

Penélope Cruz and Javier Bardem Are Expecting



Leading lady

Penélope Cruz and husband Javier Bardem have just announced that they are expecting their first baby, reports [E! News](#). Since many have been speculating about Cruz's pregnancy for some time, this revelation did not come as a shock. The sizzling Spanish actress is currently four months along. There is still no word on the gender of this future celeb-tot. However, it is sure to grace the covers of magazines everywhere upon entering the world.

What are the advantages and disadvantages to knowing the sex of your baby before it 's born?

Cupid's Advice:

When a couple first announces they are expecting, "Do you know what you're having?" is always one of the first questions

asked. While some couples are dying to know the gender of their unborn child, others would rather be surprised. Cupid has some things to consider:

1. Gender bias: Though society has advanced, stereotypes surrounding men and women still exist. It may be a good idea to keep your child away from labels as long as you can in order to shape them not as a boy or a girl, but as a person. This starts with keeping the sex of your unborn child a surprise!

2. Pink or blue?: One of the best ways to “nest” as you prepare for a new baby is by decorating the baby’s room together. To do so, you need a color scheme and/or theme. Though there are some gender-neutral themes such as ducks and yellow, most are clearly one or the other.

3. There are no guarantees: Even with today’s technologies, the gender prediction of an unborn baby can still be inaccurate. You’ll never truly know what you’re having until the day your son or daughter is born, so try to keep an open mind. Bringing life into the world is amazing itself!

Cannon-Carey Baby Buzz





Nick Cannon is speaking out about the rampant rumors surrounding wife Mariah Carey, and the possibility that she is pregnant. Cannon, a self-proclaimed “big kid,” denies any bouncing bundles of joy in the near future, but he did attest to her mothering potential, nurturing nature, and mean waffle-making skills, according to [OK! Magazine](#). “She’s very nurturing, you know, nurturing and private. She makes me breakfast, and that’s my favorite food,” Cannon said. “It will be like 3:00 in the morning, and she’ll still make me breakfast. [She makes me] Waffles. I’m a waffle guy. With like the iron, she’s talented.”

Does the way you behave in a relationship dictate your parenting style?

Cupid’s Advice:

The way someone behaves in any relationship is an indicator of how they relate to others. If a person is helpful, loving and giving, chances are they’ll be just as loving as a parent. The one thing no woman needs is having a big kid for a boyfriend/hubby. Cupid has some suggestions to help you avoid becoming your spouse’s second mom:

1. Choose to be serious: Fun and games are part of what keeps

a relationship exhilarating and are essential parts of any lasting romance. When push comes to shove though, sometimes you have to put on a grown up face and get down to business. When it comes to big issues like parenting, you need to know that your spouse is a man, not a boy.

2. Nurturing is a two-way street: There's nothing wrong with giving your spouse a little TLC now and again. However, you shouldn't always be the one making breakfast in bed. Remember that once in awhile you deserve pampering.

3. Let them handle their business: As much as you may want to pick up after your partner, don't. It's always a plus to help your spouse out periodically, but you have to remember that he is an adult, too, and should be able to take care of himself. If you "mother" him now, you could risk having another kid instead of a partner.

Maci Bookout & Ryan Edwards in a Parenting Battle





Ouch! If being a teenage mom wasn't hard enough, things just got harder for the MTV's *16 and Pregnant* star, Maci Bookout. After splitting up with her baby daddy Ryan Edwards, the devoted *Teen Mom* star tells [US Weekly](#) that she and her ex-beau have a hard time agreeing on how their son Bentley should be raised. She talks about how she struggled to ween her 22-month-old son off his pacifier, and learned that Edwards gives Bentley his pacifier whenever the child is with him. Bookout says, "I think Ryan spoils Bentley and really has no boundaries as far as discipline. With me, I don't want Bentley to grow up and be a brat when he's 4 years old."

What do you do when you and your ex can't agree on how to raise your child?

Cupid's Advice:

Raising a child can be very difficult. Co-parenting with different views can make things even worse. Cupid has some tips to make things easier:

1. Compromise: If you and your ex can't agree on something, then it's best if both parties relinquish a little control and find middle ground that will ultimately benefit your child.

2. Communicate: It's important that both parents put their differences aside and talk things out with one another. Poor communication opens the door for children to manipulate situations to his or her benefit. If your child can't have dessert this week, then your ex needs to know that, too! Worst-case scenarios can lead to a child not being picked up after school or missing important medical treatments.

