

Celebrity Interview: 'The Real' Co-Host Jeannie Mai Shares Recycling Tips and Beauty Advice



Interviewed by [Lori Bizzoco](#). Written by Meranda Yslas.

We all know that, when we take care of ourselves, it not only makes us look good, but it makes us feel good too. And if you're single and looking for that special someone, that positive attitude and glow will project in everything you do. In our [celebrity interview](#) with *The Real* co-host, fashion expert, and reality TV star Jeannie Mai, she explains the importance of taking care of our planet by recycling and shares her best beauty advice for summer date nights.

Reality TV Star Jeannie Mai Talks About the Importance of Recycling

Mai isn't just promoting recycling for the sake of it; she's married to hunter and conservationist Freddie Harteis, who stars in the reality TV show, *The Hollywood Hunter*. Giving back by recycling and helping to keep our land beautiful and healthy for generations to come is something that is very dear to the celebrity couple. This beauty guru says that, for many, recycling means just throwing their cans in a separate garbage bin, but there's actually so much more to it. She explains that recycling isn't only limited to the kitchen, saying, "Most people do know that you can recycle – that's fair bones. But other people don't realize you can recycle many things that happen to be in your bathroom. Today, most Americans have at least eight bottles of plastic in their bathroom." All that plastic could be used and recycled in many different ways, but unfortunately, it's ending up in the trash.

The reality TV star goes on to say, "I think that, once people are educated about it [recycling] and when they see the difference it makes, when they see what it does to relieve the amount of waste in the landfills, it will make people feel differently," she shares. Mai goes on to explain that "there are 29 million tons of plastic that end up in landfills every single year, just because we're not aware."

Related Link: [Celebrity Couples Saving the Earth](#)

Beauty Advice for Summer Date Nights

As host of the Style Network's *How Do I Look?* and digital correspondent for NBC's *Fashion Star*, Mai not only knows how beautiful it is to recycle, but she knows what women can do

to look their best when it comes to date night too. Here, she gives us her best three tips:

1. Take care of your skin: “When it comes to the way that you feel and the way that you look, your skin is everything,” she says. “It’s what your guy feels; it’s what he’s looking at; and it’s the way that your expression glows on top of the beautiful skin on your face.”

2. Consider the lighting: The daytime host warns, “God knows what kind of lighting you’re going to walk into in that coffee shop or restaurant or wherever you’re going to meet your guy! So I always focus on having a good highlighter. I love a good powder that’s a little pigmented, like either a gold or a tawny bronze, just to highlight the planes of your face so that your skin shines and has that luminescent glow.”

3. Create angel eyes: “Take a quarter-lash and just stick it on the very ends of your eye lashes so that your eyes project a beautiful, soft bedroom eye,” the beauty expert explains. “It’s super easy, and you don’t need much makeup at all to apply them.”

Exclusive Celebrity Interview: Behind-the-Scenes with *The Real*

When Mai isn’t out recycling or working on her fashion segments, she is one of the five hosts on the talk show *The Real*. “Every single day before the show, we pray that the women who are watching feel like we are their girlfriends,” she reveals in our celebrity interview. “It’s loud; it’s exciting; it’s energizing; and it’s funny.”

The other hosts are celebs Tamar Braxton, Tamera Mowry-Housley, Loni Love, and Adrienne Bailon. The *Fashion Star* correspondent shares, “I’m learning something new about the ladies everyday. These ladies are ladies I want to know and

learn more about. I want to become more like them in different ways. It's so cool to be a part of a group of women that are just awesome in every way."

Related Link: [Celebrity Pregnancy: Tamera Mowry-Housley Is Expecting Second Child](#)

It's not surprising, then, that Mai has created strong relationships with her fellow co-hosts. "I'm close to all of them for different reasons. If I want to talk about spirituality and motherhood or if I have questions, Tamar and Tamara are really helpful to me. Tamar also helps me to stand up for myself. Sometimes, I have problems voicing my opinion if I'm afraid it's going to hurt someone's feelings. She helps me with that – to be able to just be real and know that it comes from a good place," she candidly says. "Lonnie helps me laugh; she makes everything brighter every day. Adrienne is that girl who teaches me to have fun and party and have a good time because she does that all the time."

To get people more conscious and excited about recycling, Mai is promoting a giveaway hosted by Unilever. To enter the giveaway, contestants just have to take their picture and post it on Instagram or Twitter with the hashtags **#reimaginethat** and **#sweeps**. "All they have to do is take a picture of how they recycle," she says. "It can be in their bathroom – that's where I took mine that I put up on Instagram. It can be anywhere – by your recycling bins or by your plastic containers."

To keep up with Jeannie Mai, you can follow her on Twitter @JeannieMai. For more information regarding the giveaway, check out Unilever's website, <https://brightfuture.unilever.com/>.

'American Idol' Eliminated Finalist Rayvon Owen Says Love "Is the Most Universal Thing"



By Jenna Bagcal

Rayvon Owen has been referred to as “the comeback kid” during his time on *American Idol*. The Richmond, Virginia native was a finalist on the hit [reality TV](#) show and lived up to his moniker every week. Although he was consistently in the bottom two, he was saved by the fans and made it to the final four. He says that being able to redeem himself each week “brought out a fight in me that I didn’t know I had.” In this celebrity interview, Owen talks about his relationships with his mom and

God and what he's looking forward to in the near future.

***American Idol* Contestant Opens Up About His Relationship and Love**

Owen says that his favorite topic to sing about is love. "I think it's the most universal thing and is a language that everyone can relate to and understand," he explains. During his performance of "Want to Want Me" by Jason Derulo, the singer had someone in mind to make the delivery of the love song convincing: "It's nothing serious right now. I'm not in a relationship or anything, but I was thinking about someone."

Related Link: ['American Idol' Artist Quentin Alexander Says Communication is Most Important in Relationships](#)

However, Owen says that it is difficult to balance romantic relationships while pursuing a career in the music industry, but he's open to finding someone special once things calm down. "Before the show, I was in a relationship, and it's tough," the singer reveals. "It's hard for me to even take care of myself, let alone truly dedicate myself to someone else. But since I am a lover and am someone who connects with people, that's something that's on my radar."

Although the performer predominantly sings about love, he says that his songwriting process stems from different experiences in his life. "Sometimes, it comes in a melody or a groove, and I just spring out random words and feelings. Sometimes, it's a little more intimate and specific...like I had a sucky break-up, and there is one new emotion that I'm feeling, so how can I portray that in a song?" he says. "Other times, there are some songs that are just *there* after I've woken up. That's happened a few times."

Reality TV Star Discusses His Relationship With His Mom and God

The *American Idol* contestant credits his great success to both his mother and God. “I’ve always wanted to make my mom proud and thank her for all her hard work and sacrifice that she’s made for me,” he shares. “Honestly, I would not be here if it wasn’t for her pushing me and making sacrifices like sending me off on all those trips, rehearsals, and lessons. She sacrificed what she had and what she didn’t have for me and my sister to give us an equal opportunity, even when we were in a situation where we wouldn’t necessarily have that opportunity.”

