

Jessica Simpson Says 'Motherhood Is the Best Thing I've Ever Experienced'



Singer and *Fashion*

Star judge, Jessica Simpson, 31, took to Twitter to proclaim her love for her new addition, Maxwell Drew. "I want to cry every time I look at her. Motherhood is by far the best thing I've ever experienced," said Simpson. According to [People](#), the [new mom](#) isn't the only one in love with Maxwell Drew, as grandfather Joe Simpson and aunt Ashlee Simpson can't get enough of her.

What are some ways to prepare your relationship for kids?

Cupid's Advice:

Every relationship has milestones and having a baby may be the biggest one. Here are some ways to prepare for kids:

1. Pep talk: The two of you are a team. Sit and talk to your partner about how you're going to set rules and discipline your child together.

2. Fears: What are your fears or your partner's fears about adding a new member to the family? This is the time to be honest before the baby comes.

3. Expectations: Make sure you discuss finances and delegate chores that will make both of you happy when the baby arrives.

How have you prepared your relationship for kids? Share your comments below.

Sources Say Sofia Vergara Has Split from Nick Loeb



Modern Family star

Sophia Vergara has called it quits with her boyfriend, environmental businessman Nick Loeb, says reports. On Monday, the actress attended the Met Gala without Loeb and told other guests the relationship has ended, after being together for more than two years, according to [People](#). In March, Vergara said she wasn't ready to get married or start a family with Loeb. "They have been fighting a lot recently and have been on the brink of splitting many times," a source told the *New York Post*.

How do you know when the fighting has gotten to be too much in a relationship?

Cupid's Advice:

While you and your partner shouldn't strive to be the perfect couple, you should at least aim to be healthy. Here are some signs that your relationship has taken a turn for the worse:

- 1. You constantly argue:** When you spend your time together arguing more than appreciating each other's company, it may be time to call it quits.
- 2. It becomes physical:** No one in the relationship should be suffering from any form of abuse, especially physical. If that's the case, get out of the situation and get help.
- 3. Loss of intimacy:** When you and your partner's hostility toward each other impacts your physical connection, then it could be time to part ways.

How do you know when the fighting has gotten to be too much in a relationship? Share your comments below.

Richie Sambora Loves Denise Richards More for Adopting



Rocker Richie

Sambora and model Denise Richards have rekindled their romance, and Sambora says Richards's adoption made him fall even harder for her. Richards, who has two daughters with ex Charlie Sheen, adopted a baby girl named Eloise in 2011. "When she did that, it just made me fall in love with her more for god sakes," the musician told UsMagazine.com. "Because it's such a beautiful thing to do. It's such a giving thing." While Sambora supports Richards's decision to adopt, his own daughter with ex Heather Locklear, supports his new relationship whole heartedly. "I think they are so cute together and I couldn't be happier!" she said. "They are adorable."

What are some disadvantages to dating someone that has kids?

Cupid's Advice:

Dating someone new can call for some adjusting, but dating someone with kids can call for some major changes, and will change the rules of the dating game. Cupid has some reasons why:

1. Expectations: Not only are you trying to impress your partner, but you're going to have to impress their kids if you want to have any chance at taking the relationship to more serious levels. Kids can be very accepting, but they're also honest and judgmental.

2. Fitting into two roles: There will be a part of you that's the "you" when it's just you and your partner, and there will be the "you" when you're with your partner in front of their children. It's important that you remain as much yourself in both situations for the relationship to be real.

3. Different priorities: Your partner's kids will, as they should, take priority over you and your relationship. This can lead you to feel like you're not appreciated or you're being ignored, while in reality, your partner is busy being a responsible parent.

Have you or are you dating someone with kids? Share your comments below.

