

# Claire Danes and Hugh Dancy Welcome a Baby Boy



By Nicole Weintraub

Claire Danes and husband Hugh Dancy have welcomed their first child, son Cyrus Michael Christopher Dancy into their family on December 17, 2012 according to [People](#). The couple confirmed Danes' pregnancy back in July but since then has been very quiet regarding the baby preparations. The sex of the baby was kept on the down low until recently when their son was born. The couple wed back in 2009 in a private ceremony in France and this is their first child together.

**What are some things to consider when compromising on the name of your child?**

## **Cupid's Advice:**

Naming your child is permanent – they will bare that name for the rest of their lives. Here are some things to keep in mind

when choosing a name:

**1. Naming after someone:** If you and your partner cannot decide on a name, think of where you each got the inspiration for the name you are vying for. For instance, perhaps your partner is set on one name because of a deceased relative.

**2. A name fad:** If all of your friends are naming their children “Jake”, do not follow the pattern and name your own son “Jake”. Choose a name that you truly like as opposed to one that is being commonly used.

**3. Bullying:** Kids can be cruel and with a name like Melvin Melville, your child may have a difficult time with bullying on the playground. Try to keep the clichés out of your kid’s name.

What are some things you would consider when naming your child? Share your ideas with us in the comments below!

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**Celebrity Nutritionist and Trainer Jackie Keller Says, “Those Who Exercise With Support From Their Partners Do Better Overall”**





By Whitney Baker

You may have heard the saying, “The couple that exercises together, stays together.” But is it really true? We turned to celebrity trainer, nutritionist and NutriFit co-founder Jackie Keller to find out how to exercise with your honey, what’s it’s *really* like to work with the stars and how to avoid that dreaded holiday weight gain.

When it comes to working out with your sweetheart, Keller believes that success varies from couple to couple. There are numerous ways to approach your joint workout routine. “Some strength training requires that couples work together: one lifts, while the other spots,” she says. “Additionally, many runners prefer to run with company to make the time pass more easily. There are also a lot of stretches that are better done with assistance.”

She adds, “One thing we know for sure is that those who exercise with support and encouragement from significant others – friends, family or lovers – do better overall in achieving their goals.”

Of course, if you exercise with your boyfriend or girlfriend, it’s important to remember that men and women should train differently. Even if you have the same objectives, your bodies will respond to cardio work and toning moves in unique ways.

Of this dissimilarity, Keller shares, “With women, I will usually work on the process as much as the result. With men, it’s usually the result that overrides any concerns about the process.”

**Related Link:** [QuickieChick’s Video Dating Tips: Why Hating Your Body is Destroying Your Love Life](#)

Keller, a licensed and certified wellness coach, nutrition educator and Le Cordon-Bleu-trained culinary expert, has worked with celebrities such as Angelina Jolie, Charlize Theron and Penelope Cruz. She has also trained celebrity couples including Zach Braff and Taylor Bagley, Eric Winter and Roselyn Sanchez, and Jake Gyllenhaal and Reese Witherspoon (before they split). Speaking about her experiences working with these famous twosomes, she says, “I have no complaints about our couples. They have been uniformly delightful. I think that having the support and participation from their significant other helps both of them with the process.”

Given that celebrities need to look good for their job, they can tap into a deep level of determination that everyday people have a harder time grasping. “The public does not cut celebrities any slack, and they knew it when they chose that professional path,” Keller explains. “They don’t fight the need to look good – they accept it and embrace it as part of the package.”

Lately, we’ve all taken note of Matthew McConaughey’s extreme weight loss for the upcoming film ‘The Dallas Buyer’s Club.’ According to a recent news spot on ‘Good Morning America,’ he has lost nearly 25 percent of his total body weight. Despite the medical risks that come with this drastic weight loss, Keller believes that there is a healthy way to make these changes. She cites Anne Hathaway, who trimmed up for ‘The Dark Knight Rises’ by eating NutriFit meals three times a day for nearly a year, as an example. “She looked fantastic!,” Keller says. “It can be done without compromising health or delicious

meals.”

Perhaps we can avoid any unwanted holiday weight gain by taking a cue from the stars. Keller recommends that you look to exercise as one of your must-do daily tasks, like brushing your teeth and showering. As far as diet is concerned, she says to eat a good breakfast, no matter what your dinner plans entail. “There is no such thing as ‘saving’ calories to enjoy later,” she says.

**Related Link:** [How to Find Love Amidst Holiday Crazyness](#)

Keller also suggests that you wear snug-fitting clothes, especially at events with a buffet meal, because you’ll eat less if your waistband is tight. And, of course, Keller says you should be aware of how much alcohol you consume, as “drinking uses up calories in a non-nutritive way and loosens up your inhibitions so that you’re far more likely to eat badly.”

When asked what food she *does* enjoy during the holidays, Keller says that she is a fan of “seasonal favorites,” like persimmons, tangerines, oranges, spinach, swiss chard, collard greens and grapefruit. For specific ideas, you can check out the recipe section of Keller’s blog at [www.Nutrifit.wordpress.com/recipes/](http://www.Nutrifit.wordpress.com/recipes/).