Related Link: [‘American Idol’ Eliminated Contestant Tyanna Jones Takes Us Through Her Emotional Journey](#)

Owen adds that God has had the most important role in his life and career. “I could have not done this without God. I pray every single day. I never prayed to win the competition; I just prayed that God’s will be done and that His light will shine through me,” he says. “I think that what He has in store for me is amazing, and I hope that I can inspire people as well.”

In addition to having a thriving singing career, Owen hopes to get into acting in the near future. He says that his perfect project would be a movie or a show where he could incorporate singing and acting. “I would love to appear on *Empire* – I love that show! Or have a similar moment like Jennifer Hudson in *Dreamgirls*,” he shares.

Keep up with Ryavon on Twitter @RayvonOwen. Watch American Idol on Fox at 8/7 every Wednesday!

Transgender Facial Surgeon Discusses Celebrity News Surrounding Bruce Jenner



By [Katie Gray](#)

Since [Bruce Jenner's](#) celebrity interview with Diane Sawyer aired on Friday, April 24, the world has been *Keeping Up with Bruce*.

Jenner's gender transition and bombshell interview has been making celebrity news since it aired. During his conversation he stated that he has been slowly transitioning

since the early '80s but never felt completely comfortable to go through with it until now.

At 65-years-old the star of *Keeping Up with the Kardashians* says he is now “relieved and happy about moving forward and going public about his transition.” Jenner also said that he is on a mission to help others in the transgender community who are facing discrimination. In our recent [celebrity interview](#) with Dr. Jeffrey Spiegel, a world renowned facial plastic surgeon specializing in facial feminization surgery, we were able to gather some great insight.

Transgender Facial Surgeon Comments on Bruce Jenner's Celebrity News

Facial Feminization Surgery (FFS) is defined as a group of surgical procedures that alter the face to increase its femininity. In addition to FFS, Dr. Spiegel specializes in advanced facial aesthetics for both male and female patients. His patients come to him from around the world in order to complete the final, and most important step in the process. “A lot of people assume that the most important part would be the sexual reassignment surgery or the genital reassignment surgery,” explains Dr. Spiegel. “But a transgender woman knows she's a woman. The problem is, that people she meets don't see her that way. I help a person to present to the outside world exactly the way that they feel on the inside,” he says.

When talking about Jenner's transgender decision the physician isn't surprised. “Bruce Jenner's story is very consistent with others, especially because transgender men and women know their identity at a very early age.” He adds, “While trying to come to grips with these feelings, often those who are transgender will try to pursue something that is extremely manly or extremely macho: becoming a police officer, a firefighter, joining the military.”

Related Link: [Kim Kardashian Reacts to Latest Celebrity News of Bruce Jenner's Transition](#)

Transgender men and women often struggle during their lifetimes with how they really feel inside, which is why the age in which a person transitions tends to vary. This could explain why Bruce Jenner is coming forward now in his sixties and addressing this matter. Dr. Spiegel points out that Jenner grew up in an age without the Internet and that could be a good reason why he didn't decide to do anything until now. "As a young child feeling like a woman, there weren't many resources for him to figure out what was going on. Therefore, there was probably a lot of confusion when he was a child due to the fact that he felt like a woman on the inside while still retaining the outward appearance of a man."

Dr. Spiegel also advises that there are a few things that Jenner must consider before taking the next step in his journey. "Bruce needs to decide what choice he's going to make. He needs to decide how he wants to live. If he wants to live as Bruce Jenner, someone people see as a man, but one in which he *feels* like a woman, or if he wants to transition and live full time as a woman," explains Dr. Spiegel. If he wants to fully transition, there are a few surgeries that he would need to undergo over a period of time.

Celebrity Interview with Dr. Jeff Spiegel Reveals Family Expectations

Big life events such as the gender transition of a family member can also be difficult for loved ones to handle initially. Dr. Spiegel says, "In general there is a sense of disbelief followed by examination and they look for clues of the behavior of the person that may have manifested over the years." When it comes to the family, Spiegel says family members actually go through a mourning of their loved one. He explains, "If you have a brother who becomes a sister, you

lose your brother; your brother goes away. [But] you gain a sister. It's the same person. It's a happier person in many ways and eventually they become a better person because they become whole."

Another topic that people are unsure about is the sexual preference of a transgender person. "A person's sexual preferences and who they are sexually attracted to, doesn't really seem to be predictable when a person transitions. As with any other woman, some transgender women are heterosexual, some are homosexual, some are bisexual," says Dr. Spiegel. There is no real connection to predict which preference an individual may have. In Jenner's case, he told Diane Sawyer in his interview that he is "asexual."

Related Link: [Bruce Jenner's Ex-Celebrity Wife Reacts to ABC Special](#)

In reference to his profession Dr. Spiegel says, "The most rewarding part of being a plastic surgeon is making people feel whole." He enjoys helping people outwardly look the way that they feel on the inside. "They feel comfortable. It gives them self-esteem, it gives them pride, confidence and improves [their] health."

In terms of what Bruce's Jenner's public announcement means for the future of the transgender community he believes that this will create a greater awareness of the transgender community and that people who face this same challenge will look to Jenner as a role model. "I think Bruce Jenner has a lot of responsibility to the transgender community now and in the future, particularly those who are undergoing a transition process." He concludes, "They will watch how Bruce Jenner handles this and will potentially model their own behavior because of his actions."

'American Idol' Eliminated Contestant Tyanna Jones Takes Us Through Her Emotional Journey



By [Rebecca White](#)

American Idol reality TV star Tyanna Jones has been pursuing music since she was five years old. Growing up in Jacksonville, Florida, the 16-year-old has had a rough upbringing and was even homeless at one point. Her *American Idol* journey was no less emotional. In our [celebrity](#)

[interview](#), the eliminated contestant says that the show “at times can get really hard. My faith and my beliefs have helped me through a lot of that.”

Behind the Scenes of Tyanna Jones’ *American Idol* Journey

Making it into the top five of the singing competition is no easy task and all of the contestants have had good weeks as well as bad weeks. Jones was no different. The Jacksonville native had her own rough patch during the middle of the show. The judges were constantly questioning her choices, even though she was a front runner and power house from the beginning of the competition. The performer says, “My rough patch was a result of all of my feelings at the time and the stress and frustration that comes with the show.”