Celebrity Trainer Gunnar Peterson Discusses Relationships, Health and his

8-Week Gunnar Challenge



By Nisha Ramirez

Celebrity trainer Gunnar Peterson, is all about keeping celebrities in top shape for when they're on and off camera. For those who are looking to get in shape celebrity-style, Peterson is debuting a new diet and fitness program called The Gunnar Challenge. The trainer guru says that his 8-week challenge is great for couples and a must for anyone looking to boost their confidence. He doesn't advocate for training couples together, but he did make the point that couples should have mutual fitness goals. By accepting The Gunnar Challenge for yourself first, you can make a dedication to yourself that will yield positive results. The interactive online challenge starts May 21st and Gunnar wants you to accept the challenge for yourself and your love life. Beach season is only a few weeks away, so why not get started?

To find out more about Gunnar Peterson and how you can get

involved with The Gunnar Challenge, www.gunnarchallenge.com.

For more videos from CupidsPulse.com, check out our YouTube channel.

Tiger Woods' Ex-Mistress Rachel Uchitel Opens Up About Second Chances and Pregnancy



Most widely known as Tiger Woods' ex-mistress, *Celebrity Rehab* star Rachel Uchitel recently opened up about "second chances," pregnancy and her hubby-to-be Matt Hahn in an exclusive interview with [Celebrity Baby Scoop](#). In the interview, the mom-to-be said, "Everyone deserves a second chance," referring to her tainted past with Tiger Woods and the press stalking her for years. "I moved on

a long time ago and it's odd to me that a lot of people haven't," she said. "People will still hear my name, an article will come out about me, I'll see the negative spin on it and I'm not sure why." But she's not letting the public scrutiny tear her down. "I'm doing my best to try and get on the right path and have a family and be happy and make other people happy," she said. "I'm really excited to be a mom!"

How do you overcome past drama to make a relationship work?

Cupid's Advice:

When bad things happen, it can be hard to start over and move on without people around you reminding you of your past mistakes. Even your romantic relationship can take a hit. Cupid has some tips:

- 1. Therapy:** Sometimes the best way to get over past drama is to talk it out with a licensed therapist. You can't expect to have a healthy romantic relationship until you're healed inside.
- 2. Ignore public scrutiny:** This is sometimes easier said than done, but it's important that both you and your partner successfully ignore the gossip going on around you. If you let it get to either of you, it'll damage your relationship.
- 3. Move on:** Don't live in the past. If you often think about the drama that happened years ago, and it affects your day-to-day life, that's not healthy. You can't truly enjoy your relationship until you leave the past in the past.

What are some other ways to overcome past drama? Share your thoughts below.

Eva Mendes Gets Giggly Over Ryan Gosling on 'Ellen'



Actress Eva Mendes appeared on the *Ellen DeGeneres Show*, and she managed to keep her rumored relationship with heartthrob Ryan Gosling under wraps – sort of. The talk show host didn't exactly assume that the couple was dating or that they'd ever even met, but she did get Mendes a gift to give to the *Crazy Stupid Love* actor in case she happened to run into him. Supposedly the two movie stars have something in common, and that's their love for onesie pajamas. "Because he likes them so much, when you see him – *if you see him, if you run into him* – I've got a gift that I think both of you would have fun [with]," DeGeneres joked, according to [People](#). "[This could] especially [work] as an icebreaker when you meet him for the first time."

What are some ways to keep a new relationship a secret?

Cupid's Advice:

You wouldn't want to spoil a new relationship by letting word get out too quickly! Cupid has some tips to keep things quiet until you're ready to go public:

1. Location: If you're going out on a date, don't pick a hot spot where you know there's the possibility of seeing friends or family. It will be fun to explore a new area and go to a restaurant that you've never been to before as a couple.

2. Rumor mill: The best way to prevent rumors is to withhold any kind of information that can get the mill churning. If you have friends or co-workers that you know are nosey-nellies, avoid talking about your new found crush in front of them.

3. Play it cool: When you start dating someone new it can be the only thing that's on your mind, but if you want it kept a secret, you have to learn to be subtle. If people question you, reply with a friendly answer and nonchalant tone to make it seem like it's not a big deal.

Have you ever had to keep a new relationship a secret? Share your comments below!

