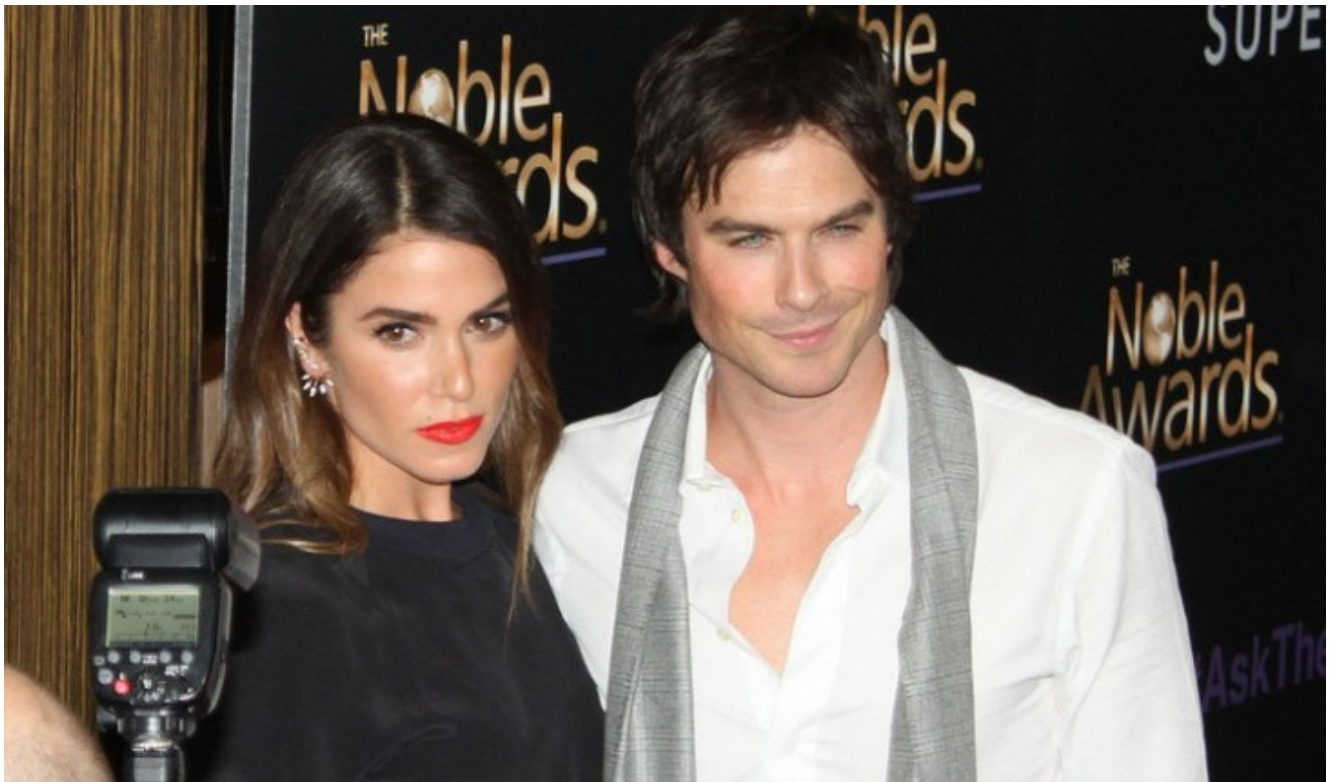


# Celebrity Couple Nikki Reed and Ian Somerhalder Step Out for First Time Since Welcoming Daughter



By [Melissa Lee](#)

New parents [Nikki Reed](#) and [Ian Somerhalder](#) recently stepped out for the first time since welcoming their daughter, Bodhi Soleil. According to [UsMagazine.com](#), the [celebrity couple](#) attended EIF's XQ Super School Live at Banker Hangar in Santa Monica, California, on Friday, September 8. Though the pair have been parenting since late July, they announced shortly before their celebrity baby's birth that they would be taking a month of silence. As Reed explained, "Just the three

of us, no visitors, and we're turning off our phones too, so there's no expectation for us to communicate."

## **Parenthood looks good on this celebrity couple! What are some ways to stay connected as a couple after having a baby?**

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

Despite the stress of having a celebrity baby, these new parents look more in love than ever! If you and your partner are concerned about keeping the romance alive after having a child together, check out this relationship advice below:

**1. Take time for yourselves:** Although a baby can completely occupy all of your time, it's important to ensure that you two are having personal time as well. Stress can result in unnecessary frustration and arguments. In order to avoid this difficulty, try to have at least one night a week where the two of you can be alone.

**Related Link:** [Celebrity Baby: Nikki Reed Is Expecting Child with Ian Somerhalder](#)

**2. Try some silence:** Take a cue from this celebrity couple and try out their method of unplugging. It doesn't have to be a month – let's face it, that's a bit unrealistic for people who *aren't* celebrities! Even just a weekend where you can bond with your partner and newborn can be very beneficial.

**Related Link:** [Celebrity Baby: Eva Longoria Is Not Pregnant Despite Rumors](#)

**3. Go on a weekend getaway:** A few months after your baby is born, extend your weekly date night and go on a short

trip. Make the goal of the weekend to reconnect with your partner and remember who you are as a couple outside of being new parents. And don't stress if all you do is talk about your sweet babe!

**What are some of your tips for staying connected with your significant other after you have a baby? Leave your thoughts below.**