

# Celebrity Baby: 'Real Housewives of Atlanta' Star Phaedra Parks Welcomes Second Child



By April Littleton

*Real Housewives of Atlanta* star Phaedra Parks and her husband Apollo Nida welcomed their second child – a son on Wednesday May 8, according to [People](#). A rep for Parks said, “Mother and baby are happy and healthy.” The couple has been married since 2009. The two are parents to a soon-to-be 3-year-old named Ayden.

**How do you prepare for a second child versus your first?**

## **Cupid's Advice:**

You know you should be preparing for your second baby's arrival, but how? You've already been through this once before! You pretty much have everything taken care of...so you think! Despite the fact that you're already a parent, pregnancy the second time around does have its differences. Cupid has some advice:

**1. Plan to adjust:** Don't forget to talk to the big brother or sister about what's to come. Be positive when you're discussing the new baby and help the first child adjust to the idea of having a sibling. If he or she isn't entirely thrilled with the prospect of gaining a new family member, or they're just simply too young to understand, help them feel included by letting them pick out toys or other special items for the new baby.

**2. Organize:** Day-to-day errands you were able to do with ease with one child will be a little bit more difficult to manage with two. Schedule some fun family events and kids' activities. Make sure you have a good way to keep track of things because you're bound to forget something along the way.

**3. Relax:** Get as much rest in as you can. You won't have to worry about too much sibling rivalry until the newborn becomes mobile. With a new baby on the way, the little family moments you'll experience will count even more the second time around!

**Do you have more than one child? How did you prepare for the additional bundles of joy? Share your experience below.**