Molly Sims Celebrates Pregnancy at Baby Shower





Mom-to-be Molly Sims

was all smiles on Saturday. The actress attended her baby shower at a private residence in Hollywood Hills, reports [People](#). The house was decorated with blue balloons and flowers and hosted around 50 guests. “[Sims] was smiling the entire time,” said one of the guests. “It was like she just couldn’t believe how lucky she is. She was so thankful everyone was there for her. Her husband [Scott Stuber] joined her at the end of the shower and Molly was beaming. She showed him all the baby presents and wouldn’t stop smiling.”

What are some ways to make your baby shower unique?

Cupid’s Advice:

Chances are, you’ve been to at least a handful of baby showers. Here are a few ways to make yours unique:

1. Creative theme: Instead of going for traditional colors like blue and pink, try picking a creative theme. If you’re having a boy, try a sports theme or for a girl, try a fairy tale theme.

2. Presents: Instead of receiving traditional gifts like stuffed animals and baby bottles, ask your guests to donate to charity. This way, you’ll be making a difference instead of receiving multiple teddy bears for which you’ll most likely

have no use.

3. Games: Play a few games at your shower. Try baby-themed Bingo or have your guests play Twister while wearing a faux-pregnant belly.

Do you have any ideas for a unique baby shower? Feel free to leave a comment below.

'True Blood' Stars Anna Paquin and Stephen Moyer Are Expecting First Child



Anna Paquin has had no trouble showing off her happiness with her husband Stephen Moyer in the form of her growing baby bump. According to

UsMagazine.com, the *True Blood* star said of having kids: “I have trouble planning anything more than brunch with my friends, but when the time’s right, we’ll do it.” The time must be right, because the star is beaming about her pregnancy.

What are some ways to prepare for having your first child?

Cupid’s Advice:

It can be difficult to plan for your first child, as it’s filled with the unexpected. Cupid shares some tips:

1. Support: Find and keep in touch with your support group. It’s good to have friends and family around, but it’s also great to have people around you who are in the same situation with a new baby on the way.

2. Money: Babies cost money. Make sure you’re ready financially for a baby. Diapers don’t come cheap. Work hard to save in the nine months before your child is born.

3. Responsibility: Are you ready to be a new mother or father? Whether it means changing locations or revamping your lifestyle, it’s important to have the right mindset going into parenthood.

What are some ways you prepared for your first child? Let us know.

Brian Austin Green Avoids

Megan Fox Pregnancy Rumors



Actress Megan Fox and husband Brian Austin Green will be celebrating their two-year anniversary in Hawaii where they tied the knot back in June 2010. The two are open about their plans to reinvent the same atmosphere they had on their wedding day, but they're more hush-hush about the pregnancy rumors that have been floating around. "They've been saying that every three months ever since we got married, and it's sort of one of those things that they love to say," Green said according to [People](#). "I think it's interesting. I think there is a part of Megan that people really love that is, at 18 she found a relationship and she stuck with it, and we've been together for coming on eight years now."

How do you keep your pregnancy under wraps?

Cupid's Advice:

There are three people that really matter during your

pregnancy – you, your partner, and your baby. Cupid has some tips to help you keep things quiet:

1. Keep it personal: Only tell the people that are close to you like your parents and your best friends. If you start telling too many people, it will get around to everyone you're surrounded by very quickly.

2. Demand your privacy: Once people find out that you're going to have a baby, they're all going to want to put in their suggestions about how to go about everything. Make sure to demand your privacy so you can do things the way you want to do them.

3. Keep it a secret: Obviously you can't keep your pregnancy hidden forever, but it might be fun to keep it a secret until your baggy clothes or your anticipation can't hide it anymore!

How did you keep your pregnancy quiet? Share your comments below.

Bruce Jenner Says He Hasn't Met Kanye West Yet





Kim Kardashian seems to be getting very comfortable with her new found love, Kanye West. But, why hasn't her stepfather Bruce Jenner met West yet? Maybe things aren't getting serious after all. On *The View*, Jenner recently said about West, "Honestly I've never met him. I haven't seen him at the house." Regardless Jenner just wants Kardashian to find love and be happy. A source for UsMagazine.com says that the couple are "talking marriage." Will Kardashian be able to jump into another marriage so quickly after her divorce to Kris Humphries?

