

# Tiffani Thiessen Welcomes Her First Child



It's a girl! [People](#) reported that actress Tiffany Thiessen and her hubby, Brady Smith, welcomed their first daughter, Harper Renn Smith, on Tuesday. Thiessen's rep said Harper, who weighed in at 8 lbs., 3 oz., is "doing great." This is the couple's first child.

**What can first moms expect once the baby is born?**

## **Cupid's Advice:**

A lot! But with some basic tips and the help of family and friends, you can get through this exciting (and sometimes scary) new time.

- 1. You'll be tired – constantly:** Long gone are the mornings you can sleep in. Be prepared for this, and prepare your partner for this as well.
- 2. Don't expect anything...:** Since this is your first child, you don't know what to expect or what road you should take. Realize that you can only control so much.
- 3. ...but expect to be surprised:** What amazes most first-time moms is how fast time flies, and how quickly their newborn turns into a walking, talking mini-mom or dad. Embrace the moments allow you to forget how stressed out you are, and remember that motherhood is a gift that shouldn't be taken for granted.