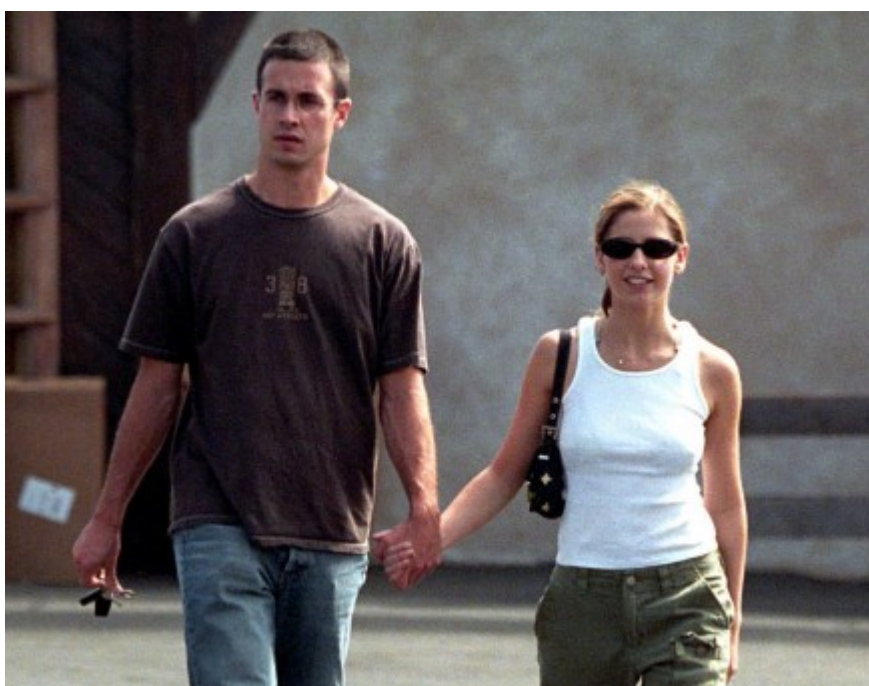


Sarah Michelle Gellar and Freddie Prinze Jr. Welcome a Baby Boy



By Jennifer Ross

A new Prinze has arrived in America! Sarah Michelle Gellar gave birth to a son last week in Los Angeles, reported *People*. Her rep also confirms that both Mommy and baby are doing great. This is the second child for Gellar, 35, and her husband Freddie Prinze Jr, who were married in September 2002. Charlotte, their 3-year-old daughter, is happy to become a big sister. Congratulations to the family addition!

How do you prepare your daughter for a baby boy?

Cupid's Advice:

Having a new baby in the family will be an adjustment,

especially when your daughter is used to being the only child. With a newborn that will demand so much attention, she may not understand what is about to happen and will need reassurance beforehand. To help with the transition, here are a few tips on how to make big sis comfortable with little changes:

1. Talk about it: Once you have told your daughter of the new baby coming, she will likely have several questions. Use the months during the pregnancy to talk about what will change in the family. Remember to follow her lead. Because she may not want to talk about him every day, allow her to decide how much to discuss. Lastly, always reassure her that you will still love her just the same.

2. Bring out the old pictures: A great way to help your firstborn understand what it will be like with a new baby is to show her pictures of your first pregnancy. You will want to go through her own baby pictures as well. When doing this, describe the newborn as a person that has ideas and emotions, just like her. Also, inform her that the newborn may cry a lot at first as his only way to communicate.

3. Visit other newborns: When the new baby arrives, your daughter may have a strong reaction to holding them. To prevent this, take your daughter to visit a friend or relative's newborn. By spending a relaxing day, having fun and holding another baby, your daughter will see that a new baby is okay. It will calm any worries she has about being forgotten.

What steps did you take to prepare your daughter for a new baby? Tell us below.