

# 'The Office' Star Jenna Fischer Is Expecting



When *The Office*'s Jenna Fischer became an aunt, she said, "I already wanted kids, but even more so now." Well, it looks like that wish is coming true. Fischer and husband Lee Kirk are expecting their first child, according to [People](#). The cute couple were engaged in 2009 while vacationing in Europe and tied the knot last July with *Survivor*'s Jeff Probst officiating the ceremony. Now Fischer can follow in her TV character Pam's footsteps and become a mother to her own child!

**What are some ways to prepare your relationship for a baby?**

**Cupid's Advice:**

There's no doubt that your relationship will change when you have a child. In order to avoid a negative impact, Cupid has some ways to prepare your relationship pre-baby:

**1. Plan:** Avoid being surprised by child-related obstacles as much as possible by doing the research you need to do before the baby is born. Make Daddy read the Daddy chapters in *What to Expect While Expecting*.

**2. Strengthen your bond:** Spend as much romantic and quality time together as possible pre-birth. Make sure your relationship is as strong as it can possibly be before your lives are changed forever.

**3. Discuss expectations:** Make sure that you both view raising a child in the same way. Determine what morals and values you plan on instilling so that you don't find out when it counts and fight about it.

**What did you do to prepare your relationship before you had a child? Share your experience below.**

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# Eric Dane Loves His Wife Rebecca Gayheart More Than Ever





Motherhood makes the heart grow fonder, according to *Grey's Anatomy* star, Eric Dane who welcomed baby Billie Beatrice into the world last year with wife Rebecca Gayheart. "I don't know if there's any change more significant that a human being can make than that of a woman becoming a mother. There's no change more dramatic," Dane told [People](#). "You know, I'm a hundred times more attracted to her now and I love her exponentially more than I did before. It's just great to see her be a mother." Dane explained by saying he loves that his wife is a "hands on" mother even though the couple does have a little bit of help raising the 14-month-old. "There's not a lot that goes on that she's not a part of."

**What are some ways your relationship changes after you have a child?**

### **Cupid's Advice:**

A baby can truly change everything in a relationship and make it more remarkable than it already was. Cupid has some important ways:

**1. Makes you closer:** Raising a child is not an easy task, and sharing the responsibilities of caring for the baby brings any couple closer together. Whether it's who is going to change diapers while the other one makes bottles, teamwork is a necessity.

**2. Makes life fun:** Bringing a child into this world that's yours is a magnificent thing, and who wouldn't want to have the love and affection you receive from your own baby every single day? It makes life fun, exciting and worthwhile.

**3. Makes life occasionally stressful:** Having a child is a big responsibility because between working and raising a child, you may sometimes feel you no longer have time for your significant other. No need to worry though! You've now entered a new chapter in your life, which may not be the honeymoon stage, but it's the beginning of something great.

**How did your relationship change when you had kids? Share your experience below.**

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## **Eva Longoria Throws Victoria Beckham A-List Baby Shower**





Eva Longoria is apparently a master party-planner. Longoria and Ken Paves threw designer Victoria Beckham an 'all things pink' baby shower on Saturday, reports [UsMagazine.com](http://UsMagazine.com). The bash was held at West Hollywood's Petit L'Ermitage hotel. At the hotel, Beckham, who is expecting her first girl (she is already mother to three boys with husband and pro soccer player, David Beckham), was awarded pink baby gifts from A-list guests like Demi Moore, Selma Blair and Nicole Richie.

**What are some 'out of the box' baby shower theme ideas?**

### **Cupid's Advice:**

It's understandable to want to make your pregnancy as enjoyable and as memorable as possible. Here are a few creative baby shower ideas that are sure to be a blast:

**1. Contest:** All babies have that one favorite toy. Turn your baby shower into a competition; tell your guests to bring the one toy that will end up being your child's favorite. Once the baby is born, your friends will have a great time laughing over the toys that your child accepted and rejected.