Related Link: [‘American Idol’ Eliminated Contestant Adanna Duru Says the Reality TV Show “Is Like Superstar College!”](#)

As an emotional artist, when Jones was eliminated she started to break down when the montage of her time on the show began to play. “I was watching how far I had come,” the singer shares. “It really showed me how much I’ve grown.” Even though she didn’t make it into the top four, Jones still sang a send-off song, Beyoncé’s “Who Run the World.” The performer says that Beyoncé is one of her main influences. “I have wanted to do that song for so long,” Jones shares. “I knew that I had to make sure it was one of my best performances because it was one of Beyoncé’s songs.”

Jones hopes to be a role model for her fans, just like Beyoncé and her other favorite artists have been to her. She hopes that “seeing someone their age get to do this and be here will inspire fans.” She plans to use her position on the summer tour to make an impact in people’s lives. “I know many of the

people I look up to now were a part of this tour," Jones says. "Now, I'm going to be someone people look up to."

Related Link: [‘American Idol’ Artist Quentin Alexander Says Communication Is Most Important in Relationships](#)

After being eliminated, the singer feels like she has learned a lot from being in this competition. Big Machine Records founder Scott Borchetta has pushed her as an artist to find herself and truly understand what kind of music she wants to put out there. Similarly, the judges, Keith Urban, Jennifer Lopez, and Harry Connick Jr. told her to continue being herself and she'd be successful. As she moves forward with her musical career, Jones says, "I'm not the type of artist that puts myself in a box. Whatever I can sing or do to connect with the audience, I'll do it."

You can keep up with Tyanna Jones on Twitter @iamtyannajones and [www.facebook.com/IamTyannaJones!](http://www.facebook.com/IamTyannaJones)

Emma Stone Is Caught Carrying Andrew Garfield-Labeled Bag Post Celebrity Break-Up





By Maggie Manfredi

What's mine isn't yours! According to UsMagazine.com, Emma Stone was carrying an Andrew Garfield-labeled bag post [celebrity break-up](#) in Beverly Hills on April 29th. The celebrity exes split recently after a three year relationship and love life. No report on whether the shopping bag labeled for the *Spider-Man* actor is meant for him or just coincidence since they do share the same stylist, but here's hoping this is a sign that this celebrity break-up is no more!

Mark this one down as a confusing celebrity break-up. What are some signs you haven't moved on from your ex?

Cupid's Advice:

As the song goes, breaking up is hard to do! Sometimes you haven't really moved on even after the deed is done. Cupid

knows the signs to show you haven't totally moved on:

1. Profile Picture: In this day in age there is a tell-tale sign you aren't over your ex...if they are still beside you in your profile picture. When the break-up happens and the public starts to find out, you should be shifting that usie to a selfie.

Related Link: [Emma Stone Is Dating Spider-Man Co-Star Andrew Garfield](#)

2. Communicating: Are you still constantly texting and calling your ex? This is a sign that you still want them in your life. Trust Cupid, the distance will be hard at first but if you force yourself to create space you will be better off in the end.

Related Link: [Emma Stone in Easy A](#)

3. Your ex's stuff: Are you still sharing items or have a bunch of your ex's belongings at your place? This is a major sign that you are not over it. Give them back their possessions and make your life more simple and find clarity in the new beginning alone.

Do you think this celebrity couple is done for good or destined to be together? Share your predictions below!

Get Details on Nikki Reed and Ian Somerhalder's Sunset

Celebrity Wedding



By Maggie Manfredi

A vampire's love is forever! According to UsMagazine.com, *Twilight* star Nikki Reed and *Vampire Diaries* stud Ian Somerhalder had a sunset [celebrity wedding](#) on April 26th in Topanga, California. Reed wore a couture Claire Pettibone gown, and their guests enjoyed pretty white flowers and a live band. An insider said, "Nikki originally wanted a small wedding. But Ian envisioned a big wedding, she was happy to let him call the shots." Instead of gifts at this celebrity wedding, the cute Hollywood couple asked for donations to the Ian Somerhalder Foundation for rescued animals.

This celebrity wedding went down with the sun! What are some advantages of tying the knot outside?

Cupid's Advice:

Weddings are a wonderful celebration, and you get to call all the shots! If you are choosing an outdoor location, here are some ideas for you:

1. Use what you got: Have fun with nature's natural wedding aids. Whether that be for seating (tree stumps or hay bails), center pieces (twigs and wild flowers), or party favors (seeds to grow your own nature!)

Related Link: [Vampire Diaries' Stars Ian Somerhalder and Nina Dobrev Pack on the PDA](#)

2. Under the stars: Who doesn't like the idea of celebrating your love under the stars? With a great outdoor location, you will be able to enjoy the party and also have a beautiful night view. Set up some secluded spots for couples to star gaze away from the party for extra ambiance.

Related Link: [Ex 'American Idol' Contestant Paul McDonald and 'Twilight' Star Nikki Reed Dating](#)

3. Capture the love: An outdoor location gives you a great advantage in getting some great wedding shots. Try to time your day so that you can get some shots at sunset or dusk. Use nature as your backdrop instead of bland walls, your pictures will be timeless and gorgeous.

What are your tips and tricks for an outdoor wedding? Share with us below!

Prince William and Kate Middleton Celebrate 4th Celebrity Wedding Anniversary While Awaiting Royal Baby



By Meranda Yslas

Four years have already passed since [Prince William](#) and [Kate Middleton](#) celebrated their [celebrity wedding](#) in London. Now the famous couple has even more reason to celebrate this

special day, their second baby can arrive any minute now! According to UsMagazine.com, Middleton's due date was on April 23rd, but with no sign of the celebrity birth happening, she continued with her normal, everyday activities. The couple has a few anniversary celebrations planned, that is of course, unless the royal baby plans to make his or her debut!

It seems like the royal celebrity wedding was just yesterday! What are some ways to make your anniversary special?

Cupid's Advice:

Without a doubt the royal celebrity wedding was a big deal, as it was shown on national TV! However, that doesn't mean the anniversary isn't just as important. Anniversaries are something to celebrate; they are a symbol of a lasting relationship and love. Rather than letting this day slide under the radar, here a few tips to make this day special:

1. Take a trip: Make this anniversary one to remember and take an exotic vacation. It can be like a second honeymoon and it will give you and your partner some quality alone time.

Related Link: [Royal Celebrity Couple Prince William and Kate Middleton Send Treats to Fans Camped Outside Lindo Wing](#)

2. Get your kinds **involved:** An anniversary doesn't have to be exclusively for the married couple, but it can be a family affair. Have your little ones help you prepare a special dish for you and your mate, or spend the day doing something the whole family can enjoy.

Related Link: [Celebrity Baby News: 5 Reasons Why We Can't Wait to Meet the Royal Bundle of Joy](#)

3. Remember your wedding: Dedicate some time for looking back on that special day. Dig out your wedding photo album or pop in the DVD if you had it filmed and over a bottle of wine look back on that day you two said, “I do.”

How did you celebrate your anniversary? Share below!

