


Celebrity Baby: Lily Allen Reveals She Wants Kids With Husband David Harbour



 By Nicole Maher

In the latest [celebrity news](#), Lily Allen revealed that she may be discussing the possibility of having a [celebrity baby](#) with new husband David Harbour. According to *EOnline.com*, Allen and Harbour are open to having children together, but may hold off for a while because of Allen's struggles with mental health. The [celebrity couple](#) met on the dating app Raya in 2019 and were secretly married in September of this year.

In celebrity baby news, Lily Allen wants kids eventually with her new husband, but she may hold off for a little while since she's in a good place mentally. What are some ways mental health comes into play when deciding whether to have kids?

Cupid's Advice:

Having children leads to large changes in everyone's lives, but these changes can be especially challenging for those who struggle to maintain mental health. What mental health considerations should you make before having kids? Cupid has some advice:

1. Change in hormones: Pregnancy and childbirth are two events that cause large changes to a woman's hormones, which could also affect her mental health. If you are considering having children but are worried about the changes it will cause to your body because of your mental health, getting the advice of both a psychologist and an obstetrician can help you decide when the best time to try for a child may be.

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2. Higher energy levels: Having and raising children requires large amounts of energy, which is something that may already be a struggle for someone with inconsistent mental health. While having a kid may allow for less rest days, there are many ways to structure your schedule that allow you to prioritize both raising your child and maintaining your balance of energy. On days where your energy is lower, try relying more on your partner or a babysitter.

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3. Constant enthusiasm: Whether it's their first birthday, first steps, or first day of school, there is so much to celebrate as your child grows up. However, this constant need to have enthusiasm may be difficult for someone struggling to maintain good mental health. Waiting until you have more enthusiasm in your daily life to have a kid may be a good idea to prevent you from feeling like you're missing out on celebrating important milestones.

What are some other ways mental health comes into play when deciding whether to have kids? Start a conversation in the comments below.