

'Teen Mom 2' Star Leah Messer Is Pregnant with Third Child



✖ By Jennifer Ross

It's baby number three for *Teen Mom 2* star Leah Messer! Messer, 20, and new husband Jeremy Calvert exclusively confirmed the pregnancy to Usmagazine.com, saying that the two-year-old twins "can't wait to meet their new brother or sister." Calvert, 23, is Messer's second husband and this will be his first child. The MTV reality star divorced her first husband, and father of the twins, Corey Simms in April of 2011. "Being a teen mom was difficult, but I'm older and in a different place now – married to Jeremy and excited for our family to grow." Baby Calvert is expected to arrive sometime this winter.

What are some ways to prepare your children for a new addition to the family?

Cupid's Advice:

A new baby in the family will bring many changes. Although it is a joyous occasion, siblings may feel neglected and jealous in the beginning. However, parents can prevent some of this by preparing the siblings, and not just baby-proof the home, for a newborn. With a few simple steps and conversations, your home and family will be a happier place for baby to arrive:

1. Read a book: Start the "new baby" conversations with your children by reading them stories of becoming a big brother/sister. This way, little ones will be able to learn

how important they will be in helping mommy with a baby and begin to feel proud of their upcoming role. Plus, it's a great way to spend a little quality time together.

2. Help them understand: Depending upon their age, your child may not fully grasp the concept of a new baby. A good way to help them understand is by showing them their own baby pictures. In doing so, tell them the stories behind the pictures. Also, don't forget to include pictures of your pregnancy with them.

3. Visit a friend: Another way to make the newborn a reality before birth is to visit a friend who has a newborn. Allowing your children to sit, and possibly hold, a newborn baby will get their minds open and excited about their upcoming sibling. Feel free to answer any age appropriate questions that may come up because of the visit.

How did you prepare your children for the new addition in your family? Tell us below.