*For more information on Jackie, go to [www.JackieKeller.com](http://www.JackieKeller.com). You can also keep up with her on Facebook and Twitter.*

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## Beverley Mitchell Announces

# She's Having a Baby Girl



By Jennifer Ross

[People's](#) newest celebrity blogger Beverley Mitchell starts her blogging with big news. In her debut writing, Mitchell, 31 announces that she and husband Michael Cameron are expecting their first child in April. Mitchell is best known for playing Lucy Camden on the TV show, *7<sup>th</sup> Heaven*. As an added bonus, she also claims that they will have a baby girl! In describing her feelings over getting pregnant she writes, "We were not trying, but this magical little accident has already enriched our lives so very much... we are thrilled to be welcoming a beautiful baby girl into our family! And yes, she has already stolen my husband's heart." Meeting back in their college days, Mitchell and Cameron have been together for 20 years and married for just four years. As unborn baby continues to grow, Mitchell is happy to blog her experience every step of the way. "I am so excited for this crazy adventure and I am honored to have the opportunity to share it with you."



## How do you prepare for a baby girl versus a baby boy?

### Cupid's Advice:

Are you having a baby boy or girl? Lots of people are going to ask you and your partner that question; sometimes even yourself. Although you may decide to wait till delivery for the answer, there are different preparations to consider when preparing for having a girl versus a boy. To get you started, here are a few ideas:

**1. Color differences:** If neutral beige has never been your color of choice, finding out the gender as soon as possible will help you and your partner pick a color – pink or blue – and making life easier for baby gifts.

**2. Toys to buy:** Many baby girls begin to speak much sooner than boys, due to the difference in their brain development speed. So feel free to get your little girl toys that help with speech development at an early age.

**3. Clothing:** Since girls don't out grow their clothing as fast as boys, your little girl's clothes will last longer in the first 6 months of her life. Therefore, you may feel a little better when splurging for her first designer outfit.

How did you prepare for a baby girl versus a baby boy? Tell us below.

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**Megan                  Fox                  Says                  Reese**

# Witherspoon Helped Her Deliver in Secret



By Jennifer Ross

After giving birth on Sept. 27, Megan Fox and husband Brian Austin Green have yet to release a photo of baby Noah. However, Fox is willing to give us a visual image. In an interview on the *Ellen DeGeneres Show*, Fox says, “He looks, I would say, 70 percent like Brian... recently he’s been getting chubbier and everyone’s like, ‘Oh, he’s so chubby – now he looks like you.” Jokingly, she can’t decide if that is a compliment. According to [UsMagazine.com](http://UsMagazine.com), Fox then claims that she has Reese Witherspoon to thank for indirectly helping her to deliver in secrecy. “She went into labor the day before I did, and all of the paparazzi followed her to Santa Monica. So when I went into labor, I went to Cedars [Sinai Medical Center in L.A.], and nobody cared or knew I was there. So I got in and out. I left the next day and nobody knew. It was a big secret for three weeks.” The word got out when Fox posted a comment about baby Noah on Facebook. “We are humbled to have



the opportunity to call ourselves the parents of this beautiful soul.”

**What are some reasons to keep your labor under wraps?**

**Cupid’s Advice:**

Going into labor is one of the most wonderful experiences in life that you may want to share with your family. On the other hand, you and your partner may want to keep the delivery a secret. Can’t decide whether to notify or not? Here are a few valid reasons when to keep your labor a secret:

**1. Negativity:** You may decide not to tell anyone when you are in labor if you might receive negative reactions from friends or family. Unfortunately, sometimes there are people that just don’t want to see you happy.

**2. Personal moment:** Another acceptable reason to not share the labor news is when you and your mate want to experience the delivery with the least amount of distractions or stress. This is especially the case when the mother-to-be had a difficult pregnancy.

**3. Adoption:** Should you decide that you are giving your baby up for adoption, it is understandable that you won’t tell anyone when the delivery starts. Going through this alone can be traumatic. Therefore, be sure to at least talk with someone afterwards.

**Why did you decide to keep your labor under wraps? Share your story below.**

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# Kristen Stewart Apologizes for Making People Angry



By Jennifer Ross

For the second time, Kristen Stewart is publicly apologizing. This time, however, her apology is addressed to the world. Several months after publicly apologizing over her cheating scandal, the *Twilight* star tells *Newsweek*, “I apologize to everyone for making them so angry. It was not my intention.” Although she has been the most hated and loved topic of interest since her infidelity with her *Snow White and the Huntsman* director Rupert Sanders, Stewart says, “It’s not a terrible thing if you’re either loved or hated.” Even so, her main concern, besides reconciliation with boyfriend Rob Patterson, is working on her talent. “I don’t care [about people’s opinions]...It doesn’t keep me from doing my s——.”

**What are some of the main repercussions of cheating?**

**Cupid’s Advice:**

In a relationship, the discovery of infidelity can greatly damage and destroy the bond between you and your partner. It definitely destroys your perception of each other. The work required to reconcile is often so difficult that many relationships never recover. So if you are thinking about cheating, here are some of the consequences you may deal with afterwards:

**1. Broken trust:** Trust is at the very foundation of your relationship. Without it, one of you will constantly live wondering if you will ever stop having to prove yourself; while the other will live in fear, worrying about the next possible infidelity.

**2. Loss of respect:** Once caught cheating, to lose respect from your partner means you are no longer viewed in the same loving way. Although your partner may stay with you, he/she will never love you like before and not see you as an equal anymore.

**3. Constant memory:** Even if your mate wants to forgive you, he/she may never forget. This means that in times of conflict, the memory of cheating may surface repeatedly, forcing you to relive your punishment. This creates an emotional prison term with no parole for both of you.

**What were the repercussions of cheating in your relationship?  
Comment below.**

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**Jane                      Krakowski                      Talks**

# Motherhood, Christmas Plans, “Sad Goodbye” on 30 Rock



By Jenny Schafer for

Celebrity Baby Scoop

*30 Rock* star Jane Krakowski recently partnered with Bank Of America to raise thousands for Feeding America. The mom-of-one says that “giving back is such a big part of the holidays and Christmas.”