Miley Cyrus Is ‘Hanging Out’ With Celebrity Ex Liam Hemsworth Post-Split from Patrick Schwarzenegger



By Meranda Yslas

Love may be rekindling for this former [celebrity couple](#)! According to [UsMagazine.com](#), singer [Miley Cyrus](#) and her celebrity ex, Liam Hemsworth, have been hanging out in L.A. together. A source close to the *Hunger Games* star reveals that “dating could definitely happen.” Cyrus recently broke up with Patrick Schwarzenegger, who she had been dating for five months. The two went through a celebrity break-up after Schwarzenegger was caught flirting and doing body shots off another girl in Mexico.

It looks like these celebrity exes are amicable! What are some factors to consider before seeking comfort from your ex?

Cupid’s Advice:

After experiencing a break-up, it can be hard trying to figure out where you stand with your ex. Are you two able to be friends again or has that relationship been deemed irreconcilable? Just like Cyrus has confided in her celebrity ex, here are a few tips to consider before reaching out to a past lover:

1. Possibility of platonic: Before you begin any type of relationship with your ex, you must be prepared for it to only amount to a friendship-nothing more. That way you won’t get your hopes up if a romantic relationship isn’t a possibility.

Related Link: [Miley Cyrus and Patrick Schwarzenegger Post PDA Pics](#)

2. Time: Make sure enough time has past between the rekindling of the relationship and the break-up. If it was a particularly

nasty break-up, more time is probably needed for wounds to heal.

Related Link: [Miley Cyrus Makes Celebrity News With Homeless Date and VMA's](#)

3. Start off slow: Before you pick up or phone and give your former mate a call, understand that your relationship isn't going to be exactly the same as it was before. Start off the conversation casual and friendly to test the waters before diving into heavy or serious topics.

How did you know you were ready to trust your ex again? Share below.

Jennie Garth and David Abrams Share PDA-Filled Golf Date Post-Celebrity Engagement





By Maggie Manfredi

Two love birdies! According to [E! Online](#), Jennie Garth and David Abrams shared a PDA-filled golf date post-celebrity engagement recently. The celebrity couple couldn't keep their hands off of each other and were smiling and laughing while playing the game. Garth and Abrams have been engaged for merely a month. A source commented on the celebrity engagement, saying, "Dave had been working on this for months, and really wanted to plan something special for her around her birthday and make it perfect."

This duo is celebrating their celebrity engagement on a golf course! What are some ways to make your engagement period special?

Cupid's Advice:

Engagement periods vary depending on the couple. Regardless of

the the length make sure to get some quality time in together are fiances:

1. Have a celebration: You are going to tie the knot! Get together all the people you care about and celebrate this milestone with a party. Have it at home or go to one of your favorite spots as a couple to commemorate the occasion.

Related Link: [Jennie Garth Steps Out Without Wedding Ring](#)

2. Capture the moments: Since, in the grand scheme of things, the engagement can be a rather short period of time in the relationship, document the moments. Have a cheesy photo shoot post engagement, enjoy all the date nights and don't be afraid to take the "usies."

Related Link: [Jennie Garth Says Her Life is "Crazy" Amid Divorce](#)

3. Try new things: The trajectory of your individual lives is about to conjoin together. So take this new road and discover new adventures as a pair. If you are feeling brave go skydiving or bungee jumping, or keep it casual and try a new cuisine or a random dive bar on the weekend for an exciting experience. Who knows what will happen or who you will meet!

What are your ideas for a sporty date? Share with us below!

Will Chris Soules Be Tuning in to Watch His Celebrity

Exes on 'The Bachelorette' Season 11?



By Emma L. Wells

The premiere of [The Bachelorette](#) season 11 is less than three weeks away. We know we'll be watching, but what about former *Bachelor* Chris Soules? It's understandable that he may not want to tune in to the reality TV show to watch two of his celebrity exes – [Kaitlyn Bristowe](#) and [Britt Nilsson](#) – search for a relationship and love. "Kaitlyn and Britt were obviously a part of my life, and I'm interested to see how their journey goes," Soules told [People.com](#). "Honestly, right now, I'm okay with that part of my life being behind me." Since *The Bachelor*, Soules certainly seems to have moved on to a happy celebrity engagement with his fiancé Whitney Biscoff. However, just because Prince Farming is busy with *Dancing with the*

Stars doesn't mean he'll be able to avoid *The Bachelorette*. "Whitney will definitely be watching, so I'll probably be watching," he joked.

Former *Bachelor* Chris Soules says he still cares for his celebrity exes. What are some ways you can be friends with your ex after your relationship and love ends?

Cupid's Advice:

When it comes to relationships and love, just because you have ended your romantic partnership doesn't mean you don't want to see your ex anymore. Being friends after a break-up isn't easy, but Cupid has some tips on how you can make it work:

1. Don't force it: You shouldn't force a friendship on anyone, ex-lover or not. Similarly, forming a platonic relationship with your ex has to happen naturally. If romantic feelings or resentments remain, it won't be possible. Give yourself time to grieve and move on. Once you've adjusted to life apart, then it may be time to offer your friendship. Don't rush into this phase immediately following a split.

Related Link: ['The Bachelorette' Battle Begins as Season 11 Promo is Released!](#)

2. Think about your language: It'll be easier to be friends if you don't refer to them as your ex anymore; you're heading in the right direction once you can introduce them simply as your friend. You should be prepared for a bit of an awkward phase to start out. Recognize that it's an adjustment; eventually, you two will figure out how to act around each other.

Related Link: [‘The Bachelor’ Season 19 Contestant Britt Nilsson Faces Her Fear For Chris Soules](#)

3. Consider your new significant other’s feelings: If you are able to form a friendship with your ex, keep in mind that your new partner may not understand. Be mindful of their feelings. Additionally, if you feel yourself getting jealous of your ex’s new boyfriend or girlfriend, you might be harboring some residual romantic feelings. In this case, it’s probably best to take a step back from the friendship until you can work through them.

Have you remained friends with any of your exes? Tell us your story below!

Royal Celebrity Couple Prince William and Kate Middleton Send Treats to Fans Camped Outside Lindo Wing





By Maggie Manfredi

Royal baby watch! According to UsMagazine.com, royal celebrity couple Prince William and Kate Middleton sent sweet treats to fans waiting outside the Lindo Wing of St. Mary's Hospital in London. At 9 a.m. on Tuesday April 28, the royal celebrity couple sent tea, croissants and pastries out to the fans in white boxes with pink ribbon. John Loughrey, a fan at the sight stated, "We couldn't believe it. One of the officers dropped it off and said it was from the Duke and Duchess of Cambridge. It was a lovely gesture, smashing." Duchess Kate Middleton is past her due date, as the royal family awaits the newest celebrity baby at Kensington Palace.

This royal celebrity couple is on baby watch! What are some ways to show thanks for those who help you through your pregnancy?

