

Celebrity Baby News: 'Bachelor' Stars Arie Luyendyk Jr. & Lauren Burnham Welcome a Baby Girl



By [Bonnie Griffin](#)

In the latest [celebrity baby news](#), *Bachelor* stars Arie Luyendyk Jr. and Lauren Burnham are parents. According to *People.com*, Luyendyk confirmed on Wednesday that the pair welcomed their first child together, a beautiful baby girl. After meeting and falling in love on *The Bachelor*, the [celebrity couple](#) has maintained their relationship in the public eye throughout the pregnancy, although they have not yet released the baby's name.

The latest celebrity baby news is that this *Bachelor* couple welcomed a baby daughter. What are some ways to work on your relationship while at the same time having a young child?

Cupid's Advice:

Having children is a beautiful gift, but that does not mean being a parent with young children is easy. Add the stress of now having a young child who solely relies on their parents to your relationship and you might find yourself asking how your relationship will survive. Cupid has some advice to keep your relationship working after having kids:

1. Have adult conversations: Just because you have a child doesn't mean all of your conversations have to revert to baby talk. You still need to communicate with each other, and as much as your young child is a very important part of your lives, they cannot be the only thing you discuss. Don't cut out your conversations just because you have a child, even if time alone is limited just have your conversations in front of your child because they will likely interrupt even if you try to take a moment and step out of the room.

Related Link: [Celebrity Baby News: Jenna Bush Hagar Is Expecting Third Child](#)

2. Work as a team: It is important for both parties in a relationship to remember that you both had a child, and that means sharing more than those adorable baby grins. It means that you need to share the work with each other. You both have to help with the fun parts and the bad parts like when they

have a meltdown. Be a united front when your child is having a tantrum because it will only add to your stress if you are not on the same team.

Related Link: [Celebrity Baby News: Backstreet Boys' Nick Carter and Wife Are Expecting Baby No. 2](#)

3. You both deserve time out: Every parent needs an occasional break. A break from your partner and even the occasional break from your child. We all need a little me time now and again. Give each other that time out and away to just be alone and revel in their own thoughts. Even though this time alone may seem like a strange way to help work on your relationship, your partner will love you for offering them a break.

What are some ways you might work to avoid a custody battle with an ex? Let us know your thoughts in the comments below.