3. Equality: Don't throw all responsibility at one parent. It makes for a more civil atmosphere and better upbringing for your child if you and your ex share an equal amount of the responsibility.

Beyoncé Knowles: Pregnancy "When I Am Ready"





Superstar Beyoncé

Knowles has a broad range of issues on her plate, but pregnancy isn't one of them. The singer has previously acknowledged her wish for a baby, and assures U.K.'s [YOU](#) magazine that her plans have not changed. However, she says she is determined "to continue to learn about the world and to eventually have a family." This attitude allows for the *Dreamgirls* actress to continue work on her acting, singing, songwriting, and her new perfume, Heat. Knowles adds that isn't on any schedule: "It will happen when I am ready."

How can you deal with the pressure to start a family?

Cupid's Advice:

1. Analyze: You need to be sure of you and your partner's maturity, financial stability, and ambitions. Only commit to pregnancy when you and your partner are ready to devote 100 percent of your time to a new baby. Don't sacrifice your dreams of traveling the world just to please the in-laws.

2. Reality check: Not everybody is ready for a baby at 25. Your best friend who has been playing with dolls and babysitting since the age of 12 is probably more eager to start a family than you are. Follow Beyoncé's advice and only try for pregnancy when you are ready.

3. Don't rush: New advances in medicines and procedures, like in vitro fertilization, have made it easier for women to become pregnant later in life. Your doctor will help you to become pregnant whenever you wish for it. Don't race against any biological clock.

John Travolta & Kelly Preston Look Forward to New Baby



It was all smiles last weekend for a pregnant Kelly Preston and husband, John Travolta, who partied at the Celebrity Centre of Scientology. The couple attended the centre's annual bash with their daughter, Ella. As reported on [E! Online](#), Travolta and Preston are now looking toward a bright

future with a new baby a year after the devastating loss of their son.

How can a couple survive the loss of a child?

Cupid's Advice:

The loss of a child is one of the most devastating things anyone can possibly go through. Many marriages have ended soon after such a tragedy. Cupid has some insight on how to survive such a loss and build a stronger relationship through it:

- 1. Support each other:** At a time like this, you need to be a couple more than ever. No one can go through losing someone close to them alone. However, remember that everyone grieves differently. When one person may feel angry, the other may be deeply saddened. Pay attention to and respect the way your partner wants to grieve.
 - 2. Kids come first:** If you have other children, they are certainly feeling this loss, as well. Both partners must be strong for the other children and make them feel as secure as possible.
 - 3. Moving on:** Though the sadness surrounding the loss of a child never really goes away, it's important to celebrate and remember your child's life together as a family. A small memorial can be a wonderful reminder of the life they led, and the act of building a memorial can also be a great way to reconnect with your partner and family.
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Amy Poehler & Will Arnett Welcome Another Son



Amy Poehler and Will

Arnett welcomed their second son, Abel James Arnett, weighing 7 lbs., 13 oz. on Friday morning, adding to their growing family. Their first son, Archie, will be turning two this October. Their rep told [People](#), "Amy, Will, Abel and Archie are all healthy and resting comfortably."

How do you prepare your older children for a new baby in the family?

Cupid's Advice:

There are several ways to make your current child(ren) comfortable around new arrivals, starting while you're still pregnant, or thinking of becoming pregnant. Read what Cupid has to say:

1. Talk to your kids: Early in the pregnancy, or if possible,

before you become pregnant, sit down with your family and explain the coming changes. Be prepared for questions by checking out sites like Kid's Health.

2. Classes: Many hospitals and birthing centers offer free or low cost big brother/sister classes. They'll help your little ones learn how to interact with the new baby. Your children can even learn how to change a diaper!

3. Spend time with older kids: If you don't have much time to give, focus on the quality of that time. Make sure they know that you still love them.

Russell Brand is Daddy Material





Comedian Russell

Brand has the faith of fiancée Katy Perry when it comes to his abilities as a future father. [People](#) reported last week that the pop singer thinks Brand will “be perfect” as a baby daddy, a quality she says was key for her in looking for a potential husband. The two have been engaged since January.

Is being a good parent the most important trait in a future spouse?

