

Celebrity Baby News: 'This Is Us' Star Chris Sullivan & Wife Rachel Welcome Baby Boy



By Diana Iscenko

In the latest [celebrity news](#), *This Is Us* star Chris Sullivan and wife Rachel Reichard welcomed their first child together, son Bear Maxwell Sullivan. The [celebrity baby](#) made his debut on July 28, at 10:02 PM. Sullivan shared the news on an Instagram post, where he gushed about his new family: "Witnessing [Rachel] bring our first son into this world, after 20 hours of labor, was one of the great honors of my life." The [celebrity couple](#) tied the knot in 2010.

In celebrity baby news, Chris Sullivan and his wife are parents! What are some ways to prepare your relationship for parenthood?

Cupid's Advice:

Being a parent changes your life and it'll change your relationship with your partner. This change doesn't have to be a bad thing! Make sure the growth of your family brings you and your partner closer. If you're worried about babyproofing your relationship, Cupid has some advice for you:

- 1. Celebrate your relationship:** Reminisce with your partner about your pre-parenthood days. Your relationship will change with the birth of your child and it's okay to be upset about

some of the changes. Accept the “loss” by celebrating the end of your time as a family of two.

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2. Discuss expectations: When your child arrives, there will be way more work to go around. Discuss with your partner what roles each of you will have when your baby arrives. It’s important to go into parenthood with a plan, but you should also be flexible. You two are a team, after all!

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3. Appreciate the little things: Be thankful for the little things your partner does to show their love. There will be less time for date nights when you have a new baby, but that doesn’t mean there’s no time for romance. Find the small moments that show your partner has your back.

How do you prep your relationship for your baby’s arrival? Start a conversation in the comments below!