

Ivanka Trump and Husband Welcome a Daughter



How exciting!

Ivanka Trump and Jared Kushner are embarking on parenthood. The married couple welcomed their first child, a baby girl, on Sunday, and they're currently making adjustments to venture into parenting. Trump told [People](#), "We have our work cut out for us to ensure that our daughter is grounded and not spoiled."

What are some ways to change your lifestyle for the arrival of a first child?

Cupid's Advice:

So you're expecting your first baby, and you're both excited and scared. Cupid has some tips on adjustments you can make in preparation for the big day:

1. Read the lit: It's a good idea to do some research prior to the arrival of your child. There are plenty of guides to parenting out there. Go to your local bookstore and choose from a variety of books that will help you understand the changes you will experience as you are expecting.

2. Do the shopping: Before your newborn arrives, you're going to have to stock up on infant clothes, toys, cradles, carriages, diapers, etc. You're also going to want to get the room or nursery set up. So make a baby check-list and start ticking off items well in advance.

3. Take some time off: Surely you've been running around trying to get things ready for the day you'll be a parent. Well, don't forget to dedicate some time to yourself. Allow yourself to relax by reading a book, going for a jog or getting a manicure. It's important to not get too stressed out before your child's arrival.

**Got any advice on preparing for motherhood and fatherhood?
Share your experiences below.**