Jane opens up to Celebrity Baby Scoop about her son **Bennett**, 20 months, and hosting Christmas this year in his honor. She goes on to talk about the “sad goodbye” on *30 Rock* that will finish just days before Christmas. “They did a really great job” with the series finale and gave the “characters a beautiful send-off,” she says.

**CBS: How is Bennett doing?**

JK: “He is doing really well. It is so awesome to be a new mom; it’s absolutely great. Obviously this holiday time is a

crazy time, because we're juggling getting Christmas ready and wrapping up *30 Rock*, and being a new mom and wanting to make it all special for Bennett."

**CBS: Can you tell us all about the recent charity event you attended for Bank of America?**

JK: "I'm was happy to work at Bank of America and have access to all these mobile apps and online tools that help me get everything done, and also make donations to charity as well. It's a great time to be giving to people who are in need.

Bank of America very generously donated a lot of money to the charity Feeding America. Through the very easy mobile app and online banking system, we had people come to the Bank of America, put a Christmas ornament on the tree, and by the touch of a button on their iPhone, iPad, or tablet, donate \$250 each.

Bank of America donated \$25,000 just on the day of the event, which was a larger part of a \$2.5 million dollar donation to Feeding America over the whole holiday season."

**CBS: How do you juggle your busy career and family life?**

JK: "I do it through organization, multi-tasking, being able to do a lot of things at once. It takes a village with lots of friends and family to help along the way. We're really lucky; Bennett is a great kid and he brings us so much joy every single day. We feel blessed every day that we have all these things to juggle at the moment."

**CBS: What are your upcoming holiday plans? Is Bennett showing signs of excitement for the holidays?**

JK: "This holiday season, we are hosting Christmas at our house for the first time in Bennett's honor. He is the youngest child now, and I figured that the person who has the youngest child gets to throw the holiday get-together, because

that is where all of the spirit of Christmas is. Christmas is, like, three days after we finish wrapping *30 Rock*, so it is all a bit crazy right now.

We had fun getting the Christmas tree and we recently brought Bennett to Santa and got the classic screaming photo on Santa's lap [laughs]. I also plan to get all of my Christmas shopping done. I am very excited about the mobile transfers, because I have nephews who at this point really just want cash. I am excited that I can just send them cash wherever they are, because they are all grown and at college or touring America with bands. There comes a point where they really don't want the pajamas anymore, or the perfume they haven't worn since they were twelve [laughs]. They would really just like to receive cash.

In regard to whether Bennett is showing signs of excitement for the holidays, I think he is. I think he is not sure what all the festive decorations in the house mean."

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## Channing Tatum and Wife Jenna Dewan-Tatum Are Expecting a Baby







By Jennifer Ross

It appears Channing Tatum has made magic with wife Jenna Dewan-Tatum. A rep for the Hollywood couple confirms to [UsMagazine.com](http://UsMagazine.com), “Jenna Dewan-Tatum and Channing Tatum are pleased to announce that they are expecting the birth of their first child next year.” The couple met in 2006 while both were on the set of *Step Up* and were married just three years later in Malibu, CA. Regarding whether the pregnancy was planned, an source says, “It was a total surprise.” The *Magic Mike* star, 32, is planning on taking time off next year to be with his pregnant wife and baby-to-be. When asked earlier this year of having a family by Usmagazine.com, Dewan-Tatum, 32, said she would want a family with Tatum but isn’t sure when it will happen. When it’s meant to be, it will happen.” Guess she doesn’t have to wait much longer.

**What are some ways to decide when to have your first child?**

### **Cupid’s Advice:**

When should we start a family? Now? Next month? Next year? You and your partner small talk the subject back and forth over dinner, not really diving into it seriously. But sooner or later, questions will be asked and a time frame will need to surface. To help the conversation move into full force, here

are a few ideas to think about in deciding when:

**1. Take the plunge:** For couples that are eager to start a family, it's common for the pregnancy contraception to stay in the medicine cabinet and just let it nature decide when. Although little to no planning is involved in this way, you and your mate may want to starting preparing once you are pregnant.

**2. Pros and Cons:** In having trouble deciding when to start a family, it is often helpful for you and your partner to each may a separate list of the pros and cons. Then, you can take turns reading each other's list and talking things out to find the best answer as a couple.

**3. A key question:** When looking for the answer to when to have a baby, a very key question to ask yourselves is, "Are there any reasons why we should wait?" This can bring up concerns about financial readiness or that new promotion coming up soon. Use this question to communicate any worries now before baby comes.

**When did you decide to have your first child? Share with us below.**

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## **Gwen Stefani Says Raising Kids with Gavin Rossdale Is the 'Ultimate Collaboration'**





By Jennifer Ross

With her long list of accomplishments, Gwen Stefani claims her biggest moment is having a family with husband Gavin Rossdale. The couple just celebrated their 10-year anniversary, a huge accomplishment in the music industry. In an interview with [Vogue](#), published in the January 2013 issue, the *No Doubt* lead singer describes her lasting marriage as, “It’s pride. You feel proud. There are just so many rewards that come with it.. It’s like these wars that go on and then you kind of get through to the other side, and it’s like, ‘Wow.’” The glue to their marriage – their two children, sons Kingston James McGregor, 6½, and Zuma Nesta Rock, 4. “Having kids takes the whole relationship to another place. It is the ultimate collaboration.” From success at work to at home, Stefani, 43, sometimes can’t believe anyone can be this lucky in life. Every day I’m like, ‘Really? Are you serious? Thank you, God. This is too good.’”

