

# David Arquette Is Expecting with Girlfriend Christina McLarty



By Kristyn Schwiep

David Arquette is expecting another baby with girlfriend Christina McClarty, [People](#) confirms. Arquette has a 9-year-old daughter from his previous marriage to Courteney Cox. McClarty and Arquette have been dating off and on since 2011.

**What are some ways to cope with an unexpected pregnancy?**

## **Cupid's Advice:**

Getting pregnant can be a hard time for many couples, but dealing with an unplanned pregnancy can be even scarier. So how can you cope with an unplanned pregnancy? Cupid has some advice for you:

**1. Don't give up:** If you had other plans before you got pregnant, don't give up on your dreams. Take a moment to sit down with your partner and figure out a way that you both can follow your dreams with a baby in the picture. Keep telling yourself that everything will work out and it will.

**2. Think positively:** Stop thinking negatively about the situation and start thinking positively. Being negative will only add to your emotions and not in a positive way. Think about all the positive your baby will bring to your life and things should start looking up.

**3. Talk to someone:** Don't keep your emotions and feelings bottled up inside. Seek support from family and friends and talk about how you are feeling about the situation. Unplanned pregnancy can be a hard thing to deal with, but if you talk about how you are feeling with people who care about you things will get a lot easier.

**What are some ways to cope with an unexpected pregnancy? Share your thoughts below.**