**2. Gender specific:** Take a page out of Victoria Beckham's book and throw a baby shower that is gender specific. If you're expecting a girl, have a princess or pink-themed party. If you're expecting a boy, try a sports or blue-themed party.

**3. Double take:** If you're expecting twins, throw a shower that plays around the idea of duos. Give your guests two glasses of champagne, feed them two identical finger sandwiches, etc.

**What theme did your baby shower have? Feel free to leave a comment below.**

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## Carey Hart Says Pink Will Be An 'Awesome Mom'





Although their first child is on its way shortly, Carey Hart isn't concerned about his wife Pink's ability to be an "awesome" mom, according to [People](#). "She's just so connected and so ready to be a mother," said Hart. Pink has been staying active during her pregnancy by doing yoga. Also, the couple plan to be very hands-on with the addition to their family. "Our kid is going to have a great experience," Hart said. "He or she is going to travel the world with us ... [and] I think we'll have a pretty well-rounded kid."

**What are ways to tell if your partner will be a good parent?**

### **Cupid's Advice:**

Although you can't tell for sure if your significant other will possess quality parenting skills, there are certain indicators. Cupid points to a few below:

- 1. How they were raised:** If your partner was raised in a loving and caring environment, chances are that he or she has already absorbed those attributes as well.
- 2. How they act around other kids:** Perhaps you've seen your

mate around your nieces and nephews or maybe your friends' kids. If her or she seems comfortable around other people's kids, it's looking good for your children together.

**3. How they treat you:** One of the best ways to tell if your partner will be a good parent is to analyze how he or she treats you (or people in general). If patience, nurturing and care are three of his or her qualities, being a good parent won't be a huge leap to make.

**How did you know your partner would be a good parent? Share your experience below.**

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## **Mariah Carey and Nick Cannon: New Parents On Their Anniversary!**







Diva crooner Mariah Carey gave birth to beautiful twins on her and Nick Cannon's third wedding anniversary. According to [People](#), the new dad tweeted, "My wife just gave me the most incredible anniversary gift ever in life!" The happy couple received many congratulations over Twitter from Hollywood moguls such as Nicki Minaj and Alyssa Milano after the birth of a healthy baby boy and girl. They are completely overjoyed.

**How do you keep your anniversary romantic when you have kids?**

**Cupid's Advice:**

Once you have kids, the lives of you and your partner will be forever changed. However, that doesn't mean you can't make a little time for yourselves as a couple, especially on days such as your anniversary:

- 1. Hire a babysitter:** Even parents need a night off. Hiring a sitter is a great way to make time for yourself and to teach your children independence.
- 2. Celebrate as a family:** Your kids are an important part of

your life as a couple. A great way to include them in your anniversary celebration is to take a trip as a family. As long as your kids are old enough, you can always get separate rooms (next to each other, of course).

**3. Have a romantic dinner at home:** Providing that the kids stay asleep, celebrating your anniversary at home can be a lot cheaper and more convenient than going out.

**What are some memorable things you have done on your anniversary? Share a comment below.**

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## **'90210' Alum Ian Ziering Welcomes First Child**





Former *90210* star Ian Ziering has a new ray of sunshine in his life, and it's not from Beverly Hills. His wife Erin gave birth last week to their first child, Mia Loren. "Erin and I are very excited to be parents," Ziering told [E! Online](#) in October. "It's something we both have always wanted." The new father is more prepared than his *90210* character Steve Sanders, who was expecting with girlfriend Lindsay Price on the show. "Well, it's official, I'm a dad!" he posted via Facebook. "As I sit holding Mia, Erin sleeps the most beautiful sleep. My thoughts race with visions of a brighter future, only made possible by what happens today... or, last night! God bless us all." Best of luck to these new proud parents.

