

# Victoria Beckham Says She Feels Guilty Being a Working Mom



By Kerri Sheehan

You may know her as Posh, but since her Spice Girls days Victoria Beckham has managed to have four kids, marry soccer star David Beckham, and start a successful career in fashion. However, Beckham admits that she feels a bit guilty about being a working mom. She told [UsMagazine.com](http://UsMagazine.com), "It's a huge juggling act, when you are a working mother and looking after your family. Millions and millions of women around the world are doing this every day, but it's not easy and yes, you feel guilty every time you walk out of the door to go to work."

## How do you balance your career and family successfully?

### Cupid's Advice:

For working moms there is never enough time in the day. Read on to find out how balance is key:

**1. Set goals:** Many people set goals at work, however it is important to do the same at home. Start small, like making it home for dinner and then transition into larger things like spending one whole day a week with your family.

**2. Separate your time:** Nothing will make your children feel worse than you taking a business call during time you reserved for your family. Keep your career time and family time from bleeding together.

**3. Communication:** Make sure you're open to criticism from your partner and kids. If your family feels neglected then they may be scared to tell you so. Let them know that it's okay to tell you you're doing a bad job of juggling both.

How do you balance your career and family? Share below.

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## The Beckhams Are Expecting Baby Number Four!





As reported in *People* last week, David and Victoria Beckham are expecting child number four. Currently, Posh Spice and the soccer star are the proud parents of three boys, Brooklyn, Romeo and Cruz. Perhaps a girl will be added to the mix. According to Simon Fuller, the Beckham's mentor and business partner, the couple could not be happier with the new addition they are expecting to add to their still growing family. "Family means everything to David and Victoria and this is simply the best news they and the boys could have wished for at the start of 2011," said Fuller.

**How can you prepare your already-full household?**

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

When it comes to family, the phrase, "the more the merrier," often applies. Cupid has some tips to live by when your full house gets even more full:

**1. Make room:** It may be time to start interviewing contractors to expand your living space. The bigger your family grows, the more space you're going to need.



**2. Show some love:** As you wait for your family to expand, you should show the family you already have how much you care about them, especially if you have young children who may not understand what is going on.

**3. Avoid stress:** Growing your family can be busy and stressful. No matter how hard it may seem, make it a priority to make time for yourself.

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## David & Victoria Beckham Argue on 'Ellen'



According to [People](#), all-star couple David and Victoria

Beckham got in their first fight in 11 years this week on *The Ellen DeGeneres Show*. Apparently, the two have very different ideas about housekeeping. They both seem to think the other is the messy one. However, there are no hard feelings between the soccer star and the former Spice Girl. "I'm sure there are a lot of things that I do that drive her crazy," said Beckham.

### **Is it ever a good idea to fight with your partner in public?**

Cupid's Advice:

Though disagreeing about daily chores is hardly a public brawl, fighting in public is never part of a healthy relationship:

**1. Unwanted attention:** Though you may feel strongly about your end of the argument, fighting in public can be embarrassing for both you and your partner. Wait until you can discuss things in private before you vent. It'll also give you some more time to think.

**2. Overhearing:** When you fight in public, people around you inevitably overhear. Often times you're having a heated discussion about topics that aren't necessarily meant to go public – personal issues. If you don't want the whole world knowing intimate details about your relationship, refrain from duking it out in a public arena.

**3. Trouble:** In extreme cases, you might be deemed a "trouble customer" if your fight originates in a place of business. The last thing you need is that type of reputation at your location grocery store. Think about the consequences of your public dispute before you engage in one.