

# Bristol Palin Announces Second Celebrity Pregnancy



By [Katie Gray](#)

There is another [celebrity baby](#) on board! Bristol Palin recently announced her second celebrity pregnancy. According to [UsMagazine.com](#), Palin released a statement saying, "Honestly, I've been trying my hardest to keep my chin up on this one. At the end of the day, there's nothing I can't do with God by my side, and I know I am fully capable of handling anything that is put in front of me with dignity and grace."

**Some celebrity pregnancies aren't happy occasions. What are some ways to announce your unexpected pregnancy to family and friends?**

## **Cupid's Advice:**

If you weren't planning on getting pregnant, it can be a tough thing to break to your close friends and family. Cupid has some love advice:

**1. Have an intimate conversation:** Sometimes being direct is the best course of action. Plan to have an intimate conversation or series of conversations with those close to you. Make sure the mood is calm and positive before you start, and just let them have the news. Make sure you have thought things through and have a pregnancy plan in place so they know you're handling things well.

**Related Link:** [Bristol Palin Cancels Celebrity Wedding](#)

**2. Choose a time not associated with another event:** Don't choose your partner's birthday as the time to break the news about your unexpected pregnancy. It's important to be prepared for a wide range of reactions, so you don't want to ruin the lighthearted happiness that typically goes with a birthday celebration.

**Related Link:** [Bristol Palin Wants More Kids... Someday](#)

**3. Buy a sentimental gift:** Just because a pregnancy is unexpected doesn't mean it's not a happy occasion. Consider buying a small pair of booties or a onesie that says "Daddy" to announce the pregnancy to your partner. Showing that you're happy about the situation will let your partner know it's okay to have his own feelings about it without having to worry about yours right away.

**What are some other ways to announce your unexpected pregnancy? Share your stories below.**