

# Danielle Jonas Shares Baby Sonogram



By April Littleton

Danielle Jonas shared her sonogram with all of her fans via Instagram Tuesday, August 6. “I can’t believe this is ours @kevinjonas and I are so blessed,” she wrote. “Look at that cute nose!!!” The “Poms Poms” singer spoke to [UsMagazine.com](http://UsMagazine.com) about his wife’s pregnancy, “The first trimester is always an interesting one. She’s been feeling up and down a lot. But she’s doing a lot better now. We’re in good spirits. We’re excited.”

**What are some ways to to include family/friends in your pre-baby excitement?**

**Cupid’s Advice:**

Finding out that you and your partner are going to have a baby

is very exciting news. Sometimes, it may be hard to share the excitement with your loved ones because you're so wrapped up in your own crazy emotions. Cupid is here to help:

**1. Shopping for baby:** Instead of taking your significant other baby shopping with you, think about taking some of your family members and friends. Shopping for clothes, toys and any other accessory you think your baby will need will be fun and exciting for you and for the people who don't feel as included in the pregnancy. If this is your first pregnancy, ask some of your friends who already have kids for their advice on diaper brands, bottles and baby formula. They'll be happy that you're trying to get them involved in all of the baby chaos.

**2. Doctor appointments:** You might not feel comfortable bringing your friends to any of your doctor appointments, but having a family member or two there with you won't do any harm. What better way to increase their excitement over the baby than to see him/her on the sonogram screen?

**3. Baby names:** If you need a little help thinking of names for your little bundle of joy, ask the people closest to you for help. Ask your loved ones their top three name choices for both a boy and a girl and pick the one you and your partner like the most. Don't reveal the name until the baby is born. The suspense of it all will be more than enough to keep everyone's attention on your pregnancy.

**How did you include your family/friends in your pre-baby excitement? Share your experience below.**