

Celebrity Pregnancy: Tamara Mowry-Housley Is Expecting Second Child



By Maggie Manfredi

Baby, baby! According to Yahoo.com, former *Sister, Sister* star Tamara Mowry-Housley is expecting again! In case anyone doubts the celebrity pregnancy news, *The Real* talk show host posted an Instagram pic of her holding the pregnancy test and wrote, "We are thrilled to announce we are #ClearblueConfirmed! Can't wait to meet baby #2! Love Clearblue's pregnancy test with Smart Countdown. It helped me get through the wait to get my result by counting down with me. #spon" Mowry-Housely and husband Adam are already parents

to Aden, 2.

This celebrity pregnancy made recent headlines! What are some ways you can prepare for a second child?

Cupid's Advice:

Just because people like Mowry-Housley already have one child doesn't mean baby number two will be an identical experience. Cupid has some tips on how to prepare for your second go-around:

1. Hand-me-downs: In the case of celebrity babies, this may not be something to consider, but a second baby should mean less spending. Take advantage of your first baby's outgrown clothes, toys, and crib! If you are having the opposite gender, this may not be completely possible, but there are always some unisex items that can be transitioned to the second child.

Related Link: [Holly Montag and Husband Richie Wilson Are Expecting](#)

2. Reflect back: Are there certain foods that kicked your morning sickness into high gear? If you kept a journal last time, it may come in handy as you work through your food tolerances and recall your previous pregnancy experience. Still, remember that not all pregnancies are alike.

Related Link: [Kourtney Kardashian Says She Feels 'Blessed' After Birth of Third Child](#)

3. Sibling love: It will be exciting to involve your first born child in the process with you. Take a cue from celebrity

moms and babies like Jessica Simpson and her daughter Maxwell by helping to create a bond with your unborn child. It will help to bring the family together before the baby is born.

Moms, how did you prepare for baby number two? Share your tips below!