

# Celebrity Baby: Amanda Seyfried Is Expecting First Child with Thomas Sadoski



By Kayla Garritano

Baby alert! Amanda Seyfried is expecting her first child with fiancé Thomas Sadoski. According to [UsMagazine.com](http://UsMagazine.com), Seyfried revealed the [celebrity news](#) when she debuted her baby bump in a sheer black mini dress at the launch of Givenchy's new fragrance, *Live Irrésistible*, on Tuesday, November 29, where she is a spokesmodel for the brand. This surprise came within a month of announcing her [celebrity engagement](#) to Sadoski.

# This [celebrity baby](#) is surely a surprise! What are some ways to cope with an unexpected pregnancy?

## Cupid's Advice:

Pregnancies can come as a surprise, but the excitement of having a child with the one you love is always a great feeling. We want to make sure that you and your partner are prepared for this baby to be:

**1. Remind yourself of your relationship:** If you're like Seyfried and her new fiancé, you are in it for the long run. You're about to get married and spend the rest of your lives together. The baby may have come a little earlier than you wanted to, but it doesn't mean you're not prepared. You and your partner are happy and preparing for a future!

**Related Link:** [Actress Nia Long Talks Surprise Pregnancy](#)

**2. It's a miracle:** Babies are miracles. You are lucky enough to create someone, which is something that people wish they could do but don't have the chance to. Remind yourself that this is a blessing sent into your life, and even if it didn't happen when you planned, it was special enough to happen.

**Related Link:** [Expert Relationship Advice: Three Questions Crucial to Co-Parenting Success](#)

**3. Talk out your nerves:** Of course you're going to have so many emotions and so many questions running through your head. Feel free to talk to your parents, your friends, and even your spouse about the worries you have. You will be sure to feel better and have some questions answered, preparing you a little more for your baby.

**How have you coped with an unexpected pregnancy? Comment**

**below!**