Cupid's Advice:

Sometimes when you are pregnant you can get a little selfish, and rightfully so! But there are many ways you can show gratitude to those who have been there for you during your pregnancy:

1. Send a note: Sometimes a little personal love goes a long way. Send a “thank you” note and tell them why they mean so much to you and how much they have helped. It never hurts to get a little personal and maybe a little cheesy.

Related Link: [Kate Middleton Awaits Royal Celebrity Baby Four Days After Due Date](#)

2. Host a brunch: Have a pretty decent sized support system? Get them all together and pop the bubbly just for them. Nothing says “thanks” like champagne and breakfast food.

Related Link: [Celebrity Baby News: 5 Reasons Why We Can't Wait To Meet The Royal Bundle of Joy](#)

3. Give back: This would be an I.O.U. depending on what stages of life your friends and family are in. But you can make sure they know that you will return the favor when they need it. Just being there for your people can go a long way.

When do you think the royal baby will arrive? Share your predictions below!

Kim Kardashian Reacts to Latest Celebrity News of

Bruce Jenner's Transition



By Jenna Bagcal

On Friday, April 24, [Bruce Jenner](#) spoke to Diane Sawyer in a two-hour exclusive interview to discuss his decision to transition to life as a woman. According to celebrity news from [E! Online](#), Jenner's step-daughter, [Kim Kardashian](#), has spoken out to support him, and has reportedly been the "most accepting" of her step-father's decision. Other members of the Kardashian and Jenner clans have also expressed positive sentiments about Jenner's decision.

The latest celebrity news has Bruce

Jenner at its center! What are some ways to cope with a partner's controversial announcement?

Cupid's Advice:

Similarly to the latest celebrity news on Bruce Jenner, there are decisions that your partner might make that you view as shocking and controversial. Although it might be difficult for you to wrap your head around the situation, your significant other will appreciate your unwavering support and love during these difficult times. Take some of Cupid's love advice on how to cope with a partner's controversial announcement:

1. Stay open minded: Although you may not fully understand what your partner is going through, staying open minded about their situation will make for a positive outcome. Try to stay away from being judgmental, even if their decision does not align with your own personal beliefs. Keep an open mind and let your partner know that you are fully behind them.

Related Link: [Bruce Jenner's Ex-Celebrity Wife Reacts to ABC Special](#)

2. Ask informed questions: Chances are that you will have a number of questions when your partner makes their big announcement. Refrain from asking questions that are offensive and overly invasive. Instead, ask questions that show that you've done your research, and are educated on the topic at hand. Your significant other will appreciate that you took the time to become informed.

Related Link: [Find Out Why Kris Jenner Is 'Livid' at Bruce Jenner](#)

3. Stay quiet: Unless your partner has explicitly said that

you can share their information with others, do not assume that you can talk about their announcement without their consent. Remember: the decision they are sharing with you is theirs to make, as is their decision about when and with whom they share the information.

What are ways for you to cope with a partner's surprising announcement? Tell us below!

Kate Middleton Awaits Royal Celebrity Baby Four Days After Due Date





By Jenna Bagcal

With the anticipation of the newest royal celebrity baby, [famous couple Kate Middleton](#) and [Prince William](#) have a lot to be excited about. But the little bundle of joy may be coming later than expected. Celebrity news from [UsMagazine.com](#) reports that Middleton's original due date for the little prince or princess was April 23. However, the royal couple are optimistic and positive about the birth of their second child since their first son, Prince George, was also born a few days past due.

This royal celebrity baby is taking his or her time! What are some ways to support your partner after her due date?

Cupid's Advice:

Giving birth to a baby is a wonderful part of life that is

shared by famous couples and regular couples alike. But there are responsibilities attached to parenthood as well. Here is Cupid's love advice for how to make sure you're being a supportive partner after the birth of your baby:

1. Make sure baby responsibilities are equally shared: One of the best ways to be a supportive partner after the birth of your baby is to make sure you're doing your part in the child rearing process. That means getting up in the middle of the night to calm down your crying baby and changing diapers an equal amount of times as your partner. Although you may not have birthed the baby yourself, your partner will appreciate you putting in the same amount of work that she does.

Related Link: [Celebrity Baby News: 5 Reasons Why We Can't Wait to Meet the Royal Bundle of Joy](#)

2. Keep the arguments to a minimum: To create an aura of peace and tranquility for your partner and the baby after her due date, make sure that you're not starting silly arguments over nothing. So before you get combative over whose turn it is to do the dishes, take a second to talk about it calmly with your partner and come up with a compromise.

Related Link: [Celebrity Pregnancy: Kate Middleton Says She Can Feel Baby Kicking](#)

3. Show your significant other you care with small gestures: With a baby in the mix, it may be difficult at times to remember to show your partner that you care about them. Small gestures like making their favorite breakfast or running a few of their errands for them are surefire ways to show your love and support.

How can you provide support to your partner after the arrival of the baby? Share your ideas below!

Bruce Jenner's Ex-Celebrity Wife Reacts to ABC Special



By [Jessica DeRubbo](#)

[Bruce Jenner](#) left it all on the table in the recent ABC special where he confirmed the truth about his gender identity. In the highly anticipated 20/20 episode with Diane Sawyer, the Olympic athlete discussed his transition from male to female. According to [UsMagazine.com](#), his ex-celebrity wife, Chrystie Crowover, was by his side during the airing of the special. Crowover spoke to *Good Morning America* on April 27th about her thoughts on his transition, saying, "It was just kind of surreal. It was great because the family was together

and that's what I'm most proud of." Jenner told Sawyer that Crownover was the first to know about his gender identity issues. "Understandably, I was speechless. I didn't really know what to say. I was really pleased that he shared that intimacy with me, that he trusted me with his deepest darkest secret."

Bruce Jenner kept his gender identity a secret from celebrity ex-wife Chrystie Crownover for quite some time. What are some reasons to keep a secret from your partner?

Cupid's Advice:

Sometimes keeping a secret is good in a relationship and love, while other times it can destroy a good thing. Cupid has some reasons to keep a secret from your partner:

1. It would unnecessarily hurt them: If by keeping a secret, you're avoiding hurting your partner, sometimes it's okay to do so ... of course depending on what that secret is. For instance, if your partner asks if she looks heavy in a white pair of skinny jeans, it's probably in your best interest to avoid affirming the concern. This type of secret doesn't hurt your partner; whereas telling her may hurt her feelings.

Related Link: [Find Out Why Kris Jenner Is 'Livid' at Bruce Jenner](#)

2. It has nothing to do with them: If you have a secret that does not affect your partner, then you may want to simply keep it. Perhaps a secret pertaining to your family comes out; it's

not your responsibility to enlighten your partner unless you want to do so.

