

30 Rock's Tina Fey is Pregnant



Funny gal Tina Fey

revealed some big news on a recent taping of *The Oprah Winfrey Show*. According to [People](#), the *30 Rock* star announced that she is expecting her second child. Fey currently has a 5-year-old daughter named Alice with her husband, Jeff Richmond. The expectant mother went on *Oprah* to promote her new book, *Bossypants*.

How do you prepare your five-year old for a new sibling?

Cupid's Advice:

For a young child, the announcement of a new brother or sister can be both exciting and terrifying. Remind your children just how special they are to you and what a great role model they can be for their new sibling:

1. Spend quality time with your child: Spending time with your son or daughter when you're expecting will make them feel secure in that they are not being replaced by the new baby.

2. Include them in your plans: Take your child shopping with you to pick out the baby clothes and furniture. It's a great way for them to bond with you and their future sibling.

3. Answer their questions: Have open and constant communication with your child. Tell them that you will always be there for them and that they can come to you with any concerns about your changing lives.