**How do you know when you're ready to have children?**

### **Cupid's Advice:**

Having a baby is a big step for couples, and isn't anything to rush. Children change lives, and both partners need to be ready for the adjustment. Before considering it, ask yourself these questions:

**1. Can you afford to support yourself and a baby?:** Make sure you're financially stable, you have enough space and that your partner will be able to pay child support in the event of a separation. Money is a crucial factor to consider when having a baby. You need to make sure you are both committed to paying the child's expenses.

**2. How serious is the relationship?:** Analyze your relationship. Do you plan on getting married or moving in together? How long have you been together? You need to think about your future as a couple before deciding on babies.

**3. Are you ready to make sacrifices?:** Remember, once you have children, they are your responsibility for the next eighteen years. If you're finishing school, job hunting or simply love going out, perhaps it's best to wait awhile. Even the biggest dreams are put on hold when a baby is born.

**What are some other important factors to consider before having kids? Share your thoughts below.**

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## **Former 'Idol' Star Justin Guirini Welcomes a Baby Boy**





Former *American Idol* star, Justin Guarini, welcomed a son, William Neko Bell Guarini, on Tuesday, April 26. “Reina is doing wonderfully and should be given a medal for going 10 months and 1 week with child,” Guarini said about his wife. He added, “We’re resting comfortably in the hospital and can’t wait to introduce him to his big sister...”

**How does the dynamic change when you add a second child to the family?**

**Cupid’s Advice:**

Many consider having a second child so that their first will have a sibling. The thought of having two children might sound amazing, but changes to the family will occur. Here are just a few:

**1. Expenses:** Having another child means there will be more expenses. Therefore, you might have to limit how much you give your first child. It’s all about compromise and sharing.

**2. Daily routines:** All of your daily routines will change in order to accommodate the new member to your family. This may

mean your first child won't get as much attention.

**3. Balance your time:** Since you aren't taking care of one child any more, you will have to balance your time to make sure each of your children get what they need. If you don't, as your children get older, there might be some competition between them.

**What things changed when you added a second child to your family? Share a comment below.**

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## **Tori Spelling and Dean McDermott Are Expecting Third Child**





Tori Spelling tweeted a special announcement on Monday, one that's been a long time coming. "I know there has been a lot of speculation, so I wanted everyone to hear from me...It's official...Dean and I are pregnant!!!" The actress effectively confirmed the persistent rumor that Spelling, 37, is expecting her third child with Dean McDermott. Speculation started after Spelling attended the GLAD awards on Sunday in Los Angeles. The former *90210* star and McDermott are currently starring in their own reality show, *Tori & Dean: sTORIbook Weddings* on Oxygen.

**What changes do parents go through when they add a third child to the family?**

### **Cupid's Advice:**

Tori Spelling and Dean McDermott are proud parents to son Liam, 4 and daughter Stella, 2 1/2, and are excited to add a third member to the family. That said, there's a big difference between raising two and three kids. Cupid's got some things to expect:

**1. Middle child situation:** With three kids, you naturally have the “forgotten” or middle child, the oldest child that gets all the attention and the youngest child that gets babied. Try your hardest not to let your kids fall into these stereotypes.

**2. Jealousy:** When you start adding more than one child to your family, jealousy rears its head and the child who used to get all of the attention is all of the sudden forced to share. Make sure you teach your kids that sharing is important from an early age.

**3. More expenses:** With three kids instead of two, that means more everything. It’s means more food, more room, more medical bills and more clothes. Make sure you can afford a third child before you have one.

**Have some suggestions on how to handle a big family? Comment below.**

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## **‘Sister Wives’ Stars Kody and Robyn Brown Are Expecting**







The large family that has all of America talking is about to get a little bigger. According to [UsMagazine.com](http://UsMagazine.com), Kody Brown from *Sister Wives* is expecting lucky number 17 with his fourth wife, Robyn. Although this is the 17th child for Brown between his other wives, Janelle, Christine, Meri and their kids, this is the first child for the couple, and they are expecting in mid-October.

