

# James Van Der Beek and Wife Welcome a Baby Boy



James Van Der Beek is a proud father- again! Van Der Beek and his wife, Kimberly, had their first son on March 13. “Had my first son this morning... well, actually, my wife had him. I just caught him. Wow. Heart expanding way faster than my brain,” James wrote via Twitter. “If you could bottle up and distribute this feeling, I swear there’d be no more war. #fatherhood.”

Although, the new bundle of joy’s name hasn’t been revealed yet, the couple is ecstatic about sharing the experience.

“Had such a blessed and miraculous birth experience. Cannot wait to share it with all of you!” Kimberly tweeted. “Thank you for all the love and good wishes. I can feel it all. xo.”

The newest addition to their family will be join the couple’s first daughter, 17-month-old Olivia.

**What are some new things you have to prepare for when you have a boy versus a girl?**

## **Cupid's Advice:**

Whether you're having a boy or girl, it's always best to make sure you're well prepared when you're expecting. Here's Cupid's advice on how to get ready to welcome your baby boy:

**1. Go blue:** Since you're having a boy, it's pretty common to go with a baby blue theme for your son's nursery. However, if you're looking to add other colors, different greens and yellows can easily compliment the soft blue.

**2. Become the outdoorsy type:** If you're not already a fan of outdoor activities, become one. While not all boys are the same, a vast majority of them lean toward enjoying playing outside, sports or playing with their favorite monster trucks.

**3. Exercise:** Granted, both boys and girls can keep you on your toes. However, boys tend to be a bit more active. Make sure you get plenty of rest and exercise so you'll be able to keep up with your little one when he learns to walk and crawl everywhere.

**How do you prepare for having a boy versus having a girl?  
Share your comments below.**