

# J.R. Martinez Prepares to Welcome a Daughter With His Girlfriend



2011 has been an exciting year for Iraq war veteran J.R. Martinez. Just last month he won the coveted mirror ball trophy on *Dancing with the Stars*. However, it looks like 2012 will come with excitement as well, as Martinez and his girlfriend Diana Gonzalez-Jones are expecting their first child in May. According to [People](#), Martinez says that the couple is “over the moon” about the pregnancy and consider it the “best gift we could get.” The idea of being a father is just hitting Martinez, but there’s no doubt he’s excited. Though he and Gonzalez-Jones are grateful for the blessings of 2011, they already know how 2012 is “going to top 2011” with a beautiful baby girl.

**What are some ways to prepare yourself for fatherhood?**

**Cupid’s Advice:**

It's just as important for men to prepare themselves to be a father as it is for women to prepare for motherhood. Cupid has some tips:

**1. Help your partner stay healthy:** Adapting your eating habits will help your significant other stay healthy as well. If you also avoid the unhealthy foods that tempt her , she'll find it easier to say "no." Joining an exercise class together or going for walks together are also good options.

**2. Be prepared:** Learn everything you can about what to expect during the upcoming pregnancy and after. It can't hurt to read as much material as possible to help your partner.

**3. Go shopping:** Not only could shopping be relaxing for the mom-to-be, but it's also good to have everything you can for the baby's arrival. Buy baby clothes, a crib, a stroller and even nursery decorations.

**What are some ways your beau prepared for fatherhood? Share your comments below.**