

Celebrity Pregnancy: 'High School Musical' Star KayCee Stroh Celebrates Her Baby-to-Be



By [Whitney Baker Johnson](#)

KayCee Stroh's spring is already looking pretty in pink. On Saturday, March 23rd, the *High School Musical* star and former *Celebrity Fit Club* contestant kicked off the new season with a chic baby shower at the W Los Angeles-Westwood. With blooms by Sky Flowers, food by LYFE Kitchen and dessert by Magnolia Bakery, the guests, including Vanessa Hudgens, *Hannah Montana*'s Anna Maria Perez and *I Kissed a Vampire*'s Autumn Grabeel, were treated to a day of pampering from beauty

companies like Nail Garden, Lash Fairy, LipSense and more.

The mother-to-be got ready for the event with celebrity stylist Anya Sarre, who also helped plan the soiree. Sarre recently welcomed her first baby – son Sawyer William – with husband Tim and knows firsthand that a bundle of joy makes everything different. “The definition of romance has changed,” Sarre says of life post-baby. “We still make time for us, but we incorporate the baby. A date doesn’t have to be a candlelit dinner for two.”

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It sounds like Stroh and husband Ben Higginson have taken this advice to heart. For starters, the twosome has built a strong foundation for their relationship since tying the knot in 2009. After dating for only six months, Stroh realized that her man was someone she couldn’t live without. “I knew he was ‘the one’ because of the way he made me feel and how he made laugh in times of despair. He balances me and always reminds me of what really matters in life.”

Plus, they’ve already “made a few packs” to ensure that romance doesn’t fall to the wayside after their daughter is born. In order to keep their love a priority, after a long day of work, they’ve promised to kiss each other first before turning their attention to the baby. Another important activity is a weekly date night. “Ben’s parents always did this, and we feel it’s really great advice. Sometimes, couples just need time together to talk like adults and remember why they love each other,” the star explains. “We’ve decided on every other Friday night. That’s our plan to keep our marriage healthy and happy!”

While they know a baby will add a lot more responsibility and stress to their relationship, they also think their child will improve their marriage for the better. “I can’t think of anything that would strengthen our bond more than looking into

the eyes of our baby girl and knowing that we created something wonderful together,” the actress gushes. “What an incredible bonding experience!”

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Higginson is already proving to be an involved daddy-to-be, which is no surprise for his wife. “He’s always been a part of the decision-making process in our lives. He’s helped me every step of the way, whether it’s going to doctor’s appointments with me or tracking down my most ridiculous request for the nursery.”

“He’s such a champ,” Stroh adds. “I’m really lucky.”

Stroh’s close friend, Rachel Leigh Cook, has no doubts about the couple’s growing family. “Any child coming into this world would be lucky to have you two as parents. You are both all heart,” she said at the shower. “I hope your daughter is blessed with Ben’s silliness and KayCee’s singing voice.”

To keep up with Stroh, follow her on [Twitter](#).