Related Link: [Kris Jenner Officially Files for Divorce from Bruce Jenner](#)

3. It's someone else's secret: If a friend tells you something in confidence, you're not obligated to tell your partner. In fact, it's probably best not to do so, as things like that easily spread. If the secret doesn't affect them and is someone else's secret to tell, don't feel bad about keeping your partner in the dark.

What are some other reasons to keep a secret from your partner? Share your thoughts below.

Brooke Burke-Charvet Talks About Her Marriage in Celebrity Video Interview: "We Carve Out Time for Each Other"





Interview by [Lori Bizzoco](#). Written by [Rebecca White](#).

Fans may recognize Brooke Burke-Charvet from her time on the reality TV show *Dancing with the Stars*, but she's come a long way since then. She is married to musician and actor David Charvet and spends much of her time with her family, promoting a healthy lifestyle. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the actress and model about her relationship and love life, motherhood, and her busy career, including her current partnership with Walgreens for Red Nose Day.

Related Link: [Brooke Burke-Charvet Shares Love Life Secrets](#)

Brooke Burke-Charvet Talks Red Nose Day in Celebrity Video Interview

Celebrated for over 25 years in the UK, Red Nose Day has been a day dedicated to raising money for underprivileged children and families. On Thursday, May 21, the event will take off for the first time in the United States and include a night full of comedy, music, and fundraising that will help 12 charity

organizations lift children and young people out of poverty, both in the U.S. and throughout the world. Burke-Charvet decided to partner with Walgreens for this fundraiser because she likes that “it’s really about children and young families.” Just buying the red rubber nose for one dollar at Walgreens will have an impact: “That money is going to go and make a difference for a lot of different causes – the Boys and Girls club of America, United Way, Feeding America,” the actress says.

As the mother of four children herself, she understands that teaching her celebrity kids generosity and charity is an important lesson. The model reveals that leading by example is the best way to teach your children that hard lesson. “It’s really interesting for them to be able to see it and understand it,” she shares in our celebrity video interview. “You can teach them to be generous and to give.”

Of course, fans remember the health scare that Burke-Charvet faced after being diagnosed with thyroid cancer in 2012. Now, she says, “Everything’s good. My health is perfect.” Her experiences and health issues have helped her recognize that “there’s somebody else somewhere who’s struggling with similar issues.”

Related Link: [Brooke Burke-Charvet Finally Weds David Charvet](#)

Television Personality Talks About Her Relationship and Love Life

Although she’s a busy celebrity mom, she makes sure to prioritize her relationship and love life. “We carve out time for each other, which is super important,” she says of her marriage, “even if it’s just having lunch while the kids are at school.” When their schedules permit, the famous couple’s favorite date night is eating at a local restaurant in Malibu. “We cook so much that sometimes it’s nice to be

served a meal!" she divulges.

You can keep up with Brooke Burke-Chavet on Twitter @brookeburke or her blog, www.modernmom.com/

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Miley Cyrus Moves On After Celebrity Break-Up from Patrick Schwarzenegger



By Maggie Manfredi

Single looks good on you Miley! According to [E! News](#), [Miley Cyrus](#) is moving on after [celebrity break-up](#) from Patrick Schwarzenegger. The singer was spotted hitting the gym sans shirt on Thursday morning. Wearing only black leggings, a sports bra and letterman jacket, you can't help but notice Cyrus' bod is looking fierce! The celebrity break-up came after a six month relationship and love life, which dissolved quickly after the pictures came out of Schwarzenegger with another girl on his college spring break.

Another celebrity break-up has gone down in the record books! What are some steps you can take to move on after a split?

Cupid's Advice:

Post break-up life can be hard to navigate. But never fear, Cupid has some tips on how you can move on just like Miley:

1. Distract yourself: Hit the gym like Miley or pick up a new and exciting hobby, like an outdoor sport (rollerblading) or something with your hands (knitting).

Related Link: [Miley Cyrus Relies on Family For Relationship Support](#)

2. A little help from your friends: This is the perfect time to reconnect with your friends and loved ones. Try not to make the time all about your breakup, but if they are there for you through it plan something fun for them like a happy hour or a spa day.

Related Link: [Source Says Hollywood Couple Miley Cyrus and Patrick Schwarzenegger Are 'Going Through a Tough Time'](#)

3. When you are ready: Moving on to a new relationship may take some time. Be careful of the infamous rebound and make sure you are emotionally ready to date before throwing yourself back into the game.

What's your best move on move? Share with us below!

Hilary Duff's Celebrity Ex Mike Comrie Fights for Joint Custody of Son Luca



By Maggie Manfredi

Another Hollywood custody battle? According to [E! News](#), Mike Comrie is going for joint custody of son Luca, though Hilary Duff's initial file was for primary custody. Comrie was originally set to have visitation rights. The singer filed for her celebrity divorce from the retired hockey player in February, but the [celebrity exes](#) had been separated for almost a year prior. This news comes as a surprise because these celebrity exes have been the epitome of co-parenting, even attending events together and having public lunches.

Things aren't looking good for this celebrity ex couple! What are some ways to compromise mid-break-up when it comes to your kids?

Cupid's Advice:

When you have a child with someone, you are bonded for life, for better or for worse. So if the relationship and love doesn't work out you still have to be a team for the sake of the kid. Here are some ways to compromise with your ex:

1. Third party help: If you are arguing or having trouble seeing eye to eye don't be afraid to reach out for assistance. Whether it be a counselor or a third party with no personal interest in the matter, you will want someone unbiased and knowledgeable to make this time easier for everyone.

Related Link: [Hilary Duff's "Imminent" Wedding](#)

2. Remind each other: Continue to remind yourself and your ex that your child comes first in everything. No matter what issues you had in your relationship, they can be put aside to do what's best for your son or daughter.

Related Link: [Hilary Duff & Mike Comrie Signed a Prenup](#)

3. Pick your battles: Issues such as custody and visitation rights, definitely worth the fight; but not every little issue is worth making it into a world war. It can be hard not to get into it on little things, especially if things in the relationship ended poorly. Do your best to have a clear head and an open heart.

Do you think these celebrity exes will battle it out or resolve things amicably? Share your predictions below!

**'American Idol' Artist
Quentin Alexander Says
Communication Is Most
Important in Relationships**





By Jenna Bagcal

Conceptual, artistic, bold, and distinctive are all words that describe 21-year old Quentin Alexander. The New Orleans, Louisiana native was a contestant on season 14 of [American Idol](#) and made a name for himself during his time on the reality TV show. He blew audiences away with his performances each week, combining his emotion-filled vocals with stunning effects and clothing. The performer is self-assured in who he is, saying, “The type of artist I want to be is one that touches on all of the senses. A concert of mine would be something that would be just as appealing visually as it is musically.” In this celebrity interview, Alexander opens up about his experience on the show and his plans for the upcoming year.

