Also, write out what the full name would look like on paper.

**Related:** [Kristen Bell and Dax Shepard Are Married](#)

**3. It is a tie:** If it comes down to two choices, bring your choice to other relatives you trust like your parents or siblings. Having them vote not only makes them feel included on the decision, but it also helps you and your partner come to terms with a name.

**Have another creative way to pick out your baby’s name? Comment below.**

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# Celebrity PDA: Kisses and Cuddles



Page 1 of 10



Dax Shepard and Kristen Bell

This adorable couple, who married in 2013, shared a sweet kiss on the red carpet at the 2011 Vh1 Do Something Awards. They have a baby girl named Lincoln and recently announced that they're expecting their second child. Photo: Tina Gill / PR Photos

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## Dax Shepard and Kristin Bell Are Expecting a Second Child



 By Laura Seaman

Kristen Bell and her husband Dax Shepard are expecting a second child! The couple already has a daughter, Lincoln, who is almost 15 months old. "The whole family is beyond excited," a rep tells [UsMagazine.com](http://UsMagazine.com). The celebrity couple has had a

positive experience with parenthood so far, with Bell saying, "I love [motherhood]! She's absolutely intoxicating." She also said of her husband Shepard, "He just talks to her all the time and sings to her all day. It's wonderful."

## **How is raising a second child different than the first?**

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

The first time a couple has a child, it is a completely new and unique experience. Until you experience it, there's no way to really understand. But now that you have experienced it, the second child is completely different. You know much more, and yet things aren't quite the same. Here are some differences that come with raising a second child.

#### **1. You have to explain the idea of a sibling to your child.**

Maybe your first child is too young to fully understand, but to some extent you may have to talk to them about the changes that are happening. The process is different depending on age, but they should still know what it means to be getting a sibling. This includes sharing their toys, the house, and even your attention.

**Related:** [Kourtney Kardashian is Expecting a Third Child](#)

#### **2. You will be parenting two children at once.** When you were raising your first child, you were able to focus all your parenting time and energy on them. They got all of the care and attention. Now with your second child, you'll be parenting two children, and you have to learn to split that time and care between the two equally, or you could have some problems.

**Related:** [Jenna Fischer Gives Birth to Second Child Harper Marie](#)

#### **3. You know what you're doing... mostly.** No body knows the perfect way to parent, but after one child, you have a lot more knowledge than you did last time you were raising a baby.


Use what you've learned during this time and it will probably be much less stressful.

**What differences did you notice when you were raising your second child? Let us know in the comments!**

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## 5 Celebrity Women Who Proposed to Their Partners



 By April Littleton

Some women get tired of waiting around for their man to make the first move – female celebrities are no different. Why should they wait around for something they want when they can just go after it themselves? Cupid found five celebrity women who decided to take charge of their relationships and put a ring on it:

**1. Jennifer Hudson:** The former *American Idol* star met professional wrestler David Otunga after her separation from longtime boyfriend James Payton. She proposed to Otunga in September 2008. The couple have one son, David Daniel Otunga, Jr., born Aug. 10, 2009.

**2. Pink:** The *Just Give Me a Reason* singer met motorcross singer Carey Hart at the 2001 X Games in Philadelphia. After a brief separation, Pink proposed to Hart during a Mammoth Lakes motorcross race in June 2005. She wrote, "Will You Marry Me? I'm serious!" on a sign. The lovebirds married in Costa Rica Jan. 7, 2006. The singer gave birth to their first child, Willow Sage Hart June 2, 2011.

**Related:** [Celebrity Parents Who Splurge On Their Kids](#)

**3. Halle Berry:** Berry proposed to former love David Justice during the beginnings of her career. She married the baseball player after midnight Jan. 1, 1993. They separated in February 1996. The couple were officially divorced June 24, 1997. The actress moved on to marry Eric Benet from January 2001 to January 2005. Currently, she's married to actor Olivier Martinez, whom she met while filming *Dark Tide*. The couple have one child, son Maceo, born Oct. 5, 2013. Berry also has a daughter with former flame and model Gabriel Aubry.

**Related:** [5 Celebrity Couples Who Married Young](#)

**4. Britney Spears:** The *I Wanna Go* singer proposed to ex-husband Kevin Federline. They were engaged three months after meeting each other in July 2004. At the time, Federline's ex, Shar Jackson was pregnant with his second child. The lovebirds married Sept. 18, 2004. However, their marriage wasn't official until three weeks later due to legal issues. Their relationship was documented on the reality TV show, *Britney & Kevin: Chaotic*. The couple had their first child, Sean Preston Federline, in September 2005. A year later, Jayden James Federline was born. Spears filed for divorce in November 2006, citing irreconcilable differences.

**5. Kristen Bell:** Bell began dating actor Dax Shepard in late 2007. They became engaged in January 2010, but decided to postpone wedding plans until California legalized same-sex marriages. After the legislation passed June 26, 2013, the actress proposed to her longtime love via Twitter. The couple married at the Beverly Hills County Clerk's Office Oct. 17, 2013. They have a daughter, Lincoln Bell Shepard, born March 2013.

**What other celebrity women proposed to their partners? Comment below.**