

# Jenna Bush Hager Is Expecting



By Jennifer Ross

After several months of secrecy, ex-first daughter Jenna Bush Hager and husband Henry Hager announce that they are expecting their first child. In an exclusive interview with [People](#), the *Today's* Correspondent exclaims, "We're so excited. We can't wait." That's exactly how the rest of the Bush clan feels about the new addition, set to arrive next spring. The first grandchild for former President George W. Bush and former First Lady Laura Bush, the Bush's called into Wednesday's *Today Show* to publicly congratulate their daughter and son-in-law. "We're both really thrilled. We've been looking forward to being grandparents for a long time and we're very excited about it," says Laura Bush. The former President added, "I'm fired up...I could barely contain the news." When it comes to buying gifts for baby Hager, the Bush family will have to choose neutral colors. The proud parents-to-be are waiting to learn the baby's gender.

## How do you prepare your relationship for a first child?

### Cupid's Advice:

When pregnant with your first child, you may have the overwhelming urge to buy every latest baby item ever created. However, one thing that will definitely need to be baby-proofed is your relationship and you won't find this item at your local baby store. By considering the following tips, you and your partner will be much closer to being ready for your little bundle of joy:

**1. Be realistic:** No matter how hard you and your partner prepare for the new baby, you are going to have relationship issues during the first few months. One of you may even think the relationship is falling apart and possibly need couples counseling. The reality is you two are redefining your relationship to include a newborn, which isn't easy.

**2. "Me" time:** Once a newborn is in your life, you and your mate can kiss your private time good-bye unless you make it a priority. With all the daily repetitive chores your baby will require, both you and your partner will need to take a little "me" time out to unwind and, possibly reset yourselves. Without it, one or both of you will lose your sanity.

**3. Sleep schedule:** Because of your newborn's feeding schedule, a major adjustment will be the lack of sleep. To prevent you and your mate from becoming zombies, plan in advance a night time schedule, equal for both parents. Remember that it doesn't make sense for both parents to be awake in the middle of the night at the same time.

**How did you prepare your relationship for your first child? Share with us below.**