***American Idol* Contestant Shares How New Orleans Shaped Him As An Artist**

New Orleans is known as a cultural and musical epicenter of America and is a place that Alexander is lucky enough to call home. He cites his hometown as a major contributor to his

artistry and personality overall. “Growing up there really played the biggest part in the way that I present my art and the way that I am,” he shares. “There are so many different musical and cultural influences, so many different ways of life all in one small bowl. It’s like a Gumbo pot, just a mixture of everything.” He adds that being from such a culturally-diverse city gives him a unique outlook and advantage in terms of his music and avant-garde fashion sense.

Related Link: [‘American Idol’ Star Joey Cook Opens Up About Her Celebrity Engagement: “He’s the Love of My Life!”](#)

In terms of relationships and love, Alexander reveals that having a partner who isn’t in the music industry makes for the best support system. “It’s always great to have that teammate supporting you from the outside, someone who isn’t really in the same kind of boat that you’re in,” he divulges. He also believes that the most important factor in a successful partnership is communication. “For anything to work, the best thing to do is to communicate and let each other know what’s going on,” he says.

Reality TV Star Discusses His Experience on the Show

Although he was eliminated from the reality TV show, Alexander has taken away many valuable experiences and pieces of advice from his time on *American Idol*. The most valuable tip came from [Jennifer Lopez](#), who told him to “hold on to your art – it’s the one thing that makes you *you*.” He adds, “It’s the truth. The one thing that separates me from everyone else is my art, my personal feelings, and how I go about doing things.” The singer says that the superstar’s comment assured him of his role in the competition and validated that he was going in the right artistic direction when he was questioning his choices. “Should I compromise my performances just to fit in this mold?,” he asks. “She confirmed for me that I

shouldn't. Just be yourself, and everything will work out like it's supposed to."

Related Link: [‘American Idol’ Contestant Sarina-Joi Crowe on Being Eliminated: “It Motivates Me Even More”](#)

Now that his journey on *American Idol* is over, Alexander is excited to get home to New Orleans and attend the various festivals and events. "It's the greatest time of year in New Orleans to have all the music come in and all the people coming in from different parts of the world," he says.

In the future, aside from pursuing music, the performer plans on releasing some of his short films that include original music and fashion that he has designed. He also hopes to design an original clothing line within the next year. We can't wait to see what he does next!

Catch up with Quentin on Twitter @QAlexanderXIV! American Idol is on FOX at 8/7c every Wednesday.

Joe Manganiello Lovingly Kisses Movie Advertisement of Celebrity Love Sofia Vergara





By Meranda Yslas

This [Hollywood couple](#) shows that love has no distance! Actor Joe Manganiello uploaded a picture of himself kissing a movie advertisement of his celebrity love Sofia Vergara. The two are both in Las Vegas attending the CinemaCon 2015 promoting their own movies reports [People](#). The famous couple have been dating since September 2014.

This celebrity love has no boundaries! What are some ways to show your love when you and your partner are apart?

Cupid's Advice:

Distance can be hard on a relationship and love, especially if you two are apart for a long period of time. However, there are many ways to show your love for each other, just like Manganiello's Instagram photo with his celebrity love. Here

are some of Cupid's dating and relationship advice for long distance:

1. Video Chat: Sometimes just seeing your partner's face can make it seem like they are there with you. Find a time when you both can video chat and make a date of it!

Related Link: [Sofia Vergara Is Engaged to Joe Manganiello After Only Six Months of Dating](#)

2. Send photo updates: Although it's nice to send a quick text to your beau saying that you miss them, it feels more genuine when you can send them a picture of something that made you think of them. For example, if on your walk to work you passed by a cafe where you two had a date, snap a pic and send it with a "thinking of you!" caption.

Related Link: [Sofia Vergara and Joe Manganiello Are Like High School Kids In Love](#)

3. Surprise them with a gift at their door: If you're the one away on a business trip or visiting a friend, plan to send a bouquet of flowers or a gift basket to be delivered at their house while your away. It shows your lover that you're always thinking of them!

How do you and your partner show that you care about each other, even if you two are miles away? Share below!

Hollywood Couple Blake Lively and Ryan Reynolds Battle for

Daughter's First Word



By Meranda Yslas

New celeb parents, [Hollywood couple](#) Blake Lively and [Ryan Reynolds](#) are competing to see what will be their baby's first word. As told in [People](#), the *Gossip Girl* actress has heard her celebrity love, Reynolds, teaching their daughter to say 'Da-da.' Wanting to make sure 'Ma-ma' is the first word, she joked, "The word 'Da-da' is banned in our house."

It seems that even Hollywood couples squabble about their kids! What are some ways to compromise

with your partner when it comes to parenting?

Cupid's Advice:

It isn't only Hollywood couples who get in tiffs about parenting styles, almost all parents are known to do things a little bit differently than their partners. To make sure you two are on the same page when it comes to raising your little ones, here is Cupid's relationship advice about making compromises:

1. Create a list: If your partner does something in his parenting style that you don't agree with or you find ineffective, sit down with him or her and compile a list of these actions. They can do the same thing, and if you both list a similar action, it can be something you both can work on eliminating.

Related Link: ['Sons of Anarchy' Star Theo Rossi is Expecting Celebrity Baby with Wife Meghan McDermott](#)

2. Don't make someone be the bad guy: It is very common in a couple that one will be the 'nice' parent, who lets their kids eat ice cream before dinner, while the other one is labeled the 'mean' parent, who enforces the rules and puts the kids in timeout. Rather than creating this tension, make sure to share the responsibility of who has to discipline the kids.

Related Link: [Robert Pattinson's Celebrity Love FKA Twigs 'Really Wants Kids' Says Source](#)

3. Let the little things go: You will drive yourself crazy trying to control every aspect of you and your partner's parenting style. The little things, like you saying bedtime is 8:00pm while your partner says 8:30, shouldn't cause you to stress.

How do you compromise with your partner about parenting styles? Share below!

'The Bachelorette' Battle Begins as Season 11 Promo is Released!



By Emma L. Wells

The Bachelorette season 11 promo was released this week with the tagline "50 Shades of Cray," and judging from the commercial, the hit reality TV show will certainly be

exciting. According to the HollywoodReporter.com, there will be two *Bachelorettes* – Britt Nilsson and Kaitlyn Bristowe, both former contestants from [The Bachelor](http://TheBachelor) season 19 – 25 contestants (one of which arrives wearing a giant cupcake costume), and lots of drama. It now appears that, in the premiere episode, the men will have to vote on which *Bachelorette* remains for the season. The promo also shows Bristowe crying and saying, “I just don’t feel like this is how I should have to do it.” We can’t wait to tune in on May 18th!

