

Jason Biggs Says 'My Son Changed Me Overnight'



By April Littleton

Actor Jason Biggs has been a father for a little over a month now, but he says he already fully appreciates fatherhood. "What I'm learning – and what's interesting – is that my wife has changed completely, and I'm sure I have too," he told [People](#) at the PaleyFest *Orange is the New Black* panel in Hollywood last Friday. Biggs and his wife, Jenny Mollen will be celebrating their six- year anniversary soon.

What are some ways to prepare yourself for being a first-time parent?

Cupid's Advice:

Becoming a parent for the first time is a life changing experience. You won't know what you're doing for awhile, but

you'll pick up the new baby duties in no time. There are a few things you can do that will help you ease into the transition a little more smoothly. Cupid has some tips:

1. Read: Go to your local library or bookstore, and find some parenting books to read. There are so many different ones to choose from. If you need a little help with reducing the selection, ask a loved one to assist you. Maybe they'll have a few favorites of their own if they've already been through your experience before.

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2. Think positive: Don't let yourself get stressed out over the small stuff. Keep a positive outlook on parenting. Naturally, you'll make a few mistakes along the way, but every first-time parent does. Keep the focus on yourself, your partner and your new baby. Everything will work out just fine.

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3. Support system: Start hanging around with other parents to get a feel of how things will be from now on. Other parents will understand your frustration, excitement and anxiety. You can also learn a thing or two from the pros.

What are some other ways to prepare for being a first-time parent? Comment below.