

# Reality TV Star Ashley Hebert Instagrams Amazing Post-Celebrity Baby Body



By Emily Meyer

Say goodbye to the days of a big belly! Just a month after giving birth to her celebrity baby with [J.P. Rosenbaum](#), [The Bachelorette](#) star [Ashley Hebert](#) is showing off her amazing body. According to [WetPaint.com](#), the reality TV star honored her 30-day mark with one of her signature side profile mirror selfies on Instagram. She captioned the impressive picture, "One month post baby! I'll take it." Not only did the new celebrity mom display a super flat belly, but she is also showing off some serious guns, making us wonder how she's finding the time to exercise too. The happy famous couple have called Fordham an "easy" celebrity baby, so it's no surprise parenthood is looking so good on her!

**This reality TV star has a lot of support from her husband after having their first celebrity baby. Men, here's how you can help your partner feel good about their post-baby body!**

**Cupid's Advice:**

Now that your baby is born, you want your body back! You may be thinking that things will never be the same again. While your body is forever changed, you will feel like yourself again soon. Cupid knows it can be hard making a woman feel good right after she has given birth, so here are three ways to make your partner feel confident about their post-baby body:

**1. Remind her to be patient:** It's easy for women to be frustrated at her body after giving birth, so she'll need to hear a lot of encouragement. Let her know that it won't be easy but that you'll be supporting her every step of the way! Most importantly, remind her that it'll take time, effort, and patience.

**Related Link:** ['The Bachelorette' Couple Ashley and J.P. Rosenbaum Talk About Life with Newborn Son Fordham](#)

**2. Give her a break:** Force your partner to take some time for herself, no matter how much she protests. Whether it's watching a movie or getting her nails done, she'll start to feel better about herself. It will also help her get back into her regular routine.

**Related Link:** [Blake Lively Shows Off Baby Bump With Ryan Reynolds](#)

**3. Shower her with compliments:** Every woman loves to have sweet nothings whispered into her ear! Tell her she looks beautiful everyday, no matter how she's feeling. Don't let her compare herself to others, and remind her that she's the only woman you have eyes for.

**What are some other ways to make your partner feel good after having a baby? Share below!**