How do you prepare to meet your partner's family for the first time?

Cupid's Advice:

A new and important step in your relationship is meeting each other's family. Family has a lot to do with who a person is and how they grew up. So how do you prepare for such a step? Cupid has some advice:

- 1. Communicate with the family beforehand:** You want to have built some sort of relationship with at least one of the family members beforehand, to get a feel for how they are. It'll relieve some of the stress before you meet them all.
- 2. Get background info:** Ask your partner about their family.

You don't want to be completely clueless about the entire family until you meet them. Plus, they'll probably be impressed that you know so much about them already.

3. Invite them over: If you're the host, you have time to give a good first impression. The fact that you invited them all over to begin with is already a good first step.

How would you prepare meeting your partner's family for the first time? Share your comments below.

Carrie Underwood Says She's Not Ready to Start a Family



[Carrie Underwood](#) isn't feeling pressured by Hollywood. The [newlywed](#) country singer says she has no immediate plans to start a family with

husband [Mike Fisher](#), reports [UsMagazine.com](#). “We’re good [without kids]. I’m super busy and he is super busy. We are still newlyweds,” said Underwood backstage at *American Idol* on Thursday. “I honestly think that if we brought a kid into it would mess things up right now! We’re good right now!”

How do you know when you and your mate are ready to have kids?

Cupid’s Advice:

Choosing to start a family is a difficult decision to make, especially when you’re happy with the status quo. Here are a few suggestions as to when to start a family:

1. You want a family: If you find yourself eyeing babies you see at a local park or going gaga over your neighbor’s daughter, it might be time for you to start thinking about a family of your own.

2. Financially secure: Even if you and your partner feel emotionally ready for a child, you still need to be sure that you’re completely prepared. Make sure that you have enough money set aside for child care and, eventually, college tuition.

3. Don’t feel pressure: Don’t feel pressured to start a family by your friends or by a supposed biological clock. With modern medicine and in vitro fertilization, it’s possible to have children much later in life. It’s okay to wait.

How did you know when you were ready to have kids? Feel free to leave a comment below.

Khloe Kardashian Is Making Marriage Her Main Focus



In spite of pressure from E! for a third season of *Khloe and Lamar*, Khloe Kardashian and Lamar Odom have made the joint decision to pull the plug on their show. According to UsMagazine.com, the decision was made in order to put family first. The couple reportedly blame the stress of the series for Odom being dropped from the Dallas Mavericks in April. They plan on spending their time off working to rebuild Odom's NBA career.

How do you support your spouse when they are facing a difficult time?

Cupid's Advice:

With the economic downturn, times are hard. If your [partner](#) is facing troubles either at work or in their personal life, it's time for you to be strong for them. Here are some ways to

stand by your partner when things get tough:

1. Listen: Sometimes the best thing you can do for someone in trouble is to listen. Be their shoulder to cry on as they pick themselves back up.

2. Move forward: Don't dwell on the past or allow your partner to do so. No matter how bad things get, life goes on.

3. Remember nothing lasts forever: When you're going through a hard time, it often seems like it will never end. Keep reminding your partner and yourself that it's always darkest before the dawn.

How have you dealt with your partner's loss of a job? Share your story below.

Hollywood Couple Brad Pitt and Angelina Jolie Visit Legoland with Kids





Newly engaged

Hollywood couple Brad Pitt and Angelina Jolie were spotted at U.K's Legoland with their children. According to *People*, Pitt and Jolie were "very much in love. And a really happy family." In past visits, Jolie took the children to Legoland on her own, but this time, her celebrity love was happy to tag along. After Legoland, the family visited a petting zoo, Odds Farm.

This Hollywood couple found a way to still be romantic while on a vacation with the family. What are some creative outings that can still be enjoyed by the parents?

Cupid's Advice:

It's great to have romantic dates minus the kids, but sometimes, it can be difficult to pull off. Taking a cue from this Hollywood couple, there's a way to focus on your relationship and love and also be together as a family. Here are some love advice for date ideas that the whole family can enjoy:

1. A day in the park: The outdoors are the perfect place for your kids to let loose while you and your partner cuddle in the grass. Pull out a basket and make lunch a romantic picnic.

