

Jack Osbourne Admits His Baby-to-Be Wasn't Planned



Despite the surprise factor, 25-year-old Jack Osbourne and fiancée Lisa Stelly are thrilled to be expecting their first child together. Known for his love of extreme sports, Osbourne has no problem curbing these activities once he is a father. He told Britain's *Star* magazine that he is "excited" for the baby and that he's "really happy about the whole thing." [RadarOnline](#) says that along with the excitement of the new baby is the possibility of a reality TV show for the blossoming household, much like *The Osbournes*, which originally brought Osbourne to fame.

How do you quickly adapt to the idea of having a baby?

Cupid's Advice:

Pregnancies aren't always planned, so it's often necessary to come to grips with the idea of having a baby quickly. Here are some things to consider:

1. Tell your family: Telling your family about your unplanned pregnancy can be difficult, but there are a myriad of benefits. They can be a valuable source of support when it comes to difficult decisions, can provide financial help, and may even go with you to your appointments.

2. Stay healthy: Be aware of necessary lifestyle changes such as the one Jack Osbourne plans to make for his baby. Make smart diet choices as well as smart physical choices. Avoid alcohol and dangerous movements.

3. Trust the professionals: When in doubt, there is no better advice given than that of your doctor. Make sure to have regular appointments with your doctor, and don't be afraid to ask them *any* questions you may have.

How would you handle an unexpected pregnancy? Share advice below.