**What do you need to do differently when you have a big family?**

**Cupid's Advice:**

How many kids you have is a personal choice between you and your significant other. Some couples choose to have one child, and others choose to have many more. Cupid has some things you may need to do differently if you plan on having a big family:

- 1. Bigger cars:** For a family of three, you can take your pick of automobile. If there are over five in your family, you may need to invest in a larger car, or possibly even two modes of transportation.
- 2. Time limits:** With a lot of children, budgeting time limits

is essential. At certain points of the day, you may need to set up a certain amount of time for the bathroom, the television and maybe even specific homework schedules. You need to make sure to support each child equally.

**3. Budgeting:** We all know how pricy children can be, and the bigger the family, the more expensive it gets. You're going to need to plan ahead for various expenses for each child, which involves major money planning.

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## Kevin Federline and Girlfriend Are Expecting A Girl





Kevin Federline and girlfriend Victoria Prince just announced that they are expecting a baby girl, according to [UsMagazine.com](http://UsMagazine.com). Prince, 28, and Federline, 33, are excited and have already decided that they are going to name their daughter Jordan. According to Federline, Prince has always said that if they had a girl she wanted to name her Jordan, and then both Federline and Prince decided that even if they had a boy they would stick with the name Jordan because it fits both ways. A source close to Britney Spears, Kevin Federline's ex-wife and mother of two of his four children, said that she is "Happy for him and knows he is a good dad." Preston, 5 and Jayden, 4 are said to be "super excited" about the big announcement. As for Federline and Prince, they can't wait!

**What should you do if you can't agree on a baby name?**

**Cupid's Advice:**

The problem with choosing a baby name is that there's no telling why some people like a name and others don't. It's all about opinion and feeling, which can make things difficult. Cupid's got some things to consider:

**1. Check out some books:** Baby name books offer great suggestions for possible names and with thousands to choose from you and your significant other are bound to agree on one of them.

**2. Ask your friends and family:** If you and your significant other can't seem to agree on a baby name maybe it's time to turn to the ones you love and hear what they have to say. The more people you ask, the more options you will have and it will make making a decision that much easier.

**3. Have a focus group:** Ok, so maybe this isn't the most reasonable option, but on the trailer for the new series "Pregnant in Heels", Rosie Pope (a maternity concierge) set up a focus group for one of her client's in order to choose a baby name. For a more realistic version of this, why not put a poll on Twitter or Facebook and see what feedback you get.

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## 30 Rock's Tina Fey is Pregnant





Funny gal Tina Fey revealed some big news on a recent taping of *The Oprah Winfrey Show*. According to [People](#), the 30 Rock star announced that she is expecting her second child. Fey currently has a 5-year-old daughter named Alice with her husband, Jeff Richmond. The expectant mother went on *Oprah* to promote her new book, *Bossypants*.

**How do you prepare your five-year old for a new sibling?**

**Cupid's Advice:**

For a young child, the announcement of a new brother or sister can be both exciting and terrifying. Remind your children just how special they are to you and what a great role model they can be for their new sibling:

**1. Spend quality time with your child:** Spending time with your son or daughter when you're expecting will make them feel secure in that they are not being replaced by the new baby.

**2. Include them in your plans:** Take your child shopping with you to pick out the baby clothes and furniture. It's a great way for them to bond with you and their future sibling.

**3. Answer their questions:** Have open and constant communication with your child. Tell them that you will always be there for them and that they can come to you with any concerns about your changing lives.

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## Shar Jackson Speaks Out About Federline's Girlfriend's Pregnancy



Shar Jackson has nothing, but wonderful wishes for Kevin Federline and the child he is expecting with girlfriend, Victoria Prince. This will be baby number five for Federline.

The former backup dancer has an 8-year-old daughter and a 6-year-old son with Jackson. However, he is best known for being the controversial father figure to 5-year-old Sean Preston and 4-year-old Jayden James, the children he has with ex-wife, Britney Spears. According to [UsMagazine.com](http://UsMagazine.com), Federline insists things are better now between him and the pop star after their custody battle in 2007.