**How does raising children bring you closer together as a couple?**

**Cupid’s Advice:**

It may seem like adding a child into your relationship will deplete everything your and your partner cherish – your love,

money and time. On the contrary, children bring the lessons of unity and unconditional love for someone else. Have doubts about this? Here are a few ways children will bring closeness:

**1. More than two:** As a couple, you two will have a loving bond for each other. However, when children are added, your relationship literally transitions into something more significant and even greater than before. It transitions into a family.

**2. Common life goal:** Although you and your mate definitely love each other, it's nothing compared to the love you two will feel for your children. Even better, the ability to share that common goal of loving and nurturing your children is what will bring you two even closer as a couple.

**3. Symbiosis:** Because raising children requires so much more than just love, you and your partner will immediately learn to cooperate with each other simply to get through the daily stresses of a family. Working together repeatedly is what teaches you both to live in harmony and togetherness.

**How did raising children bring you and your partner closer together? Tell us below.**

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## **Zoey Deschanel and Ben Gibbard's Divorce Is Finalized**





By Jennifer Ross

The wait is finally over. One year after filing for a divorce, Zoey Deschanel and Ben Gibbard are no longer married, according to [People](#). The court documents filed in Los Angeles County Superior Court date the marriage officially over on Dec. 12. Also written in the divorce documents, the reason for the marriage dissolution is, “Unhappy and irreconcilable differences have arisen between the parties, which have caused the irremediable breakdown of their marriage. There is no possibility that counseling ... or mediation could save the marriage.” The couple was married in Sept. 2009. Since the official separation in Oct. 2011, neither Deschanel, 32, nor Gibbard, 36, have ever given details about the breakup. However, later on, the *New Girl* TV star claimed they are amicable with each other. “We’re friendly. It’s all fine.”

**How do you know when there is no hope of fixing your marriage?**

### **Cupid’s Advice:**

Even though divorce is such a common occurrence, many couples are shocked when it happens to them. You and your partner may focus on trying to love each other again. However, this sets you both up for missing the signs. To help you see clear, here are a few signs that confirm the marriage is over:

**1. Character assassination:** A clear sign that your marriage is over begins with you and your partner's many attempts at assassinating each other's character. The belittling, public insults, name-calling and embarrassing attacks are fatal to your marriage, ensuring a true dissolution.

**2. Intimacy is gone:** Although marriage is not only about a physical connection, it will never last without some form of intimacy between you and your mate. Without a way for a couple to strengthen the relationship's closeness through loving contact, one of you will feel neglected and ready to leave.

**3. Dead silence:** Complete silence in a marriage with neither one of you willing to talk it out will get you two speaking to divorce lawyers. Without any further communication, the reconciliation will never begin. This makes it officially over.

**When did you realize there was no hope of fixing your marriage? Share your story below.**

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## **Pregnant Kate Middleton Makes First Official Outing Post-Hospital**







By Nic Baird

Princess Kate Middleton appeared at an award ceremony on Sunday, which is her first appearance since leaving the hospital earlier this month, [People](#) reports. The expectant Duchess of Cambridge was treated for severe morning sickness and released from hospital on Dec. 6. She was able to attend the BBC Sports Personality awards show to present the top prizes, and offer her congratulations. Her pregnancy was announced Dec. 3.

**How do you know when to communicate your pregnancy issues to your partner?**

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

In theory, you should always be able to communicate pregnancy issues with your partner. Don't stall for too long thinking of ways to address them, or ways to explain what you're experiencing. However, there are times when you'll be more effective at getting your message across:

**1. Express your needs immediately:** Your partner is there to help and make your pregnancy as comfortable as possible. If there's something you need or just crave, then say so. Your significant other doesn't know what to expect, so be direct about your wishes.

**2. Be patient:** Sometimes it may feel like you're just not getting through to your partner. Your explanations are always misinterpreted and your needs are misread. Try to stay calm, or leave the situation if you need space. Return when you've reflected on new approaches.

**3. Trust your partner:** It's reasonable to feel insecure about talking to your partner about your pregnancy, but remember that they're invested in the child as well, and they're ready to give you comfort. Don't worry too much about grossing them out, or dumping your problems on them. They want you to rely on them!

**When do you feel it's best to communicate pregnancy issues to your partner? Share your insight below!**

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## **'Mad Men' Star Ben Feldman Is Engaged to Girlfriend Michelle Mulitz**





By Nic Baird

Actor Ben Feldman proposed to Michelle Mulitz on Saturday, [UsMagazine.com](http://UsMagazine.com) reports. The *Mad Men* star has given up the bachelor life now that he's engaged to girlfriend Mulitz. The proposal happened while the couple was walking their dog. Feldman got down on one knee to Mulitz's surprise. "They are the best couple," a source said. "Very normal fun pair. Everyone is very happy for them."

### **What are some ways to plan a spontaneous-style proposal?**

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

Lots of couples will eventually discuss marriage and possible next steps in their relationship. Though, when it does come time to pop the question, convention says you don't want them to see it coming:

**1. Rehearse your speech:** Don't go into the moment expecting the words to instantly pour from your heart. Give your feelings some thought and come up with a rough ideas of what you want to say. Address the key question, why should they marry you?

**2. Use a distraction:** Whether it's dinner, a movie, or rock climbing in the Grand Canyon, make sure you have an excuse to

bring your partner to where you need them and explanations for any activity. You have to avoid suspicion at all costs.

**3. Get a friend to help:** Brainstorming your proposal ideas are a good way to root out the best ones. Get a friend on board who can give you some feedback. It's also important to have someone if your scheme requires any set-up or detailed maneuvering.

