


# 'American Idol' Alum Jason Castro Welcomes a Baby Girl

 *American Idol* alum Jason Castro and his wife Mandy welcomed a beautiful baby girl into the world this past Sunday, according to [People](#). The baby girl, named Madeline Emilia Castro, is the first child for the Castros and they are ecstatic. On his website back in April when he first announced they were expecting, Jason's quoted as saying, "We just found out yesterday that it is going to be a girl! That makes me laugh ... what am I going to do with a sweet little girl?! Probably just smile a lot ... I cannot wait!!!"

Congratulations to these two love birds and their growing family.

**What are some ways to prepare your lifestyle for a child?**

## **Cupid's Advice:**

Bringing a baby into the world is a pretty big task, and Cupid has some tips on how to prepare your lifestyle:

**1. Make 'me' time:** Even though your about to have a child, that doesn't mean you and your partner have to give up time for yourselves. The most important thing to remember is to continue to maintain a healthy and loving relationship.

**2. Get advice:** A great way to prepare for a baby on the way is to get advice from family and friends on what to expect. This way you know what you're getting into, and you can prepare accordingly.

**3. Coordinate your schedules:** Make sure you and your partner have a plan when it comes to taking care of the new addition to your family. Whether it be who is on diaper duty or who is

going to stay home with the baby, making appropriate plans is the key to preparing your lifestyle for a child.

**What are some ways to prepare your lifestyle for a child?  
Share your thoughts below.**