**How do you deal with your ex having kids with someone else?**

### **Cupid's Advice:**

Finding out that your ex is having a child with someone else can bring up a slew of emotions. Cupid has some ways to deal:

- 1. Be happy:** Children are always a blessing. No matter what happened between you and your ex, be happy that they are being given such a precious gift.
- 2. Focus on your own life:** Your ex having children with someone else can bring out sad feelings, especially if you wish you were the one having the children. These feelings are completely understandable, but try to focus on things you do have in your life, instead of what you don't have.
- 3. Send a gift:** Baby clothes are probably the cutest things ever! It's always fun to pick them out.

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## **Saturday Night Live Alum Maya Rudolph Is Expecting**



Saturday Night Live alum Maya Rudolph, 38, revealed her baby bump on Sunday at the Milk and Bookies Second Annual Story Time Celebration in L.A, [UsMagazine.com](http://UsMagazine.com) reports. She's expecting her third child with her husband, Paul Thomas Anderson and the couple is already parents to two daughters, Pearl, 5, and Lucille, 1. Although pregnant, the Bridesmaids actress will continue working. "I seem to be pregnant through all my movies, so I never seem to give anything up, do I?" Rudolph said last June while promoting Grown Ups.

**What are some ways to stay active with your partner while pregnant?**

**Cupid's Advice:**

Being active is more fun with your significant other, especially when you're pregnant. It's great to know that your partner supports you and wants to share the moment. Here are



some ways you can both can be active during the pregnancy:

**1. Exercise:** Being pregnant shouldn't be an excuse to get out of shape. Consult with a doctor on what physical activities are safe. Not only will you be there to support her, but it'll be a way to spend quality time with each other.

**2. Take a walk:** Take a stroll around town or in a park. It'll help reduce your back pain and increase your energy levels.

**3. Yoga:** Take a yoga class with your significant other. It'll help strengthen your abdominal muscles and make you relax.

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## Bryan Adams Is Expecting at Age 51





Canadian rocker Bryan Adams is becoming a dad for the first time ... at age 51. Adams, who is known for hits like "I Do It For You" and "Summer of '69" is expecting a baby with his personal assistant, Alicia Grimaldi. According to [E! Online](#), Adams and Grimaldi have been living together as a couple for awhile, unbeknownst to their families and friends. Grimaldi helped form the Bryan Adams Foundation, a charitable organization started in 2006 to help victims of the Asian tsunami. Adams wrote on his personal website, "She helped me start my foundation years ago, and it looks like she'll be running the family now!"

### **How old is too old to have children?**

#### **Cupid's Advice:**

Some people welcome children into their lives at a young age, while others wait until later in life. Cupid has some ideas on when is the best time to have kids:

**1. You're active:** It doesn't really matter what age you have children, as long as you're a good parent. It might help,

though, to be at an active age so you can keep up with your kids.

**2. You're healthy:** If you're a woman, depending on your age, the later you have a child, the more likely there will be complications at birth. Make sure you are healthy enough to carry a child in the first place.

**3. Different strokes:** The bottom line is, there's no age limit when it comes to having children. Some prefer to have them younger while others prefer to wait. Have children whenever you feel ready.

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## Is Ryan Phillippe Having A Baby with His Ex-GF?





After Alexis Knapp who was formally linked to actor, Ryan Phillippe, was spotted leaving a Los Angeles Coffee Bean with an obvious baby bump, rumors began to fly that that she may be carrying the *Cruel Intentions* star's child. According to [RadarOnline](#), Ryan Phillippe's mom hasn't heard anything about the prospect of a new grandchild. "If she is pregnant I'm sure it's not my son's. Good luck to her. I haven't been made aware of it if it involves him though," said Susan Phillippe. Phillippe already has two children with ex-wife, Reese Witherspoon, Ava, 11, and Deacon, 7. He has most recently been connected to *Red Riding Hood* star, Amanda Seyfried.