Cupid’s Advice:

Perry knew what she was looking for when it came to a future husband. If you want to have children, then yes, it’s important to find someone you think will be a good parent. However, it’s a good idea to talk about your goals before thinking about getting hitched:

1. Prioritize: If having children is not something you’re considering, the potential to be a good parent – while a good characteristic to have in general – isn’t necessary. Figure out what your future plans are before you looking for your ideal mate.

2. Break the ice: If you decide that being a parent is something you want, make sure you broach the subject with your mate carefully. This can be a touchy and intimidating subject

for people, so tread delicately.

3. Make plans: If having a child is something you both want, and marriage is already in the works, then go ahead and plan for a family. This is a life change that should be addressed ahead of time.

Melissa Rycroft Turns in Her Tap Shoes for Baby Booties



Reality TV star Melissa Rycroft is expecting her first baby with husband Tye Strickland. Rycroft told [US Weekly](#) that while they are thrilled, the baby news was a shock, and they weren't trying to get pregnant. Meanwhile, Rycroft and Strickland are quite the busy couple. Talking with [Good Morning America](#) earlier this week, Rycroft said, "Apparently Tye and I wanted to see

how many life-changing events we could fit into one calendar year... from getting engaged, married, new job, and we are now pregnant.” The former *Dancing with the Stars* and *Bachelor* contestant tied the knot with the insurance agent in December.

What’s the best way to juggle parenthood and a busy career?

Cupid’s Advice:

Nowadays, it’s not uncommon to see a couple juggling work, a family, and everyday life. With more women in the workplace, finding that balance can be a challenge. Let Cupid help:

1. Get a routine down: If you and your spouse both need to work, make sure to set up daily schedules. This will get you into a rhythm, and will help your child adjust to a routine, which can cut down on behavioral issues.

2. Set priorities: While it’s good to try to get a lot accomplished in one day, set priorities so you don’t burn yourself out, or miss out on opportunities. One working mother [said](#), “When deciding between attending a meeting or a school event, for example, use the five-year test. In five years, will I look back and say, ‘I wish I’d gone to a school play or that meeting?’ You may decide you have to go to that meeting but give yourself a little bit of a time perspective about what your priorities are.” Also, when you set priorities, you will become more productive at work and parenting.

3. Explore all options: It’s not a bad idea to look for help in the form of a housekeeper, nanny, or daycare program. This will take some of the burden off of you, and with a reputable daycare your child is in good hands. To find a good one, talk to friends, family, or go online for resources. If you have questions on what to do when leaving your child with a new sitter, check out these tips from Bright Horizons.

Baby News for Christina Applegate



Christina Applegate and fiancé Martyn Lenoble are growing their own little orchard. Confirming exclusively to [People](#), Applegate's rep says the actress is pregnant. The *Samantha Who?* star credits Lenoble for helping her recover after undergoing a double mastectomy. "I'm very grateful to Martyn for coming along at a time that he did because he's been my rock through all of this," Applegate told *People* last year. "He gave me something to really want to live for and something to smile about."

How can you best be there for your partner when he or she is sick?

Cupid's Advice:

In sickness and in health is a vow which is sometimes easier said than done. Cupid is here with some advice to get you through the rough times:

1. Have an open ear and mind: One of the best things you can do is listen. Let your partner tell you what he or she needs or wants to talk about. They may not want to focus on the illness, and would rather discuss everyday things. You'll also want to educate yourself by reading and speaking to doctors, or to other people who have been in similar situations.

2. Stop any guilty feelings: Do not put guilt on your spouse for being sick. They probably feel guilty enough as it is for putting both emotional and physical pain on you. Also, you shouldn't feel guilty, and think there is something you could have done to prevent the sickness.

3. Don't take it personally: If your partner has sudden mood swings, or lashes out at you, do not for one moment think it is a reflection on you. Be there for your partner, but also make sure to take care of yourself. A study published a few years ago says having a sick spouse is bad for your health, too.

Ali Larter Pregnant!





Heroes star Ali

Larter and husband Hayes MacArthur are expecting their first child, [People](#) reported this week. The couple married last August, but the actress admitted to telling MacArthur she wanted to marry him after only three weeks of dating. She also told [Cosmopolitan](#) in 2007 that she was looking forward to having children. Their child will be born this winter.

How soon is too soon to have a baby after marriage?

