

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.