**How do you support your partner in the event of an unplanned pregnancy?**

### **Cupid's Advice:**

With the terms "Baby Daddy" and "Baby Mama" going mainstream, unplanned pregnancies are all too common. In the event that this occurs, it's important to support your partner both emotionally and financially:

**1. Attend Lamaze classes and doctor's visits together:** This is an excellent way to show support for your partner and look after the health of your unborn child.

**2. Set money aside:** This may be a good time to set money aside for the unborn child's future needs. This could be the beginning of a college fund.

**3. Talk it out:** There are about to be many changes in your life. Plan them out carefully and communicate fully with your partner.

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## Alyssa Milano Is Expecting a Boy





Alyssa Milano can't keep a secret. This week, the pregnant 38-year-old actress revealed to fans the sex of her baby, according to [People](#). "As fun as it was reading all of your gender predictions on Twitter, I'm really bad at keeping secrets and had to share (not to mention, I was bound to unintentionally slip at some point)," Milano wrote on her website. "David and I are elated to announce that we are having a baby boy. We can't wait to meet him. Boys names, anyone?" The *Who's The Boss* and *Charmed* actress has been married to husband David Bugliari since August 2009.

**Should you name your child after a family member?**

### **Cupid's Advice:**

When choosing a baby name, you can go the traditional route and name your child after a family member, or you can come up with a totally new and different name. Cupid has some tips on how to know what name is right for your baby:

**1. Keep it in the family:** If there is someone really special to you in your family that you want to honor, name your child

after a family member. Many people use their father or mother's names or reuse an old family name and make it new.

**2. Use the middle name:** Just because you don't choose a family name for your child's first name doesn't mean you can't still respect tradition. If you want, use a relative's name for your child's middle name.

**3. Try something new:** If you want to totally depart from traditional family names, go for it. Name your child after a song, an actor, a writer... or just pick a name you heard and liked.

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## David and Victoria Beckham Are Expecting a Girl





Mozel tov; it's a girl! According to [People](#), David and Victoria Beckham announced Friday that their fourth child will be female. "We're still in shock. Obviously, having three boys, you kind of expect another one, so finding out a little girl is in there is surprising, but, obviously, we are over the moon," David said. "Our three boys are happy and excited, and Victoria is doing well." Fashion designer and former Spice Girl Victoria said that they know handle boys, but are still happy to have a girl in the family.

**How do you break the news of a baby to your other kids?**

**Cupid's Advice:**

**1. Have a game plan:** It's best to plan in advance what you will tell your kids when it's time to break the news. Let them know that things will change drastically when their new sibling arrives. Also, be prepared to answer the tough questions they'll ask such as, "Where do babies come from?"

**2. Be honest:** Lying to your kids is just wrong, especially in this scenario. It's best to let them deal with it for as long



as possible before the big day arrives.

**3. Tell them you'll still love them:** What's most important is to tell your children that you will love them just as much as before even though they won't be the only one in the spotlight anymore.

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## Charlie Sheen's Goddesses Insist He's a Good Dad



Apparently Charlie Sheen is “winning” with some of his friends in the adult entertainment industry. His “goddesses” Melanie Rios and Kasey Jordan insist that Sheen’s recent antics are

not indicative of his ability to be a father and his love for his daughters Sam, 7, and Lola, 5, with Denise Richards and two-year-old twin sons Max and Bob with Brooke Mueller. According to [UsMagazine.com](http://UsMagazine.com), Rios claims, "He loves his kids and he makes an effort to be there for them." Even Mueller admits, "He knows he has an addiction and in order to be a good father, he has to kick the addiction. He loves his kids."

**How can you tell if your partner is a good parent?**

**Cupid's Advice:**

**1. Patience:** Kids can be frustrating and difficult, and the only way to get through being a parent is with a lot of patience. Look for signs to see how your partner reacts in these high stress situations.

**2. Compassion:** If your partner is loving and compassionate with you and others, that is most likely the way he will be with your children.