Cupid's Advice:

Plenty of people want to jump straight from marriage to children. The exact time frame depends on the couple, but there are certain things you should consider before making that decision:

1. Dating game: Couples who get married shortly after they start dating should take some serious time to have a relationship with each other before they have one with a child.

2. Age matters: For couples who marry young, as well as those who wait until later in life, should consider age when thinking about children. Talk to your doctor and get a professional opinion.

3. Talk it out: The biggest key is to know what you both want, both in terms of when to have the child, and how to raise it after its born. Do this before trying to have a baby – it's not something you want to have disagreements about when you've already brought a life into the world.

Bristol Palin Wants More Kids... Someday



It appears that being a one-time-mommy just won't do for Bristol Palin. But don't worry – the recently engaged mother of 18-month-old son Tripp isn't planning on expanding her family anytime soon. "I'm going to wait a while, definitely," the 19-year-old told [People](#). "I'm not going to rush into having another kid." Bristol hopes that she and fiancé Levi

Johnston, 20, can provide Tripp with “a brother or sister, eventually.”

When will you know if you're ready to enlarge your family?

Cupid's Advice:

Thinking about giving your child a brother or sister in the future? Examine these areas of your current family life to see if you and your clan are ready to expand:

- 1. Talk to your little one:** No matter how young they may be, discussing the prospect of a new baby brother or sister with your child is a good way to get them used to the idea, while also reminding them that they will always be loved and cared for, regardless of future family size.
 - 2. Budget:** Kids are priceless, but raising them is not. Before you become a mom or dad for the second time around, get familiar with your spending patterns. Analyze your financial decisions and commitments with your last child, and consider whether or not you could make it work again. Check out MoneyNing's guide to [Planning and Budgeting For a New Baby](#).
 - 3. How much time is on your side?:** Baby planning and pregnancy can be time consuming, but nothing is more of a commitment than maintaining a family. If you or your spouse are already inundated with career-related responsibilities, or have trouble making time for each other or your current child, then you may need to hold off on adding another baby to your household right now. Take time to fully develop your current family dynamics so that you can all be well-adjusted and welcoming of any future little ones!
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Craig Ferguson: Daddy-to-Be!



And baby makes four! Craig Ferguson announced via Twitter that he and his art-dealer wife, Megan, are expecting their first child together, reported [People](#). Last Wednesday, the host of *The Late Late Show* on CBS tweeted, “Holy crackers! Mrs F is pregnant. How did that happen? ...oh yeah I know how. Another Ferguson arrives in 2011. The world trembles.” The new addition will give Milo Hamish, Ferguson’s son from a previous marriage, a baby sibling to look forward to.

What can you do to prepare your child to be an older sibling?

Cupid’s Advice:

A new baby can take up most of your time, and it’s easy for older ones to feel left out. Here are some of Cupid’s ideas on preparing your child for a baby on the way:

1. Involvement: Keep your child involved by letting him or her

help with baby preparations, like decorating their room, or picking out clothes.

2. Minimize jealousy: Don't make too many changes to your child's routine right before the baby is born. This might foster resentment towards their new sibling, as those changes will be associated with his or her birth.

3. Practice: Give your child an idea of what he or she has to look forward to by visiting friends or relatives who have infants.

Sandra Bullock & Baby Louis Leave Austin



Spotted! Sandra Bullock was seen last weekend at an airport

in Austin with baby Louis, [People](#) reported Monday. The mother-son duo was en route to California, where Bullock attended a funeral. Since her much publicized divorce from Jesse James last month, the actress has slowly stepped back into the public eye, attending award shows, and toting Louis around, enthusiastically accepting her new role as a mom.

How can you make traveling with kids easier?

Cupid's Advice:

Kids will almost never sit still, and taking them on a plane ride can be a hassle. Cupid has some tips to keep you sane – even through some turbulence.

- 1. Airline help:** Visit your airline's website for information on flying with an infant or child. This can give you heads up on how helpful they will or won't be when you fly.
- 2. Mealtime:** Always check your child's food before giving it to him or her. Airline food can be too hot for a young child, and depending on your airline, baby food may not be available.
- 3. Remember some entertainment:** Pack at least four or five toys for your child to play with, but don't let him or her have it all at once. Once you're on the plane, bring the toys out one by one. This way, you can get the most out of one toy's ability to entertain your child before you move onto the next.

