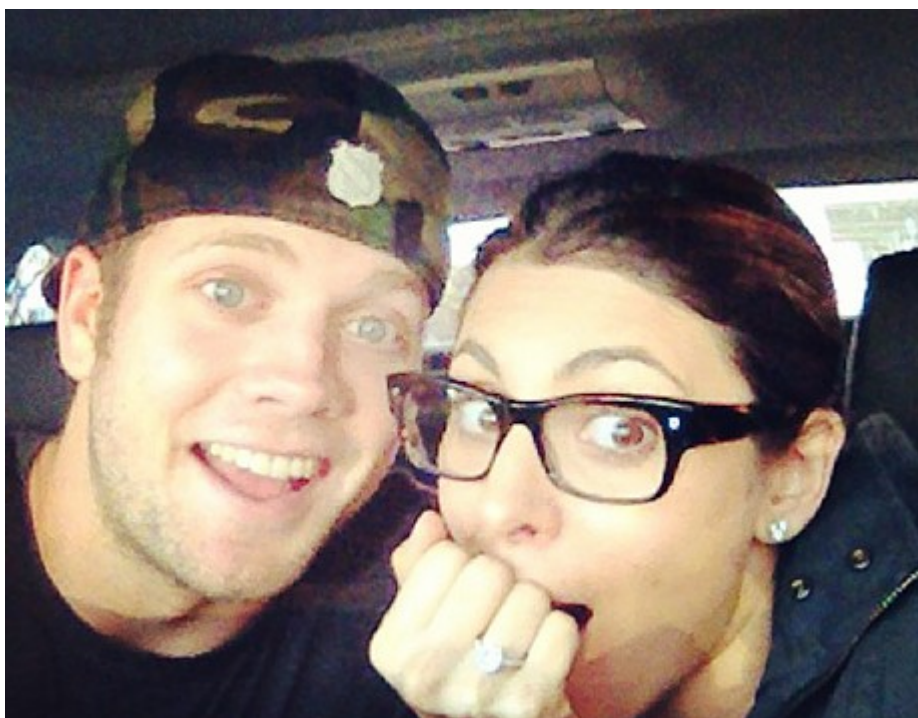


Celebrity News: Jamie-Lynn Sigler Opens Up About Surprise Pregnancy



By Andrea

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Cutter Dykstra and Jamie-Lynn Sigler were thrown when they discovered that they were expecting a baby, reported [People](#). The couple was in the midst of taking the relationship slow and just beginning to think of getting engaged when they found out that they had a bundle of joy on the way. "We definitely thought it was going to be a slow relationship process and possibly an engagement – I felt like it was coming – so the baby definitely threw us for a loop," Sigler told *SheKnows*. Dykstra proposed to Sigler soon after they discovered the news. Sigler has opted to not follow up with pregnancy books, but to instead let nature take its course.

“It’s a bizarre thing, but also a beautiful thing. It’s the most natural thing your body can do,” she said. “My body knows what it’s doing. I’m just a vessel, I’m just the ship that’s carrying this baby until it’s ready.” The couple also discovered that they will be expecting a boy. What will they choose to name their son? “We have our list of names that we’re playing around with, but it’s a lot of pressure!” Sigler says. The lovebirds want to find a strong name for their baby boy. “It’s not going to be a name that you can call anything that you can eat,” she says. “It’s not going to be spaghetti.”

How do you announce your pregnancy if it’s an unexpected surprise?

Cupid’s Advice:

Having unplanned pregnancy can be a shock but a wonderful blessing. The best part? Spreading the news to all your friends and family. Cupid has some tips:

1. Intimate conversation: One way to let everyone know about your pregnancy is to just sit down in an intimate atmosphere and tell them that you are expecting. This will be a great way to tell everyone if you know there will be a lot of joyous tears.

2. Funny surprises: If you want to shock your family and friends, a great way to tell them is to give them a humorous surprise when your telling them the news. Try writing “I’m pregnant” on a cake or wrap a picture frame with the sonogram in it and present it to your family as a gift. This is a guaranteed shocker!

3. Throw hints: Play games with your family by throwing hints that you are pregnant. Try making dinner for them with baby carrots, baby back ribs, and baby corn. Then ask them what they think the theme of the dinner is.

How did you announce your pregnancy? Comment below and let us know!