**3. Responsible:** The decisions you and your partner make with your children can effect them for the rest of their lives. Make sure your mate is responsible enough to handle what is going on now, before you add kids into the mix.

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**Natalie Portman's Co-Star Says She Will Be 'Best Mom in the World'**



Academy Award winner Natalie Portman is admired by many for her phenomenal acting in *Black Swan*, but her friend and co-star, Greta Gerwig, who co-starred with Portman in *No Strings Attached*, is praising her for another reason. “I think if everything else she does in her life is an indication of what a great mom she’ll make, she’s going to be the best mom in the world,” Gerwig told [People](#) Saturday at the Film Independent’s Spirit Awards. “She’s a lovely girl to pal around with. It’s been really great to know her.” Gerwig was nominated for Best Actress at the Independent Spirit Awards against Portman, and although she knew her odds of winning were slim, she was thrilled with her nomination.

**How do you know if your partner will make a good parent?**

**Cupid’s Advice:**

Are you wondering if your significant other will be a good

parent? There are many qualities for which to look:

**1. Patience:** Patience is the first characteristic necessary to being a good parent. You need to have the ability to tolerate daily circumstances that occur when raising your child.

**2. Responsibility:** Being a good parent means being responsible and putting the needs of your child above your own.

**3. Reliable:** If you can rely on your partner, then you can be sure to count on him or her when your child needs one of you.

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# Penélope Cruz and Javier Bardem Find Time for Romantic Dinner





*Vicky Cristina Barcelona* stars and now-spouses Penélope Cruz and Javier Bardem found themselves with some free time last week, reports [People](#). The couple, who just had their first child together, were able to get away for a romantic dinner in London at Gordon Ramsay. Onlookers say the two couldn't keep their hands off of each other and that they were looking very cozy.

**How do you find time for romance when you have a baby?**

**Cupid's Advice:**

It's easy to focus all of your attention on your new bundle of joy, but in order to main both your sanity and your relationship, make sure to take some time out to focus on romance:

- 1. Schedule it:** It may not be the most romantic idea, but if you don't schedule some alone time, no one will. So make dinner reservations for two, and get a babysitter.
- 2. Find a pattern:** Does your baby's nap time always seem to fall around the same time as when your partner gets home?

Take advantage of it, and cuddle together in the rare silence. Just make sure there's a baby monitor nearby in case both of you fall asleep.

**3. Create inside jokes:** Nobody will be spending more time around your newborn than you and your spouse. To create a connection during a less than private time, mention something that only your honey will understand. The inside information will bring a smile to his face.

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## Jessica Alba is Expecting



Jessica Alba and husband Cash Warren are adding one more to their brood, according to [UsMagazine.com](http://UsMagazine.com), and Alba took to

Facebook to let her fans in on the good news. “Honor is going to be a Big Sister!” the actress wrote. “Cash and I are thrilled and wanted to share the news directly with you so you didn’t hear about it somewhere else.” Alba, 29, and Warren, 32, already have a two year-old daughter, Honor. The soon-to-be mother of two added, “I appreciated all of the love and support you all gave me during my first pregnancy and will definitely appreciate it again this time around.”

## **What are some ways to announce your pregnancy?**

### **Cupid’s Advice:**

When you find out you’re expecting, telling people can sometimes be the most exciting (and difficult) part. Cupid has some tips on how to break the news:

- 1. Be creative:** If you’re looking for ways to tell your partner, try something different. Put a baby rattle or little socks in his pocket to find later and sit back and wait for him to figure it out!
  - 2. Go public:** If you’re really excited about the pregnancy, why not shout it from the rooftops? Use social media like Jessica Alba did, or make a huge sign saying “I’m pregnant!” for your friends or relatives to see when you invite them over.
  - 3. Tell your folks:** If your parents live far away, try sending them a blank card and in child’s script write, “To my future Grandma and Grandpa. I can’t wait to meet you in 9 months! Love, Baby.”
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# Bachelor Alum Melissa Rycroft Strickland Delivers a Girl



It's a girl for *Bachelor* alum Melissa Rycroft Strickland, reports [People](#). She and husband Tye Strickland welcomed daughter Ava Grace Strickland on Wednesday afternoon. Rycroft, who dumped Jason Mesnick after accepting a proposal on the *Bachelor*, married Strickland in December 2009. Ava Grace, the first child for both, weighed in at 6 lbs. 13 oz. and was born in Dallas, Texas. Rycroft's reaction? "Everything is wonderful and life is exactly as it should be."