Becki Newton Pregnant, NBC

Delays New Show



Actress Becki Newton and her husband Chris Diamantopoulos are expecting their first child, Newton's rep confirmed to [US Weekly](#) last week. The 32-year-old former *Ugly Betty* star married her actor husband, 35, in 2005. While she may not be sporting a noticeable baby bump yet, Newton's pregnancy has already caused changes for her upcoming role in *Love Bites*, a new series premiering on NBC this fall. [USA Today](#) reported last week that the pilot has been pushed back until mid-season, because, as NBC Vice President Vernon Sanders told the paper, "she plays a virgin, so we have to make adjustments to that."

What are some ways to balance your career while pregnant?

Cupid's Advice:

Having a baby doesn't mean that your career will take a back seat. There is a way to find balance between your personal

and professional lives. Here's what you can do:

1. Don't get mommy-tracked: Although job discrimination is illegal, many mothers-to-be fear that a pregnancy indicates a lack of career commitment, limiting advancement opportunities later. Demonstrate your loyalty by taking on new responsibilities, and creating a plan of action that includes a post-delivery return date. Your boss will know your job is still a priority, and it will leave more time for the baby later on.

2. Do get organized: You'll be busy getting ready for baby, so start outlining future tasks in a calendar, file folder, or pregnancy organizer. This will help you to plan in advance and keep track of any appointments that could otherwise interfere with your job or other baby-related commitments.

3. Keep in touch: It's okay to stay connected with your boss while you are out of the office, but be careful about taking on assignments or work, as there are certain labor laws that prohibit this. Stay connected, but make time to just be pregnant, too.

Rascal Flatts' Jay DeMarcus & Wife Are Expecting!





After six years of marriage, bassist Jay DeMarcus from Rascal Flatts, and wife Allison, a former Miss Tennessee and presenter on CMT, are expecting their first child, the *Associated Press* reported Wednesday. “I’m looking forward to hearing the pitter-patter of little feet around the house and all of that wonderful stuff,” DeMarcus told [People](#). After celebrating the announcement with band-mates Gary LeVox and Joe Don Rooney, the father-to-be added, “I’m ready for the challenge.” The couple’s baby is due in January.

Are you ready to have kids?

Cupid’s Advice:

Children are a big step in a relationship. While they are bundles of joy that bring meaning to life, they can also bring frustration, exhaustion, and a little pinch of doubt that causes you to ask, “Am I doing this right?” Here are some things to consider before the water breaks:

1. Plan on spending: Raising a child costs money, from the beginning of pregnancy through the child’s life. Stats show that you can expect to spend at least \$11,000 on just the first year of your baby’s life. Budget your money early so you

can become accustomed with your new allowance when you need to.

2. Evaluate you and your partner's emotional health: Being a parent can bring out the best in you, but it can also bring out the worst. Realize the negative aspects of your personality, and work to control bad habits. Being emotionally stable will help your children to grow, as well as show them how to develop security in their lives as well.

3. Are you doing it for the right reasons? Don't have a child if you think it will save your marriage, make your partner settle down, or if you feel forced into it. A person convinced into having children may feel resentment, annoyance, and even anger when the baby arrives. Make sure you and your partner both want to take this step.

19 Kids & Counting: The Duggar Family Welcomes Baby Josie Home





[People](#) reported Friday that Josie Duggar, the latest addition born to Michelle and Jim Bob Duggar of the reality show *19 Kids and Counting*, was finally brought home. Their 19th daughter entered the world during Michelle's 25th week of pregnancy, and Josie has spent the last six months in neonatal intensive care. Healthy and finally home in Tontitown, Ark., Josie weighs 9 lbs., 1 oz. The TLC reality show chronicles this family's daily routine, and the Duggar's have easily added Josie to the mix.

How do you run an efficient household?

Cupid's Advice:

Managing a family's busy schedule is never easy, especially with a family as large as the Duggar's. See what Cupid has to say about running a tight ship, regardless of your family's size:

1. Schedule, schedule, schedule: Whether you have one child or 19, you need to manage your time more effectively than when you didn't have a family. Always leave room for the unexpected.

2. Involve everyone: When your family expands into multiple children, time disappears right before your eyes. Delegate

tasks to your partner and older kids. Get everyone in the routine of pitching in, and before long, it will become a natural thing!

