

Jessica Simpson Welcomes Daughter Maxwell Drew

It's official: Jessica Simpson isn't the most pregnant star in Hollywood anymore! Simpson and fiancé Eric Johnson welcomed their daughter, Maxwell Drew Johnson, into the world on May 1, according to [People](#). "Eric and I are elated to announce the birth of our baby girl, Maxwell Drew Johnson," Simpson wrote on her website. "We are grateful for all the love, support and prayers we have received. This has been the greatest experience of our lives!!" Maxwell is former NFL player Johnson's middle name, while Drew is Simpson's mother Tina's maiden name.

How do you avoid criticism during your pregnancy?

Cupid's Advice:

Jessica Simpson endured some major criticism throughout her pregnancy, pertaining to her weight gain. Check out these ways to avoid the backlash:

1. Surround yourself with trustworthy people: The truth is, if you stay away from certain types of people, you shouldn't run into too much of a problem. During your pregnancy, surround yourself with those you wouldn't hesitate to introduce your child to once him/her is born.

2. Stay healthy: The most obvious way to avoid criticism pertaining to your weight gain is to keep that gain under control. There's no doubt that you need to consume more when you're eating for two, but keep those cravings in check.

3. Stay in: We're not saying that you have to avoid the public eye throughout your entire pregnancy, but going out to the

bars every weekend is probably not the best idea. There's something to be said with rest and relaxation while you're carrying a child.

What are some other ways to avoid pregnancy criticism? Share your ideas below.