**What great proposals have you heard about? Share your thoughts below!**

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## Janice Dickinson 'Couldn't Be Happier' Over Engagement to Dr. Robert Gerner



By Nic Baird

Former *America's Next Top Model* judge Janice Dickinson is engaged to Dr. Robert Gerner, [UsMagazine.com](http://UsMagazine.com) reports. This is Dickinson's fourth marriage. Gerner, nicknamed 'Rocky', is a prominent psychopharmacology expert. The couple have only been dating for three months, but "it was love at first sight," Dickinson said. "I intend to make Rocky the happiest man in the world for the rest of his life."

**What are some things to beware of when you think it's love at first sight?**

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

Everyone wants to believe in love at first sight. The romantic concept is in every love story ever told, so why not in our lives as well? While having a good first impression of someone is definitely a good sign, it's not a fool-proof system:

**1. Infatuation:** Often mistaken for love at first sight, we can become suddenly infatuated with someone we find attractive, or who seems too cool to be true. Sometimes they aren't that cool. Sometimes you don't consider if they're compatible with you when you're so enthralled with their beauty.

**2. Incompatible:** After a brief chat it should become clear if your personalities don't click. However, wait for the second date before writing their name on your mirror. Explore how they feel about life, issues important to you, and relationships.

**3. Unavailable:** Make sure first of all that this person can offer you what you're looking for. Maybe they're avoiding relationships at all costs. It's possible they work too much to be able to give you much time. Understand how you would fit into their life.

**Have you ever believed in love at first sight? Share your experiences below!**



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# Kelly Clarkson Shows Off Her New Engagement Ring



By Nicole Weintraub

Kelly Clarkson has gotten engaged to boyfriend Brandon Blackstock and has already revealed what the giant rock looks like, according to [People](#). The former *American Idol* singer began dating Blackstock, a talent manager, late last year. In November of this year, though, Clarkson revealed to Ellen DeGeneres that she is expecting some bling at some point. Her ring is a yellow canary diamond surrounded by smaller diamonds that her fiancé designed with Johnathon Arndt. Blackstock did a great job matching Clarkson's taste since she loves her ring. She is already looking forward to designing his wedding band with the same designer.

**What are some ways to know what style of engagement ring to**



## **get your bride-to-be?**

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

Purchasing an engagement ring for (hopefully) your bride-to-be can be nerve wrecking. Here are some ways to know what type of style to get:

**1. Ask around:** Chances are that your girlfriend has gushed to her girlfriends and her mother/grandmother what type of rock she is hoping to land. Don't be afraid to ask for help as long as you do so discreetly.

**2. Plant some evidence:** Purposely pass by a jewelry store and see what type of ring lights up your partner's eyes. Flip through some wedding magazines together to get a better idea of what she is looking for.

**3. Do your homework:** Research the different types of cuts and styles of the rings to be able to eliminate them more easily. See what type of ring settings she has already to know what her personal taste is.

**What are some ways to figure out what style of ring to get?  
What are some tips that you might have?**

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# **Pregnant Jessica Simpson Displays Baby Bump at CaCee Cobb's Wedding**



By Nicole Weintraub

Jessica Simpson is expecting baby number two with fiancé Eric Johnson, according to [UsMagazine.com](http://UsMagazine.com). The pregnant star showed off her baby bump proudly at her best friend and former personal assistant CaCee Cobb's wedding to *Scrubs*' actor Donald Faison. Simpson's divorced parents and younger sister, Ashlee, were also in attendance as groomsman Zach Braff escorted the pregnant singer down the aisle. She tried hiding her baby bump behind a bouquet of flowers, though her flowing black dress could not shield her belly.

**How do you know when to go public with your pregnancy?**

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

Expecting a child can be an exciting thing, though it can be tough not to tell everyone as soon as you find out. Here are some tips on how to know when it is time to go public:

**1. Make sure you're pregnant:** The first, most important, aspect of deciding whether or not to tell people about your pregnancy yet is to confirm it. Go to the doctor to get a

sonogram to make sure that you are with child.

**2. Talk with your partner:** Discuss with your partner if you would like to wait a few weeks or whether you would like to shout it from the rooftops. Make sure that the two of you are on the same page with sharing your details.

**3. How will you spill the beans?** Will you send out a massive text message or will you commune both sides of the families together to spread the news – think of different ways to share your wonderful news.

**At what point would you go public with your pregnancy? Share your thoughts with us in the comments below!**

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## **Nicole Richie and Joel Madden Celebrate Second Wedding Anniversary**





By Nicole Weintraub

Nicole Richie and husband Joel Madden celebrated their 2<sup>nd</sup> wedding anniversary, according to [UsMagazine.com](http://UsMagazine.com). The couple has two children together, daughter Harlow who is four and son Sparrow who is three years old. The two wed in December of 2010 after four years of dating one another. Richie revealed that the two of them were complete opposites when they first met, though they could not be happier now. Madden, who plays for band Good Charlotte, opened up about his family, saying, "I feel like the luckiest man alive to have my wife [Richie] and kids...Hope everyone out there finds this kind of love."

**What are some special ways to celebrate your anniversary?**

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

Anniversaries can get monotonous and routine after several years, though here are some different ways to celebrate them:

**1. Take a class:** Instead of doing the routine and traditional anniversary dinner and gift exchange, take a class together. Try a kickboxing class or a baking class; just do something different that you can do together.

**2. Cook for each other:** Have your partner make dinner for the two of you or make dinner for you and your partner. Instead of

going out for dinner, have a nice evening in with food cooked by you.

**3. Start a tradition:** Do something original and start a tradition that the two of you can do every time you celebrate an anniversary. For example, write each other little love notes or start a memory box.