Related Link: [Celebrity Interview: Katherine Heigl Says 'Family Comes First'](#)

2. Beach love: At the beach, your kids can build sand castles and get their feet wet at the shore. At the same time, you and your sweetie can soak up some sun.

Related Link: [Chris Hemsworth Spends a Beach Day With Family](#)

3. Rainy day fun: Every kid loves to play in the rain! Let your kids get muddy while you and your partner dance in the rain.

What family outings have you and your partner been on? Share your comments below.

Lady Gaga and Taylor Kinney Split





Lady Gaga's hectic popstar lifestyle was just too much to handle along with her relationship with actor, Taylor Kinney. The couple had been dating for ten months, and have decided to take a break. A source told UsMagazine.com, "She will be touring nonstop until next year and has found she can't have relationship at the same time." Gaga and Kinney weren't what you'd exactly call the perfect couple either, a friend claims. "Taylor was all about himself, a typical actor, and didn't completely get Gaga." Maybe they were headed for a brick wall from the start.

How do you keep work from getting in the way of your relationship?

Cupid's Advice:

Sometimes it becomes hard trying to balance your work with your relationship, especially for popstars like Lady Gaga. Here are some ways to keep work from getting in the way of your relationship:

1. Finding the right balance: The most important thing is doing well in work, but not letting it take up all your time. Once you're at home, forget all of the work stuff and just spend time with your significant other.

2. Prioritize: It becomes a problem if you begin making too

many sacrifices for work, and not for your relationship. You need to make sure the people important in your life are given the kind of attention they deserve.

3. Take some time off: Work can be all-consuming, so take a vacation. Why not take some time off to spend a couple days with your partner? Every relationship needs that every once in a while.

How do you try and balance your relationship and work? Share your comments below.

Giuliana and Bill Rancic to Witness Surrogate Giving Birth





Television couple,

Giuliana and Bill Rancic, truly have something to celebrate.

After years of struggling to conceive and a terrifying fright with breast cancer last year, the couple will welcome a new child into the world via a surrogate. “We are so blessed! This truly is a miracle baby,” said Giuliana Rancic to UsMagazine.com. The couple, who have been married since 2007, said that they will absolutely witness the birth and claim that this has been the happiest moment of their lives.

What are the advantages to welcoming a child via a surrogate?

Cupid’s Advice:

One of the many wonders of modern technology has been the surrogate birth. Since so many stars rely on their bodies to make a living, it’s becoming more and more common in Hollywood. Here are some advantages:

1. Less stress on your body: Welcoming a baby into the world is always stressful. However, when you aren’t actually the one carrying the child and giving birth, you won’t have to worry about losing the baby weight or missing work.

2. Experiencing the gift of life: Women who aren’t physically capable of having children of their own can now do so thanks to the miracle of surrogate pregnancy.

3. Being happy parents: Families come in all shapes and forms. They also begin in many different ways, each of which is beautiful in its own way.

Are there disadvantages to having a baby via a surrogate? Share your comments below.

Jessica Simpson Welcomes Daughter Maxwell Drew



It's official:

Jessica Simpson isn't the most pregnant star in Hollywood anymore! Simpson and fiancé Eric Johnson welcomed their daughter, Maxwell Drew Johnson, into the world on May 1, according to [People](#). "Eric and I are elated to announce the birth of our baby girl, Maxwell Drew Johnson," Simpson wrote on her website. "We are grateful for all the love, support and

prayers we have received. This has been the greatest experience of our lives!!” Maxwell is former NFL player Johnson’s middle name, while Drew is Simpson’s mother Tina’s maiden name.

How do you avoid criticism during your pregnancy?

Cupid’s Advice:

Jessica Simpson endured some major criticism throughout her pregnancy, pertaining to her weight gain. Check out these ways to avoid the backlash:

1. Surround yourself with trustworthy people: The truth is, if you stay away from certain types of people, you shouldn’t run into too much of a problem. During your pregnancy, surround yourself with those you wouldn’t hesitate to introduce your child to once him/her is born.

