

Beverly Mitchell Hosts Shower For Military Moms-To-Be



By Maria Darbenzio

New mom, Beverly Mitchell, partnered up with Operation Shower and Birdies for the Brave to give 40 military moms-to-be, whose spouses are deployed, the shower of their dreams on February 11th at The Riviera Country Club in Pacific Palisades, California. The *7th Heaven* star caught up with *Celebrity Baby Scoop* to talk about the experience and her own transition into motherhood.

"I am so incredibly grateful to our military and their families for their sacrifice, and this is a very small way of saying thanks. If it weren't for their daily sacrifice, we would not be able to live as we do, and I never take that for granted," Mitchell exclaims. "I wish I could do more, but this is a start and it couldn't make me happier to spoil these mummies-to-be with the most amazing things to help make the

transition into parenthood a little easier. And let's be honest, who doesn't love a little pampering!"

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During the shower, guests were given a lunch provided by Whole Food Markets and the Operation Shower signature "shower in a box." The box contained products for both mother and baby donated by numerous companies, including Carousel Designs.

Mitchell became a first-time mom in the past year when she gave birth to her beautiful daughter, Kenzie, who turns one year old next month. "We are planning a little something at the house – our families and close friends. Just something quaint and special – probably a little barbecue," the actress shared when asked what their plans were for Kenzie's upcoming birthday.

Like many new mothers, point-of-views change with the addition of a little one. Mitchell says she's gone through the same change in views. "The biggest change was my perspective on what really matters, and I am much less stressed because of it, mostly because I have learned that I have absolutely no control so sit back and enjoy the ride versus fighting to make everything happen the way I would like it to.

Related Link: [Kevin and Danielle Jonas Welcome a Baby Girl](#)

With parenting experience under her belt, she says her and her husband would love to have more children. But don't be expecting that to happen anytime soon! They want to take the next year or two to enjoy Kenzie before jumping into having another child.

For the rest of the interview, visit www.celebritybabyscoop.com/2014/02/12/beverley-mitchell-operation/