

Is Melissa Rycroft and Tye Strickland's Baby a Boy or Girl?



Reality star Melissa Rycroft and husband Tye Strickland are getting ready to face a different reality by becoming parents. According to [People](#), the former 'Dancing with the Stars' contestant and hubby are taking the upcoming arrival of their little one in full stride. While the two wait for confirmation on the sex of their baby, Strickland has been doing whatever he can to make his baby's mama comfortable and feeling pretty.

How can your beau help make sure your pregnancy goes as easily as possible?

Cupid's Advice:

Nine months is a long time and can be quite emotional for the mother-to-be. Men will most definitely also face their share of apprehension and excitement, but let's face it, they aren't carrying around a bowling ball in their bellies and don't have to deal with stretch marks! Cupid has some advice for your beau to help him make sure your pregnancy is fun and not all labor:

1. Attack of the hormones: It's inevitable that at some point during your pregnancy your emotions will take over, and your husband will take a ride on a roller coaster of mood swings. Prepare him for this, and advise him to be as patient as possible. Tell him not take your moods personally!

2. Put her on a pedestal: Men: get used to cravings, sore body parts and your wives dealing with sudden changes in her body. Remember, she's carrying your unborn child and deserves as much extra attention as possible.

3. Become baby educated: The more you know, the more you'll understand what your wife is going through. Plus, you'll be ready for the baby once it arrives. Try to go to as many doctor's appointments as possible so you can listen to the experts' advice on how to handle different stages of the pregnancy.