

Kevin and Danielle Jonas Welcome a Baby Girl



By Louisa Gonzales

Congratulations to the new parents, *Married to Jonas* stars, Kevin Jonas and wife Danielle! The two welcomed a daughter on Sunday, February 2nd. According to [People](#), the first time parents are reportedly “overjoyed” about the new addition to their family and want to shout it to the world. The lovebirds have never been shy about sharing their pregnancy experience and were happy to keep fans updated about their journey through social media, as they believe it is something you should celebrate and not hide.

What are some ways to prepare your relationship for your first child?

Cupid's Advice:

Pregnancy is a wonderful and beautiful thing, but it can also be stressful and challenging. There's no doubt the road to giving birth is going to be a bumpy ride, filled with a few unexpected turns and you may end up getting lost a few times along the way, but it's an amazing ride. Being in a relationships means sticking together and being there for each other, this is something you should keep in mind when preparing for your first child. Cupid has some advice on how to prepare your relationship for parenthood:

1. Stay calm: Yes, pregnancy is going to be stressful, especially if it is your first one, because it's new and unfamiliar. However, if you remind yourselves to stay calm and relax it will help keep things in perspective for the two of you. Remember, no good can come out of to worked up. Keep in mind if the mother-to-be is stressed it can be harmful to the baby and if her partner is also freaking out it will only make things worse for the mother and by extension the baby.

Related: [Kevin Jonas and Wife Danielle Are Expecting](#)

2. Read some books and take classes together: Doing pregnancy things together as a couple, will only make your relationship stronger. Go to weekly check-up appointments to the doctors together or sign yourselves up for a birthing class. Both first time parents have to put in equal effort to prepare for the new addition to their family, as it shows you are both in this together. It is also important to research and prepare for the birth of your child and parenthood, this is one of the best thing you can do for yourselves and your baby.

Related: [Kristin Cavallari Shows Off Baby Bump #2](#)

3. Mentally prepare yourselves: Brace yourselves for the life changing event of having a baby. Know that some things will change and will never be the same as soon as your lover gets pregnant. There is bound to be changes in both of your daily

routines and lifestyles, so make sure you and your significant other are ready for the long journey of pregnancy and parenthood. Know that with having a child there is going to be times of pain and hardships, but also beauty and life and if you work together as a team you can overcome anything.

What do you think you should do to prepare relationship for having a baby? Share your tips below.