**How would you celebrate your anniversary in a special way? Share your ideas with us in the comments below!**

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## Renee Zellweger Is Dating Sheryl Crow's Ex-Beau



By Nicole Weintraub

Renee Zellweger and new beau Doyle Bramhall were caught smooching in public, according to [UsMagazine.com](http://UsMagazine.com). Bramhall has

been previously linked to Sheryl Crow, and Zellweger was previously linked to Bradley Cooper and former husband Kenny Chesney. Zellweger and Bramhall were caught sharing a quick kiss at an airport while they both dressed in jeans, black coats and dark shades. The two went to college together, so perhaps this romance was a long time coming.

**What do you do if you fall for your friend's ex partner?**

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

The number one rule in girl code is not to date your friend's ex boyfriends. But what happens if we can't help ourselves? Here are some tips:

**1. Talk it over with him:** Be open about your hesitance with your friend's ex and make sure that he is not trying to use you to get back at her. Make sure that the two of you are on the same page before diving into anything serious.

**2. Talk it over with her:** The best thing to do with your friend is to be open and honest about what is going on. Calmly explain how you are feeling and be open minded, even if she is not.

**3. Weigh the consequences:** Once you have talked with the two of them, really weigh out your options. See if you are willing to pass up an opportunity for love to keep a friendship or if you are willing to sacrifice a friendship for a shot at love.

**What would you do in this situation? Share your thoughts with us in the comments below!**

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# Relationship Expert Kailen Rosenberg Shares Dating Advice for Finding the Love We Deserve



By Whitney Baker

You may recognize relationship expert Kailen Rosenberg as “the love guru,” “the love whisperer” or, as Oprah Winfrey recently named her, the official “ambassador of love.” With her starring role on *Lovetown, USA* from the Oprah Winfrey Network/BBC Worldwide, she put her education and experience to the test: Oprah asked Rosenberg and Paul Carrick Brunson to transform Kingsland, Georgia, into a town filled with grace, kindness and open hearts. Of how she helped the community with her dating advice, she says, “What I look for isn’t necessarily what *is* working, but what is not. I seek out what is broken, the areas that sabotage relationships and love, and help each person to work through their pain and heal, so that

they can experience the love and the partner they truly deserve.”

## Relationship Expert Shares Personal Beliefs on Love and Dating Advice

While fans await news of season two of the hit show, Rosenberg is hopeful, recognizing that viewers and critics alike enjoyed the first season. “Oprah’s heart and intentions are completely pure. *Lovetown, USA* was meant to be a social experiment on love,” she shares. “And it worked! It proved that, when one focuses on nothing but love, healing in the most broken places can take place.”

**Related Link:** [How to Find Love Amidst Holiday Crazy](#)

Of course, some heartaches are easier to mend than others. As viewers saw on *Lovetown, USA*, the relationship expert was tasked with helping two single dads find love. She approached it much like any other match. “What matters most is this: Is the person kind? Is he emotionally healthy and ready for love?”

Drawing from her own marriage, Rosenberg understands how tricky it is to find a partner that is a good fit for both you and your children. “My husband (who had never been married and had no children) is an amazing stepfather. We have a blessed family because of his genuine care for himself, me and my sons,” she says. “It all depends on the values of the two people coming together.”

As for how to know when you’ve found a relationship to last lifetime, Rosenberg believes that it’s just a feeling. She elaborates on this love advice and shares, “When you meet your soul mate, there’s something inside of you that’s different; you can’t explain it. There’s a piece of your new partner that challenges you to become a better human being. You grow and

love more deeply because of that experience with each other.”

Rosenberg, a master’s-level certified life and love coach, is a successful matchmaker both on and off the show. She’s helped over 400 couples find each other and credits this accomplishment to “teaching people to love and know themselves authentically and to heal what needs to be healed *before* getting into a relationship.” Expanding on this idea further, she explains, “When people are able to listen to their inner voices and are fully aware, they make for better partners and create better relationships and better marriages.”

**Related Link:** [E!’s Newly-Engaged Ashlan Gorse May Head Back to France for Wedding to Philippe Cousteau Jr.](#)

## **Kailen Rosenberg Talks Relationships and Love and Her Next Project**

While Rosenberg’s impressive success rate may suggest otherwise, many people are choosing to remain single rather than look for love. In fact, the Census Bureau statistics show that more than 44 percent of adults 18 and over are unattached. Even so, she isn’t deterred; she even views this number as a positive thing. “Younger people want to take their time and are more sincere about love and marriage, wanting something different than generations before,” she says. “As much as people want to believe in marriage, I think they are more afraid.”

She then adds, “The good news is that they rarely give up on love, wanting to believe that it can still be real and wonderful.”

As for what’s next, Rosenberg doesn’t plan to slow down anytime soon. She is currently working on a book, which will be released by Simon & Schuster in fall 2013, and tells us,

“It will focus on teaching both singles and couples how to find and experience real love.” Additionally, she has received offers to do her own television show to further teach people about love.

Even with her credentials, the dating expert knows just how difficult it can be to find love. For single women and men looking for a relationship, she offers this advice: “Know what is absolutely amazing about yourself, but don’t be afraid to look at what isn’t so lovely and great. Work on healing it and getting to a great place from within, so that when you find love, you can give and receive it at its fullest.”