3. Breathe: When you feel the stress of managing a busy life, give yourself a little breathing room – even if it means letting the dishes sit for an extra five minutes!

Ne-Yo: Soon to Be Daddy



And baby makes three. [E! News](#) confirmed last Friday that Grammy-winning rapper Ne-Yo is expecting his first child with girlfriend Monyetta Shaw. Ne-Yo spoke with EBONY magazine about the news, and said, “I am 30 and I do have my first child on the way, and I’m very, very, very excited about that.” The gender of the child is unknown because it was curled up during the ultrasound. The musician joked that the baby’s body position

is indicates his child will be “stubborn,” but added, “They didn’t get that one from me.”

How can you connect with your baby in the womb?

Cupid’s Advice:

A baby typically begins taking note of their environment after around six months in the womb. New brain cells are developing constantly. By increasing your child’s stimulation, you will also increase their neural pathways. Here are some of Cupid’s tips:

- 1. Play classical music:** To increase the growth of neural networks in your child’s brain before birth, play classical music.
- 2. Stimulate your baby with light:** Shine a flashlight on your tummy and see how your baby responds.
- 3. Talk to your baby:** When you and your mate speak to your baby, it will begin recognizing your voices, and will naturally form a closer bond with the two of you.

It’s A Boy for Sean Patrick Thomas!





A rep for actor Sean Patrick Thomas and wife Aonika Laurent Thomas announced the birth of their son, Luc Laurent Thomas, in a [People](#) exclusive on Tuesday. He was born on June 9 in Los Angeles and weighed 7 lbs., 6 oz. The couple also has a 2-year-old daughter, Lola.

How can you ensure enough time for everyone when increasing family size?

Cupid's Advice:

Families are growing larger in the 21st century, which can often translate to family members – especially children – feeling left out. To combat this, you'll need to be strategic about your time. Here are some easy methods to keep the household from feeling neglected:

- 1. Create a routine:** From the moment you have a new baby, a routine needs to be worked out so older siblings can spend time with the little one, and also have one-on-one time with you.
- 2. Offer special coupons:** Depending on the age of your older children, creating 'coupons' for together time can provide them with control over their needs. These tickets can be for

hugs, story-time, or a game – anything to show your kids they haven't been forgotten.

3. Special moments: There are bound to be unexpected games, recitals, or plays you'll need to attend. If you've gotten short notice, make every effort to make it. Can't? It's time to bust out an IOU card.

Jessica Biel Wants Babies With Justin Timberlake



After a three-year relationship, and despite rumors of a breakup, actress Jessica Biel and singer Justin Timberlake seem to be going strong. According to a source close to the couple, Biel is even pressuring Timberlake to start a family. The source said Biel is so desperate she would settle for a child out of

wedlock. **Can a baby lead to a marriage?**

Cupid's Advice:

Biel would not be the first woman to have a baby first and a marriage second. As long as both parties are aware of the plan and have similar goals, this situation can work.

1. Make it a discussion: Having a child should never be the choice of one person, and a woman shouldn't secretly try to get pregnant in hopes it will lead to marriage. Both parties need to be involved to ensure the success of starting a family.

2. Plan it out: Having a child is a huge commitment, married or not. Plan ahead, and evaluate the situation you and your partner are in. If marriage doesn't seem to be in the picture, remember that your lives will always be connected as you are both responsible for parenting the child.

3. Don't rush to the altar: Once a baby is born, take some time to live and work as parents before you start discussing marriage again. If it's meant to happen it will, but your child should always come first.

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.

Adriana Lima Introduces Baby Valentina



[Hola! Brasil](#)

magazine introduces Adriana Lima's baby girl, Valentina, born on November 15, 2009. The Victoria's Secret supermodel and husband, Serbian basketball player, Marko Jaric, kept their news private, because Valentina was born six weeks premature when Lima developed preeclampsia late in her pregnancy. Now that baby and mom have recovered, they want to share their lives with everyone.

What are some ways to prevent pregnancy complications?

Cupid's Advice:

Unfortunately, pregnancy complications are always a concern. Cupid has some ways you can prevent or reduce your chances dealing with them.

1. Eat healthy: This is a standard recommendation from your health care provider, but as cravings can often trump logic. Create a menu that allows for smaller versions of your needs to curb munchies and keep you in line with your new diet.

