

Fergie and Josh Duhamel Are Expecting



By Meghan Fitzgerald

Fergie and Josh Duhamel are expecting! The couple confirmed their pregnancy via *Twitter* this past Monday, she tweeted "Josh & Me & BABY makes three!!!" [Huffington Post](#) reported that her rep released a statement to *Just Jared*, stating, "Yes, Fergie is pregnant!! We are pleased to confirm the news." This is the first child for Fergie and Duhamel since they wed in January 2009. The two were always certain that they wanted to start a family. Their time is now, so congrats to them!

What are some ways to prepare your relationship for a child?

Cupid's Advice:

With a child coming into you and your beau's life, you need to prepare your relationship. "A child changes everything" is more than accurate. Not only will your baby change the way you live however, it will change your relationship. Or at least try to. With having a child, you and your mate need to keep strong, especially strong together. Cupid has some advice:

1. Sleep deprivation: You and your partner will both realize what sleep deprivation really means when you have a child. Three-hour nights of sleep will be common to you two. With this being said, your need to prepare your relationship for possible fights over who gets up for the baby. You both will be completely exhausted however, one of you still need to get up. This ties in with score keeping also, no matter how many times you get up for your child-you're still the parent! And it is a parents job, so don't let it interfere with your relationship.

2. Score keeping: "I changed diapers twice today, now it's your turn." "I got up last night to rock the baby back to sleep, you do it tonight." Leave all of this entirely out of your relationship! Score keeping on what and what not you did with your child will end in chaos. It is both of your responsibilities to love your child more than anything on earth. Fighting does not tie in with love. You and your [mate](#) will drive one another crazy if you enforce a score keeping system in your life. Leave it out!

3. Sexual disconnect: Be prepared ladies and gentlemen for a strong disconnection from sex with your partner. With some, it may still be visible. However, with most couples, sexual disconnect is common. With the lack of sleep, excess of baby poop and puke, sex seems entirely unappealing. At the end of the day, you and your mate will be thinking of how your eyelids look, not how you look in the new La Perla lingerie you recently bought.

Have you prepared your relationship for a child? Explain below.