

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.