2. Stay healthy: The most obvious way to avoid criticism pertaining to your weight gain is to keep that gain under control. There’s no doubt that you need to consume more when you’re eating for two, but keep those cravings in check.

3. Stay in: We’re not saying that you have to avoid the public eye throughout your entire pregnancy, but going out to the bars every weekend is probably not the best idea. There’s something to be said with rest and relaxation while you’re carrying a child.

What are some other ways to avoid pregnancy criticism? Share your ideas below.

'DWTS' Champ J.R. Martinez Welcomes a Baby Girl



Actor J.R. Martinez was the proud winner of *Dancing With The Stars*, but he has even more to be proud about after his girlfriend, Diana Gonzalez-Jones gave birth to a baby girl. Martinez's daughter, Lauryn Anabelle Martinez, came into the world weighing 7 lbs., 13 oz. and is 21 inches long. "She has a couple of cute little freckles on her cheeks, a full head of hair and the cutest little lips," the proud dad gloated to [People](#). "It's just amazing to see her, finally. She's beautiful."

What are some ways to prepare for having a girl verses a boy?

Cupid's Advice:

Preparing for a baby involves a lot of planning, and what gender you're expecting plays into that. Cupid has some tips

on preparing for a baby girl:

1. Attention: As girls grow up they might require a lot more attention than a boy would. Girls are usually held to stricter terms than boys are, but it's usually better for their protection. However, you still need to loosen the reigns at some point so they can make mistakes and learn about life first hand.

2. Relationships: When it comes to your baby girl, all boys are going to appear to be the devil, but you have to be open and compromise with your daughter about having relationships because if you hold on too tight, they're going to rebel or sneak around behind your back.

3. Money: Not all girls are high maintenance, but the majority are. They want new clothes, shoes, accessories, make-up and hair supplies. Don't get them everything they want, because you don't want them to grow up to be a spoiled brat. Make sure they appreciate the things you do get for them.

How does having a daughter compare to having a son? Share your comments below.

**Source Says Michelle
Williams' Daughter 'Loves'
Jason Segel**





Despite some his more humorous roles, according to sources and UsMagazine.com, Jason Segel is “ready to be a grown-up.” As he and Michelle Williams’s relationship goes more public, this is undoubtedly a good thing. Williams isn’t the only one enamored with the comedian-actor, as her daughter “loves Jason” and Jason Segel definitely knows how to “entertain children.” Having your partner’s kids like you, is definitely a good step toward a more serious relationship.

What are some ways to bond with your partner’s kids?

Cupid’s Advice:

Once you start to get serious with a partner who has kids, it’s crucial to start bonding with them too. Cupid shares some advice:

- 1. Ask them about themselves:** Kids like to talk just like anyone, so ask them about their interests and get to know them.
- 2. Do what they want to do:** Take them to the park, the mall or a concert. Do the things they want to do, and further build that relationship.
- 3. Be good to your partner:** It might seem obvious, but be good

to these kids' parent. They like when their parent is happy, and will automatically respect someone who can make that happen.

What do you do to bond with your partner's kids? Share your comments below.

Reese Witherspoon & Jim Toth Double Date with Kate Hudson & Matt Bellamy



Leading ladies, Reese Witherspoon and Kate Hudson spent some quality time together with their beaus Jim Toth and Matt Bellamy Friday night. Accompanying the pals, were Sports Illustrated model Kate Upton and her talent agent. Together the group dined at

an intimate restaurant in Georgetown, Café Milano. Onlookers told [People](#) that the group “seemed to be having lots of fun.” Witherspoon was spotted laughing the night away with her friends and enjoying a delicious meal of fresh baby artichoke, lemon vinaigrette salad along with spinach fettuccine with veal Bolognese sauce.

What are some advantages of going on a double date?