***The Bachelorette* season 11 contestants have to make a quick decision about their feelings for the two leading ladies. How can you make good split-second judgments when it comes to relationships and love?**

Cupid’s Advice:

There’s something to be said for following your heart. When it comes to big decisions about relationships and love, we can easily get wrapped up and make the choice more complicated than it needs to be. Cupid has some love advice on how to make these quick decisions easier:

1. Basic instincts: Our instincts are part of our biology and shouldn’t be ignored. If you’re on a blind date and have a bad feeling, then you should listen to it. Similarly, when you meet a great potential match, you should pay attention to your first instinct and go for it. Follow your heart and don’t waste time second guessing yourself.

Related Link: [‘The Bachelor’ Season 19 Contestant Britt Faces Her Fear For Chris Soules](#)

2. Pros and cons: It’s easy for our heads to get muddled in a time crunch, making us fall into analysis paralysis. You might have to be a little brutal when scrutinizing your choices quickly. If you have to make a decision fast, then logically think about the pros and cons of your choices. Don’t let the ticking clock trip you up!

Related Link: [Reality TV Host Chris Harrison Reveals Twist for Next Season of ‘The Bachelorette](#)

3. Que sera, sera: Unless you have a crystal ball or a time machine, you won’t be able to see into the future. This thought should actually take some of the pressure off your decision. Remember that you’re making the best choice you can with the information you have and that nothing’s permanent. Whatever will be, will be!

How do you make fast decisions when it comes to a relationship and love? Tell us below!

**Prince William Starts
Paternity Leave Early in
Preparation for Royal
Celebrity Baby**





By Maggie Manfredi

A prince, a partner and a perfect Pop! According to UsMagazine.com, [Prince William](#) has finished his first phase of in-work air ambulance helicopter pilot training with Bond Air Service early; so he is starting his paternity leave sooner than expected. His pregnant celebrity love Duchess Kate Middleton will now get to await the arrival of the [royal celebrity baby](#) with her husband at Kensington Palace. Prince William's unpaid paternity leave will continue until he is expected to complete his training starting again June 1st in Norfolk.

Everyone is in anticipation for the new royal celebrity baby. What are some ways to support your partner in the last stages of pregnancy?

Cupid's Advice:

The end of the nine month cycle can be tough on your pregnant partner. Even though you aren't carrying the load there are plenty of opportunities for you to help. Cupid has some love advice:

1. Keep them comfortable: Carrying a baby can be hard on the body especially at the final stages. Make sure your partner is happy and healthy as you move closer to the due date.

Related Link: [Celebrity Baby News: 5 Reasons Why We Can't Wait To Meet the Royal Bundle of Joy](#)

2. Prep and plan: Be ready for the hospital trip, have the bag packed. Know how you are getting there and even how long it takes. Make sure the home is also baby ready because they will be home with you before you know it.

Related Link: [Prince William and Kate Middleton Meet Jay-Z and Beyonce](#)

3. Be calm, cool & collected: As the end of the pregnancy comes to a close the emotions will be running high. Make sure you are the rock for your partner by staying calm in this stage. Be brave and by their side when they need you most.

How were you a support system for your partner at the end of the pregnancy? Share with us below!

Justin Timberlake Debuts First Pic of Celebrity Baby

Silas with Wife Jessica Biel



By Maggie Manfredi

Family Photos! According to UsMagazine.com, [Justin Timberlake](http://JustinTimberlake) shared an Instagram picture of his celebrity wife Jessica Biel with their beautiful son Silas Randall Timberlake. This photo of Silas in a Grizz jersey snuggled in his mother's arms marks his public debut. The [celebrity baby](http://celebritybaby) couldn't be more precious and the celebrity couple are picture perfect. With just a week under his tiny belt, we can't wait to see what else this celebrity baby can give to the camera. Here's hoping JT continues to post!

One thing's for sure – this

celebrity baby will never lack attention! What are some ways to keep your relationship strong when you have a baby?

Cupid's Advice:

Having a baby is an exciting and scary adventure. But remember that this is an adventure you have created together and there is no reason to let your relationship and love fizzle out when you welcome your newest little love:

1. Keep a schedule: Not only will this eliminate arguments and stress but this will keep you locked in for date nights. With a growing baby, you will be happy to have the schedule system in place when your planning for one more!

Related Link: [Jessica Biel Wants Babies With Justin Timberlake](#)

2. Alone time: Help each other by giving each other some space. With a newborn things can get very busy and you and your partner may find it hard to get time for yourself. Be good to yourself and to your partner by making sure each has some time to do the things they love to do, even if it's just an afternoon of shopping or a Saturday morning to sleep in.

Related Link: [Justin Timberlake Reportedly Caught Cheating](#)

3. Make a memory: Take a note from JB and JT by documenting the happy moments. There's nothing like the glow of a new mother and there are so many firsts that you will experience as a family. Make sure to capture the joy but also be present in these moments and they will surely change your bond for the better.

How did you keep the romance alive post baby? Share your tips

and tricks below!

Reality TV Stars Kirk and Laura Knight Share Tragic News



By Kirk and Laura Knight

Kirk & Laura: This past episode was a very personal and sad time for us both. When documenting the entire first year of marriage, a couple is bound to have a series of up and down moments in their relationship and love. We were so overjoyed

when becoming pregnant that the thought of anything going wrong didn't even cross our minds. Nothing prepared us for what we experienced with a miscarriage. What we learned was stunning – one out of five pregnancies ends in miscarriage. This is much more common than we had ever thought.

Related Link: [Reality TV Stars Kirk and Laura Knight Share Baby News](#)

Reality TV Stars Face Tragic News

L: Every woman who becomes pregnant will be told and will read that you aren't supposed to share your baby news with anyone until you have made it through the first trimester. This advice leaves many couples going through a miscarriage feeling alone and left to suffer in silence. I don't know what I would have done without the much needed support of my closest family and friends.

If you are experiencing a miscarriage, know that you are not alone. Allowing yourself to grieve will help you in the long run – just know that you cannot time stamp the length it takes to heal from such tragedy. Grieving is a roller coaster of emotions, and it takes time to feel like yourself again. Taking steps forward and backwards is part of the process.

There were moments where I felt I was doing okay, only to have a breakdown. A few days after the D&C procedure, I wanted to get out of the house and do something "normal." I learned that going to Target mid-morning was a terrible idea – there were new mamas and their babies everywhere! Another time, I was feeling like I was in a pretty good place emotionally and went to pick out Mother's Day cards, only to end up sobbing in the middle of the store. These instances were only setbacks though. Accepting what is can be a daunting task; try looking toward the future in a positive light and never give up hope. I promise you will survive!

Related Link: [Kirk Knight of Bravo's 'Newlyweds' Details His Hawaiian Honeymoon and Reveals Possible Baby Plans](#)

K & L: We are tremendously grateful for all of the love and support we have received. Although tragic and sad, we will not give up hope in our efforts to conceive. Tune in tonight to our reality TV show to see what we are doing to stay busy and how we are coping with the aftermath...

What's up next for this [celebrity couple](#)? Tune in to the reality TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!