

'7th Heaven' Alum Beverly Mitchell Is Expecting Second Child



By Ann Luther

Beverly Mitchell posted a photo of her family of three on Thursday, September 4 with the caption, "Can't believe in 2015 we will be a family of 4!!!" UsMagazine.com reported that the actress wanted even more children. "Two or three... No more than three," she reasoned. "When you're getting into four, it's a handful. We're not having a *7th Heaven* situation!" Congratulations to Mitchell, her husband, Michael Cameron, and their one-year-old daughter, Kenzie Lynne!

What are some ways to prepare differently for a second child than your first?

Cupid's Advice:

Your first baby is a nine-month whirlwind of hysteria over what to do, how to do it, what to buy, where to put it, and oh my God can I do this?! But becoming pregnant with your second child is totally different because you've done this before. There are still ways to prepare though, and we've compiled a list of the best.

1. Get your first baby ready: The key difference in this pregnancy is that you've got another little thing hanging around wondering what in the world is going on. They are about to become a big brother or sister. That's a big deal to them! Explain what is about to happen and their role in all of it. It will put your tot at ease, which will put you at ease.

Related: [Beverly Mitchell Hosts Shower For Military Moms-To-Be](#)

2. Embrace the prenatal lifestyle: There are so many things you only get to do when you're expecting. You can eat whatever you want; so, indulge without guilt! You're eating that chocolate for the health of your child. There are also tons of cool exercise classes to keep mommy and baby healthy like prenatal yoga. Also, you can't see your feet. Go splurge on a pedicure whenever you want because your feet are being put to work. You deserve it all, so take it!

Related: ['7th Heaven' Star Beverley Mitchell Welcomes Daughter Kenzie Lynne](#)

3. Host a thank you shower: You probably already have all the baby paraphernalia you'll need and then some, but you can still have a party! This time around, instead of having a baby shower, invite all of your friends and family who supported

you with your first little one and give them gifts. If they insist on giving you something, suggest they donate to a charity for struggling mothers. You've already got all you need between the things they gave you last time and all their love.

What different ways did you prepare for your second child? Share in the comments below!

Beverly Mitchell Hosts Shower For Military Moms-To-Be



By Maria Darbenzio

New mom, Beverly Mitchell, partnered up with Operation Shower and Birdies for the Brave to give 40 military moms-to-be, whose spouses are deployed, the shower of their dreams on February 11th at The Riviera Country Club in Pacific Palisades, California. The *7th Heaven* star caught up with Celebrity Baby Scoop to talk about the experience and her own transition into motherhood.

“I am so incredibly grateful to our military and their families for their sacrifice, and this is a very small way of saying thanks. If it weren’t for their daily sacrifice, we would not be able to live as we do, and I never take that for granted,” Mitchell exclaims. “I wish I could do more, but this is a start and it couldn’t make me happier to spoil these mummies-to-be with the most amazing things to help make the transition into parenthood a little easier. And let’s be honest, who doesn’t love a little pampering!”

Related Link: [DeAnna Pappas Stagliano Celebrates Her Baby Shower](#)

During the shower, guests were given a lunch provided by Whole Food Markets and the Operation Shower signature “shower in a box.” The box contained products for both mother and baby donated by numerous companies, including Carousel Designs.

Mitchell became a first-time mom in the past year when she gave birth to her beautiful daughter, Kenzie, who turns one year old next month. “We are planning a little something at the house – our families and close friends. Just something quaint and special – probably a little barbecue,” the actress shared when asked what their plans were for Kenzie’s upcoming birthday.

Like many new mothers, point-of-views change with the addition of a little one. Mitchell says she’s gone through the same change in views. “The biggest change was my perspective on what really matters, and I am much less stressed because of

it, mostly because I have learned that I have absolutely no control so sit back and enjoy the ride versus fighting to make everything happen the way I would like it to.

Related Link: [Kevin and Danielle Jonas Welcome a Baby Girl](#)

With parenting experience under her belt, she says her and her husband would love to have more children. But don't be expecting that to happen anytime soon! They want to take the next year or two to enjoy Kenzie before jumping into having another child.

For the rest of the interview, visit www.celebritybabyscoop.com/2014/02/12/beverley-mitchell-operation/!