

Celebrity Baby News: Sean Lowe Admits Wife Catherine's Third Pregnancy Happened 'Sooner Than Planned'



By [Bonnie Griffin](#)

In [celebrity baby news](#), Sean Lowe and Catherine Giudici are expecting their third child. According to *UsMagazine.com*, the [celebrity couple](#) had been planning for a future with three children, but this third pregnancy came a little earlier than they had planned. The former *Bachelor* star said they are still excited about the pregnancy, although “the idea of raising three kids under three and a half years old [is] a little daunting.” Ready or not, baby number three is on the way for

this couple.

In celebrity baby news, this pregnancy took Bachelor Nation's Sean and Catherine by surprise. What are some ways to cope with a surprise pregnancy?

Cupid's Advice:

Not every pregnancy is planned for, but this doesn't mean it's not a happy occasion. Still, an unexpected pregnancy can be a lot to take in, and it can add unneeded stress if you are surprised. Cupid has some advice to deal with a surprise pregnancy:

1. Ask friends and family for help: If this isn't your first child and you're feeling a little overwhelmed talk to your friends and family. Let them know you're feeling tired and ask them for help. If you just ask you may find that you have all the help you need to bring your new child into this world.

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2. Remember it is normal to have negative thoughts: When you're surprised with a pregnancy every thought you have about your upcoming bundle of joy may not be positive. That's okay. Being pregnant alone takes a toll on your body with morning sickness, fatigue, stretch marks, and more. It is understandable that you might have a few negative thoughts about having to go through all of that unplanned.

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3. Don't panic: It may not feel like you have any time to get ready for the baby, but you have nine months. All you really need to worry about are the important things like a bed for your baby, diapers, clothes, and a few supplies. If you cut back on a few of the extras you splurge on you will find the money you need to get what you need for your upcoming baby.

What are some ways you might handle a surprise pregnancy? Let us know your thoughts in the comments below.