Cupid’s Advice:

Many couples associate double dating with a much younger and less serious kind of dating. Group movie dates and making out in parked cars come to mind. However, group dates can be extremely beneficial when pursuing serious relationships later in life. Here’s how:

1. It allows you to get to know your date: If you met your date through a friend, a double date could take the edge off the initial “getting to know you” period, prompting him to share more than he may have if the two of you had gone out one-on-one.

2. It allows your friends to get to know you and your date as a couple: If your friends are not used to being around you and your beau together, a double date is the easiest way to work them into your circle of friends. Let your friends see what you love about your partner.

3. It can help you get a different perspective: If you are uncertain about how you feel about your date, take him out on a double date. Your friends may be able to validate some of the issues you have or help you realize that you are just being overly-critical of your new man.

Have you ever been on a double date? Share your experiences below.

How Did Beyonce Prepare for Her Daughter's Birth?



Beyonce, recently named the Most Beautiful Woman, may have only given birth to her baby girl Blue Ivy a few months ago, but she's already shedding the baby weight . Before the diva went to the hospital for the one of the biggest debuts of her life, she got ready for her performance with a fresh mani-pedi and an eye brow wax, but she says that when the moment came, all she and her husband Jay-Z cared about was the birth of their miracle. After their new baby girl came into the world, the singer was ready to bounce back, and she began a strict diet and workout schedule. "I'm proud that my waist came back so fast. I'm proud of that and happy, but that was mostly from the breastfeeding," the singer explained to [People](#). "I lost most of my weight from breastfeeding and I encourage women to

do it; It's just so good for the baby and good for yourself."

What are some ways to prepare your body for birth?

Cupid's Advice:

Painting the baby's room and baby-proofing the house are all important, but what's more important is preparing your own body for the birth of your child. You'll be glad you did so you're more prepared for labor, and it will be easier for you to shed the pounds after. Cupid has some tips:

1. Give up bad habits: There's no sense in taking the slightest risk when it comes to your baby's health, so throw out the cigarettes and remove the alcohol from your home. Avoid going to places like bars where you'll be inhaling toxins that are bad for you and your growing baby.

2. Eat right: It's important to maintain a wholesome nutritious [diet](#) and ditch the fast food burgers. You're going to want to get a good daily intake of a variety of proteins, vegetables, fruits and grains. Trying organic food to avoid any toxins and pesticides is also a good idea, but feel free to indulge your cravings once in a while.

3. Stay fit: Exercise will help you in a variety of ways. It will help you stay fit, which will also give you good circulation, reduce stress, and give you endorphines to make you happy. Exercising regularly will also make you tired at the end of a long day and a good night's sleep will rest and rejuvenate your body.

How did you shake your baby weight? Share your comments below.

Maggie Gyllenhaal and Peter Sarsgaard Welcome Second Child



Actress Maggie

Gyllenhaal and her actor husband Peter Sarsgaard welcomed their second daughter to the family on Thursday, according to [People](#). Gloria Ray joins sister Ramona, 5. The actors, who wed in 2009, announced the pregnancy in November and the gender in March. "I find it difficult to pretend you're not pregnant, which I had to do," Gyllenhaal said. "I didn't let anyone know until three and a half months this time."

How do you keep your pregnancy a secret?

Cupid's Advice:

Sometimes it's best to keep your pregnancy on the down low until you know everything is going smoothly and there are no

complications. Cupid has some tips:

1. Wear baggy clothes: The most obviously way to keep your secret is to disguise your baby bump. You can do this with over-sized shirts and baggy dresses.

2. Swear those who know to secrecy: Word of mouth travels quickly, so make sure your partner and anyone else close to you keeps their mouths shut when it comes to your pregnancy.

3. Keep the ultrasound in a safe place: You may be tempted to hang your ultrasound on the fridge, but for now, hide it in case anyone drops by your home.

What are some other ways to keep your pregnancy a secret? Share your thoughts below.

Who Was Mila Kunis' First Kiss?