2. Listen to your doctor: Seems simple, but not everyone follows their doctor's advice. Ask if there are other ways to meet your goal – your doc is sure to have tips to make your pregnancy easier on you.

3. Have your partner to join you: Many partners already experience sympathy cravings and weight gain. Why not have your partner share your menu plan? Seeing their commitment to you and your baby's health can help you stay focused and healthy.

Khloe Kardashian Wants to Be a 'Fit Pregnant Woman'





Last week, Khloe Kardashian dismissed pregnancy rumors and according to [People](#) told reporters she's "just fat," but when pressed by [Ryan Seacrest](#) on his radio show Friday, said she wouldn't even tell people she was pregnant until it got to a certain point. "It's about health," said Kardashian. However, she *did* tell the radio host one thing: "I pray I'll be a fit pregnant woman... but I'll do what's best for the child."

What are some ways you can stay fit while pregnant?

Cupid's Advice:

Daily exercise, healthy eating habits, and a positive attitude go a long way.

1. Stay active: There's never an excuse for being inactive, pregnant or not. Take advantage of prenatal yoga or Pilates classes offered by a nearby gym or spa. Tight on cash? Call up a friend and go for a walk.

2. Eat right: Yes, you're eating for two, but that's no reason to go overboard. Consult your doctor about the appropriate diet throughout your pregnancy, and ask what portion sizes are the norm.

3. Zen out: Take time to nurture yourself emotionally. Being

pregnant takes a lot out of a woman – don't overextend yourself when you don't need to. Another life depends on you.

Jesse James & Ex-Wife Janine Battle for Sunny James



Last Friday, Jesse James allowed a long-awaited supervised meet-up between his 6-year-old daughter, Sunny James, with her mother, porn star Janine Lindemulder. The reason for the long delay? Up until the recent admission of infidelity by Jesse James, Lindemulder was considered to be the “bad” parent (Bitten and Bound). The former couple will be heading to court in two weeks to discuss more formal arrangements, provided Lindemulder has learned to put a filter on her conversations when near their little girl, as [US Weekly](#) reported.

Visitation is hard enough on kids these days. What can adults in this situation do to ensure equal, quality time?

Cupid's Advice:

James and Lindemulder need to take their daughter into consideration when making plans to spend with their child. In any visitation battle, it's best to take the necessary time to plot out important events so that all parties involved are able to have a successful, yet separate, relationship. Here are some ways to assist:

1. Make a list: Each adult needs to write out the special days they wish to share with their child(ren), whether it's a holiday or a school play, then compare each list with each other and choose which days are the most important.

2. Compromise: Whenever there's a conflict, you must be willing to concede when appropriate. You should always consider the child and their needs first. Talk it out and see if both of you can share a special day.

3. Talk with your child(ren): Once the two of you have come up with a plan of action and are in agreement, consider sitting down with your little ones (if they're old enough to understand), and let them know what you've come up with. At this point, you can ask how they feel about the arrangements, or if they have any questions.

Families are the backbone of society. They support you when you venture out into the world, and they are there to comfort you when you stumble. If you're part of a family living in separate houses, it doesn't mean that it can't work.

Katherine Heigl Wants to Adopt Again



While attending London's red carpet premiere of her new movie, *Killers*, with Ashton Kutcher, Katherine Heigl was asked by a reporter if she and husband Josh Kelley want to add another baby to the family. [People](#) reported that Heigl responded, "I hope so," and she explained how hard it is to balance a career and motherhood. Heigl and Kelly already have an 18-month-old daughter Naleigh, who was adopted from South Korea last September. **What does it take to balance motherhood and a life?**

Cupid's Advice

Plan for everything!

1. Expect the unexpected: One of the first rules of parenting is that the unexpected happens more often than not, so you must be willing to work outside the box in order to maintain

any semblance of normalcy.

2. Be flexible: You want to go out to dinner with your spouse, but your child has a class project due tomorrow and you promised to help. What do you do? Assist with the project and reschedule the date. If you are going to add to this family dynamic, you need to be able to split up your time effectively between the kids, your partner, and your own life.

3. Make time for yourself: You've just added another child to your family, and there seems to be no time for anything but work, kids, partner, sleep. If you continue on that path, you will eventually crash. Set some time each week for yourself. Whether it's a day at the salon, hanging out with friends, or going to a concert, take a breather. You need vegging out time, too.