**How do you keep hope after a relationship ends badly?**

**Cupid's Advice:**

There can be few things more mind boggling than believing your



relationship is fine one day and then finding yourself single the next. This little doozy makes us all a bit crazy. Even if you think you're ready for a new relationship, it can be hard to approach it with a clean slate:

**1. Time heals all:** This may be true, but so does moving forward. Don't hold yourself back and swear off relationships just because one didn't work out. Each relationship is different and should be treated as such.

**2. Learn from your mistakes:** Your relationship may be over, but it's not all bad. Treat it as an opportunity to learn from the past and move on to a happier place in a new relationship.

**3. Look for the silver lining:** If all else fails and skies look gray ahead, keep it simple. If you were meant to be together, you would be. Keep the faith that there's someone out there for you.

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## Katy Perry's Mom Wants Grandkids ASAP





Celebrity newlyweds Katy Perry and Russell Brand are in no hurry to have children, but Perry's mother, Mary Hudson, is singing a very different tune. As the wannabe grandmother told [People](#) on the red carpet of the 53<sup>rd</sup> Annual Grammy Awards, "I just can't wait for them to have babies. Grandma, here we come!" She also stated that the couple makes a great team in spite of their busy schedules.

### **How do you handle pressure to have kids?**

#### **Cupid's Advice:**

Many couples have faced the pressure to start a family when they aren't ready. The best course of action is to ignore the critics and do what is right for you:

- 1. Ignore it:** People will say what they want and you can do what you want. Nod, smile ... and tune out.
- 2. Put the ball back in their court:** Sometimes it's best to ask the people pressuring you when they are going to change something in their lives that is equally dramatic. See how

they like it!

**3. Put your foot down:** Tell people that it's none of their business to decide when you make changes to your life, especially one as big as starting a family.

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## Jennifer Aniston Shoots Down Pregnancy and Pet Rumors



Despite what you may have heard, Jennifer Aniston is not having pups of any kind! Since Aniston's rep issuing a denial statement to [People](#) had little to no effect on the rumors, the 41-year-old actress decided to shoot them down herself during

a taping for Thursday's *The Ellen DeGeneres Show*. When DeGeneres asked if she was adopting another dog, Aniston jokingly replied, "I think you're confusing that with the Mexican child I'm supposedly adopting." When the laughter died down, she reassuringly answered, "No, I'm not adopting any children" and added, "And no doggies right now."

**What are ways to keep family and friends from pressuring you to have a child?**

### **Cupid's Advice:**

Family pressure to have children can get overwhelming pretty quickly, so Cupid thought of a few ways for you to handle yourself in the situation:

**1. Show:** Without saying it, make it clear to your guests that you're simply not ready for a child. Reference work a lot so they realize a child doesn't fit well with your schedule, and let them see that the house isn't baby-proofed. Sometimes actions speak louder than words.

**2. Tell:** If they can't take the hint, it's time for a family meeting. With your spouse or partner by your side, very calmly explain to your family and friends that having kids is a huge decision, and it's not theirs to make. Tell them that the pressure is too much and reassure them that when you do make the decision, they'll be the first ones to know.

**3. Consider:** The most effective way to get rid of the pressure is to give into it. Sit down and have a serious talk with your partner to see if having a baby is something you want to do. Are you both emotionally, mentally and financially ready? If the answer is still 'no,' it will at least reassure your family that you've thought about it.