*For more information about Kailen, please visit [TheLoveArchitects.com](http://TheLoveArchitects.com). You can also follow her on Twitter at [@KailenRosenberg](https://twitter.com/KailenRosenberg).*

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## Model Eva Herzigová Is Expecting Her Third Child





By Nicole Weintraub

Model Eva Herzigova is preparing to welcome her third child, according to [People](#). The model and husband Gregorio Marsiaj are expecting their third child in the spring. The pair already have two children – George who is 5 and Philipe who is 21 months old. Herzigova is best known for the Wonderbra ads, which made her one of the original supermodels. She is still walking the runway, which she did just a few weeks ago and is adding Dior Capture skincare products to the lines that she represents.

**What do you prepare for differently when you're expecting a third child?**

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

One child, two children, three children...your brood is growing, so here are some tips on how to prepare for your next baby:

**1. Use hand-me-downs:** You're an expert at baby rearing by now and there are probably tons of old clothes from your other kids lying around the house. It's time to reuse the old baby clothes and equipment.

**2. Reflect on your parenting style:** Now is the time to reflect on what you want to do the same with your third child as you

did with the others. If there is something that you want to do differently, discuss it with your partner.

**3. Prepare your kids:** Two's a party, but three's a crowd so be sure to prepare your kids for the newest addition of the family. Be open with them and discuss some of the changes that they should be expecting.

**How do you prepare for a third kid? Share your ideas with us in the comments below!**

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## Alicia Keys: Motherhood Has Made Me A Better Person



By Jenny Schafer for  
Celebrity Baby Scoop

Grammy Award-winner Alicia Keys opens up to *Scholastic Parent*



& *Child's* December/January issue about her 2-year-old son **Egypt**, the joys of motherhood and balancing work and family life with husband Swizz Beatz.

**On being a new mom:** "Being a parent has made me more open, more connected to myself, more happy, and more creative. I'm more discerning in what I do and how I do it. It's just made me a better person all the way around."

**On balancing work and family life:** "What's been surprisingly hard about becoming a mom is being away from him and trying to find that magical balance for everything, which I kind of expected. But on the flip side, what's been surprisingly easy is just how natural parenthood feels. I feel great about how easily I've fallen into the role. I love it!"

**On family time:** "We love to go to art galleries and to the park. We love to do painting days and to visit our family—and we also love to run around our house and just go nuts!"

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## Hayden Panettiere and Scotty McKnight Call It Quits





By Jennifer Ross

From *Nashville* to splitsville, [People](#) confirms that Hayden Panettiere is calling it quits with New York Jets wide receiver Scotty McKnight. The once thought to be perfect couple dated for over a year. However, all is not lost. Even though the relationship has been over for about two weeks, Panettiere, 23, continues to remain friends with McKnight, 24. One friend even goes as far as to tell *TMZ*, “They will probably be back together sometime down the road.” This is the Hollywood actress’ second time dating a professional athlete. In previous times, Panettiere once dated Ukrainian boxer Wladimir Klitschko for approximately two years.

**How do you make sure to stay friends with your ex?**

### **Cupid’s Advice:**

You and your ex have managed to get through the breakup without killing each other. Also, you both don’t want to lose the friendship you had before, especially since you necessarily don’t hate each other. Some people are worth keeping in your life. So as not to ruin everything, here are several rules every friends-with-ex relationship must have:

**1. Platonic:** To remain friends, you and your ex **MUST** keep “the benefits” out of the friendship. That means absolutely no

kissing, no flirting, no hand holding, or anything else in the intimacy department. Even on nights of drinking, you cannot go down that road...EVER.

**2. Find love elsewhere:** Both of you must begin to meet and date other people. Remaining friends with your ex hoping to someday reconcile is only going to cause pain to both of you. Also, leave the details of your new relationship for your girlfriends' ears only. Your ex doesn't need to know everything.

**3. No relationship analysis:** When either one of you decide to analyze what went wrong in the relationship, do your analyzing with someone else, such as another friend, a therapist, parents. Remember, the goal is to remain friends with your ex. Therefore, keep the topics light.

**What steps did you take ensure staying friends with your ex? Share your story below.**

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## **CoCo Austin Speaks Out About Racy Pictures, Saying 'I Disrespected My Husband'**





By Jennifer Ross

Ice T is heated up about the seductive pictures his wife Coco Austin posed in with Rapper AP.9, according to [UsMagazine.com](http://UsMagazine.com). While in Las Vegas replacing a very pregnant Holly Madison in a burlesque revue *Peepshow*, Austin poses with the rapper for what she first considers “harmless” fan photos. Feeling disrespect by his wife, Ice T tweets his anger and frustration. “Most of [the pics are] disrespectful and in bad taste. She’s made me look and feel like s–t.” Since then, Austin realizes the seriousness of the situation and publicly apologizes to her husband in several tweets. “I feel so sad. The bottom line is I love Ice & I can understand why he’s upset. There’s no excuse for my actions. I’m so sorry baby & to everyone.” The photos and tweets have since been removed from online but, nevertheless, have gone viral.

**What are some ways to approach your partner when he/she has done something questionable?**

### **Cupid’s Advice:**

In one careless situation, your partner has embarrassed and hurt you. It’s not bad enough to end the relationship, but you do feel neglected or betrayed. So how do you deal with it? To make up peacefully with love, consider the following steps to

approaching your delicate situation:

**1. Cautiously:** If the end goal is to reconcile and strengthen the relationship, the last thing you want to do is overreact. Therefore, take time alone to evaluate what you want the overall outcome to be and how you would like to accomplish this. Also, ask your partner to do the same before coming together to talk.

**2. Direct talk:** Once you and your mate have thought over what exactly happened, be direct about how you feel. Otherwise, how will your partner know the consequences of all his/her actions if you don't express them? Sugar coating your feelings will only lead to repeated pain later.