Stars of *That's 70's*

Show Mila Kunis and Ashton Kutcher had their first onscreen kiss in 1998, and Kutcher had no idea that he was Kunis's first *real* kiss. Not only did Kunis feel extra pressure since it would be on camera, but she was going to be kissing a model. "I was like, 'Oh, he's so cute, it's the Calvin Klein model!'" the actress told [People](#). "Then I was like, 'I have to kiss him?'" I was so nervous and uncomfortable. I had the biggest crush on him." *The Black Swan* actress kept her cool with helpful advice from the crew, and it was Kutcher who was sweating the thought of the two locking lips. "I was so nervous. She acted so cool. She seemed as if she'd done it a thousand times," Kutcher said. "I was the one with the butterflies in my stomach. I mean, here's this little girl and I have to kiss her. It was nerve-racking."

How do you make your first kiss memorable?

Cupid's Advice:

Your first kiss should be a moment that you never forget. Cupid has some tips to make it special:

1. Who: Don't let your first smooch be from just anyone. Save the moment for someone special so that you won't have to regret thinking about it every time you reminisce.

2. When: It doesn't matter how old you are when you get your first kiss. It will be more enjoyable if you wait, so that it's not from the weird kid in your class during a game of spin the bottle or a guy you met drunk at the bar.

3. Where: It doesn't matter where you are because butterflies are going to make your heart flutter and your head spin. Don't try to plan it out. Just relax and let it happen.

Do you remember your first kiss? Tell us what happened in a comment below.

Mariah Carey and Nick Cannon Renew Vows in Paris



As they approached their four-year anniversary on April 30, Mariah Carey and Nick

Cannon took a romantic getaway and renewed their vows in Paris. Cannon got down on one knee next to Carey in their hotel room with a back drop of the Eiffel Tower, according to [TooFab](#). The couple also took this beautiful moment to share with the press for all to see. April 30th also happens to be the duo's twins' first birthday. Carey tweeted, "Very excited to celebrate #dembabies first birthday in a week, I can't even believe it's been a year. "The happy couple has a lot to celebrate this April!

How do you decide whether to renew your wedding vows?

Cupid's Advice:

Your wedding day doesn't have to be the only time to have a ceremony. Many couples renew their vows to reinforce their love and celebrate being married. Here are some ways to know if you should renew your wedding vows:

1. You're in a strong place in your relationship: Renewing your wedding vows shouldn't be done to save your relationship, but rather to celebrate it. It should be a time where you are both very happy and content in your marriage.

2. You need a romantic getaway: Sometimes people get caught up in their own busy lives that they don't have time to fully appreciate their marriage. Renewing your vows may be a perfect time to get away and have a weekend full of love to yourselves.

3. Get the family together: When you first get married, you're so busy doing things for your new family that you may distance yourselves from your other families. Get everyone together to renew your vows and have a lovely weekend as a great big family.

What do you think are some reasons why a couple should renew their vows? Share your thoughts below.

Mila Kunis Denies Dating Ashton Kutcher



Mila Kunis cleared up all rumors that she is dating Ashton Kutcher with Ben Lyons at CinemaCon 2012 in Las Vegas. According to [Extra](#), the cast mates were seen together multiple times during the week. "It's absurd!" said Kunis. "A friend is a friend." Kunis was at CinemaCon promoting her new film *Oz: Great and Powerful*.

How do you turn a platonic friendship into a relationship?

Cupid's Advice:

Stepping out of the friend zone and into a hot relationship is actually a leap. Here are some tips on how to jump without falling:

1. Drop hints: While hanging out with the friend you have feelings for, come clean about how you feel about them. Try making it into a joke, and see how they react. Say, "Hey, how crazy would it be if we dated?" Judging by their response, you will have an idea of whether or not to pursue your feelings.

2. Go on a date: Ask your friend on date. Asking them to give things a try is a lot different than committing to a relationship. Or, take your crush out as a friend and at the end point out that it was a date. See how they react. Try something out of the "friend zone." Rather than burgers, go to an intimate restaurant and pay for dinner.

3. Make a move: If you think your friend will go for it, jump right in and make a move. Have a fun, have some drinks, flirt a little and then spring the idea of you becoming a couple.

How did you turn your friendship into a relationship? Share your thoughts below.