

# Nicole Richie Motherhood Advice to Pregnant Jessica Simpson



*Fashion Star* mentor Nicole Richie has some motherhood advice for her new coworker. The Winter Kate designer, 30, offered Jessica Simpson a crash course in parenting, reports [UsMagazine.com](http://UsMagazine.com). “I offered for her to take my kids up until she has hers,” joked Richie. “That didn’t really work, but the offer still stands because she hasn’t had her kid yet. If she wants to take [daughter Harlow, 4, and son Sparrow, 2], go ahead. I will go to Cabo, no problem.”

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

**Cupid’s Advice:**

Parenthood gets easier with time, but the first few months with your newborn can be the most challenging part of your new role. Here are a few ways to prepare yourself:

**1. Buy the essentials:** It's surprising how many things new parents leave for the last minute. Prepare in advance as much as you can. Buy a car seat, baby formula, diapers, a crib, etc. You'll be too occupied with your newborn to be doing much shopping after the birth.

**2. Find a doctor:** Finding a pediatrician you're comfortable with before the baby arrives can save a lot of time. Make appointments with several local doctors and talk to your friends until you find one that suits your needs.

**3. Organize a support system:** The first few weeks will be tough on you and your partner. Arrange for a friend or family member to stay with you and help out. You'll be able to enjoy their company and a large load will be taken off of your shoulders.

**How did you prepare yourself for parenthood? Feel free to leave a comment below!**