**3. Ask for help:** In the event that you or your partner have difficulty communicating or controlling emotions, it is best to ask for assistance. You are looking for a mediator to help you two, either by profession or someone close that can remain unbiased to both sides.

**How did you approach your partner when he/she did something questionable? Share with us below.**

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## **Tiger Woods Parties the Night Away with Multiple Women After Golf Tournament**





By Jennifer Ross

Tiger Woods is back to his partying ways. On Dec. 1, the pro-golfer danced all night long at California's Westlake Village Inn right after his 14th Annual World Challenge Golf Tournament. An eyewitness reports to [UsMagazine.com](http://UsMagazine.com) that Woods, 36, was surrounded by gorgeous women for most of his time on the dance floor. "Tiger was dressed in jeans and a beige sweater...At one point he was surrounded by a group of six women on the club's dance floor!" To further get into the partying mood, Woods requests the DJ to play, 'Tonight I'm F-ing You' by Enrique Iglesias. This set the mood just right as the ladies loved his persuasive music choice. As Woods enjoys his single life, ex-wife Elin Nordegren is busy creating her dream home on the coast in North Palm Beach, FL.

**How do you know when it's time to stop serial dating and settle down?**

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

The single life is a wild ride, full of meeting new people and partying nights. No matter what day of the week, you can easily find a hot partier for the evening or several evenings, always keeping true love at arm's length. Yet, something has changed and you no longer want to be single. To help you cross



over to the monogamy side, here are a few clues telling you it's time to settle down:

**1. Being alone:** You no longer feel the need to fill every spare minute of your single life with party time. Instead, you now enjoy being alone with your own thoughts. Feeling comfortable in your own skin with no one around is a good sign that you might be ready to share that time with just one person.

**2. Slow party nights:** On the nights that you do go out, your main interest isn't how many hot random people you can meet for future play dates. Instead, you now prefer to have a slower, quieter night out with a few good friends in a relaxing atmosphere. Clubbing all night just doesn't appeal as much anymore.

**3. Open mind:** When you spend time with potential mates, you are more open to understanding their quirks instead of comparing them to your "perfect mate" list. Matter of fact, sometimes you even leave the list at home and let yourself simply have fun exploring each other's personalities.

**When did you know you were ready to stop serial dating and settle down? Tell us below.**

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## **Giuliana Rancic Faces End of Maternity Leave: "It's Hard"**





By Jenny Schafer for

## Celebrity Baby Scoop

After three months of a blissful maternity leave with her newborn son **Duke**, E! News host Giuliana Rancic is returning to work.

"I could give you the Hollywood answer and just say it's been great going back to work," she tells [Life & Style](#). "But the real answer is, it's hard. What's important now is different from what was important a few months ago."

*"The other morning, I was having the best time with Duke, and he was making faces that I had never seen before, and he was being so cute. Then I looked at the clock and I had to go to work," the new mom, 37, adds. "So I keep thinking, am I going to miss something?"*

To help calm her nerves, doting hubby **Bill Rancic** regularly sends smartphone videos of their son throughout the day. "It's one thing to look at pictures," she says. "But when I see video, I feel like I'm with him."

Bill, 41, says he's never seen this side of Giuliana before. "It's remarkable to see how the baby has changed her," he shares. "Just the devotion the little guy evoked and the motherly instincts that kicked in."

But the self-professed workaholic says she'll work hard at balancing work and family life.

*"I'll make it work," she says. "I'm going to make sure I don't sacrifice anything."*

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## Sources Say Bethenny Frankel is 'Unhappy' with Husband Jason Hoppy



By Jennifer Ross

Sources confirm, Bethenny Frankel is not happy with husband Jason Hoppy. On the third season of Bravo's *Bethenny Ever After*, the theme seems to be a whole lot of fighting. Now, sources tell [UsMagazine.com](http://UsMagazine.com), things are much worse. "Things have gotten even more strained in recent months. They're

fighting a lot.” With the feuds escalating to what they are, the self-made mogul, 42, and businessman Hoppy are spending more and more time apart. Recently, Hoppy spent the day golfing while Frankel hosted her Skinnygirl’s Christmas party. Also, Frankel escaped in late November to a girls’ getaway, therefore, excluding Hoppy, 41. What’s a major reason for all the arguments? A source says it’s the differences in career ambition. Bethenny is said to be “very focused” while Hoppy is “not driven.” But don’t count these two broken up yet; Frankel still “wants to make it work. “

### **How do you know when to call it quits in your marriage?**

#### **Cupid’s Advice:**

There can be many reasons why a marriage breaks down and falls apart. Sometimes, couples may run to divorce too quickly, following impulsiveness due to heated discussions. Other times, the slow build-up of breaking each other down will lead you to the same path. Whether you crawl or run towards divorce, understand if it’s time to pull the plug with these few clues:

- 1. You have tried it all:** You and your spouse have tried the marriage counseling, the relationship nurturing retreats and the heart-to-heart communication. Even still, the relationship has not gotten any better. On the contrary, it only leads you further away from each other. Listen to yourselves; it’s time to go separate ways.
- 2. Abuse:** If you are ever suffering from emotional, physical or even financial abuse from your spouse, this is a strong sign to end your marriage. It is one thing to disagree with personal matters in the relationship. However, no person EVER deserves to be abused. The best advice is – get professional help.
- 3. Exit planning:** Once you or your partner begins researching

and preparing for separation, it is safe to say that the end to your marriage is beginning. It's one thing to think about how to legally get out of your relationship. However, taking action is clear indication that you or your mate has thought about divorce long enough to want it more than reconciling.

**What reason led to know it was time to end your marriage?  
Share your story below.**