

Celebrity Parents: Former 'Bachelor' Arie Luyendyk Jr. Calls Wife Lauren the 'Hottest Momma'



By [Katie Sotack](#)

Arie Luyendyk still has the hots for his final rose recipient and now wife, Lauren. The caption on a recent Instagram post of his wife in a swimsuit holding their eight week old baby read, "I love those cheeks. Proud of you @laurenluyendyk, hottest momma around #8weeks". According to *EOnline.com* the [celebrity couple](#) are having a grand old time as parents. They can be seen hiking and eating out on social media where they document their trials and tribulations of new parenthood. As for the post, Lauren responded with a squeamish "Omg baby", to which Arie let us know he couldn't help himself with a simple "Sorrrrryyyyy".

These [celebrity parents](#) are always supporting and uplifting each other. What are some ways to support your partner after she gives birth?

Cupid's Advice:

Arie and Lauren are enjoying their time together as new parents, but Arie has been sure to let new dads know it's a vital job as well. "It will be hard, it will challenge your relationship. It will also be the best thing you'll have ever done together," the former [Bachelor](#) said. Take a [parenting tip](#) from Arie, and use these ways to be there for your partner after the birth of your child:

1. Take care of Mama: With the focus on the new life you've brought into the world, remembering the needs of the woman who's produced this baby can fall to the bottom of the list. But don't let it. Pregnancy and birth takes a huge toll on the body. Hormonal-wise, the baby package is likely a roller coaster that does not dissipate after postpartum. Take the time to check in with your partner emotionally and physically during the ordeal.

Related Link: [Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids](#)

2. Get her a gift: I'm not talking flowers here, though even that gesture is nice. Instead think of the traumatic toll birth has taken on her body and get her something she *needs*. Try something like *MOMBOX*, a subscription service that delivers a box full of goodies for postpartum moms. They have boxes for vaginal birth and c-sections which come with things like transition panties, herbal bath salts, and nipple cream.

If you're not into prepackaged gifts, try to put a basket together yourself. Use your knowledge of what relaxes your partner and what's currently paining her to create the perfect gift.

Related Link: [Celebrity Parenting: Find Out What Carrie Underwood Is Doing Differently as a Second-Time Mom](#)

3. Give her alone time: Her entire life is revolved around your baby right now, but her mental health is important too. Once a week offer to watch the baby by yourself for a few hours so mom can do something for herself. Suggest taking a bubble bath or going out with friends/family. Anything to remind her that she is a person outside of your precious child and her needs deserve to be met too.

How did your partner/you give support to the new mom? Share in the comments below!