

Kate Middleton Reveals Her Baby Bump



By Jessica Conigliaro

Mother-to-be Kate Middleton showed off her baby bump in West London recently. [People](#) reports that she bought a pair of jeggings at the Gap to support her changing figure. Middleton is excited to share her pregnancy with the public and is due in July.

How do you announce your pregnancy to family and friends?

Cupid's Advice:

When new and exciting things happen in our lives, the first thing we want to do is share the news with those we care

about. Announcing to friends and family that you are pregnant definitely falls into that category. Here are some tips on how to share the news with loved ones:

1. Tell the father first: Before telling your mom and sister the good news, make sure the father knows first. This way, he doesn't feel unimportant or left out. It will also be a lot easier—and memorable—to tell people together that you are expecting.

2. Say it with joy: When first finding out you are pregnant, fears and doubts may enter your mind; talk to your partner about your concerns before telling everyone else in your life. You should sound ecstatic about your pregnancy so others can be happy for you as well.

3. Don't spring it on them: The last thing you want to do is tell your family you are pregnant during the wrong time. Avoid sharing the news during an argument you are having with your parents. It is happy news and should be told during a peaceful dinner.

How did you tell your family you were expecting? Share your experiences below.