

Parenting Trend: Baby Led Weaning



By [Bonnie Griffin](#)

In recent [parenting trends](#), parents are beginning to put down the spoons, and are choosing to follow the method of baby led weaning. It may sound uncommon to some to consider the idea of not feeding your baby with an airplane spoon full of mashed up foods, but many are setting this old classic to the side and allowing their babies to pick up their food and feed themselves. According to *Parents.com*, dietician Clancy Cash Harrison claims, "Baby-led weaning supports the development of eye-hand coordination, chewing skills, dexterity, and healthy eating habits." Maybe it is time to give the idea of letting your one-year-old feed themselves a try.

Parenting Trend: Baby led weaning may be the best way for your child to learn important motor skills and to feed themselves.

It can be hard to put down the reigns and let our babies feed themselves. They depend on us so much that it seems natural to keep feeding them even after they turn one, but it turns out that it might be better for them overall if we allow them to do some of the work at meal times themselves. Cupid has some advice about baby led weaning:

1. Learn to self-regulate: When we feed our babies it can be hard for us to know when they have had enough. This can, unfortunately, lead to accidental overfeeding. However, babies who feed themselves are less likely to continue eating once they are no longer hungry, and this will teach them to self-regulate their food intake, instead of taking in too much food, which could lead to issues where they eat even when they're full as they get older.

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2. No more jarred food or time blending: Do you dread buying all those little jars of baby food, or spending a lot of time blending food into mush only to have your baby spit it out? With baby led weaning, you can forget the jarred food, and tuck that blender away in the cabinet because your baby won't need that mashed food any longer.

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3. Soft foods in the beginning: You don't want to dive right into the more difficult foods with your one-year-old. Instead,

start them on their self-weaning journey with soft foods like puffed cereals, cooked egg yolks, and cooked pasta. These are foods that will be easy for them to consume on their own with you supervising.

Soft foods, self-regulation, and no more jars of blended baby food are just some examples of why it is a best parenting practice to use baby led weaning. Let us know your thoughts about this method in the comments below.

Celebrity Wedding: 'Bachelor in Paradise' Couple Raven Gates & Adam Gottschalk Are Engaged





By Bonnie Griffin

In the latest [celebrity wedding news](#), *Bachelor in Paradise* couple Raven Gates and Adam Gottschalk are engaged. According to *UsMagazine.com*, the [celebrity couple](#) announced their engagement June 2nd when Gates shared photos of the proposal on her Instagram. The romantic proposal took place in Dallas, where Gates can be seen wiping away a tear when Gottschalk gets down on one knee on top of a high rise building.

There's another *Bachelor* celebrity wedding on the horizon! What are some ways to announce your engagement to family and friends?

Cupid's Advice:

Engagements happen in an infinite number of ways, from the classic proposal where someone gets down on one knee to the ever-extravagant sign written in the sky. We all have our own

ways to announce our engagements to friends and family. Cupid has some ideas for announcing your engagement:

1. Photoshoot: Want to really show your friends and family how much you love each other? Capture some photos of the two of you together and be sure to show off your new bling. People love photos, and your love is bound to be written all over your faces right after the proposal and it will shine through in a few photographs.

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2. Surprise ring reveal: Have a family get-together coming up? If not, throw a quick BBQ and invite everyone who you want to know about your engagement. Show up wearing your new bling, and wait for the first person to notice your shiny new ring.

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3. Use your pets: Posting an adorable picture of your pet on Instagram with a sign that their humans are getting married will surely catch all the attention. You will be bombarded with congratulations, and compliments about your dog's adorable-ness before you know it.

What are some ways you might share news of your engagement with your loved ones? Let us know your thoughts in the comments below.

Movie Review: Aladdin



By [Bonnie Griffin](#)

Disney's live-action movie *Aladdin* is a vibrant take on a classic animated movie starring Will Smith as the Genie and Mena Massoud as Aladdin himself. *Aladdin* is about a kind-hearted street urchin desperate to impress a girl who happens to be a princess. In his attempt to impress Princess Jasmine, Aladdin falls prey to the power-hungry Grand Vizier who convinces him to go after the genie's lamp, but Aladdin decides to keep the genie to himself and he is faced with some hard decisions when the power of the genie nearly steers him down the wrong path and almost costs him the girl.

Check out our movie review on

***Aladdin*, a fun-filled film for the whole family!**

Should you see it: If you're looking for a fun film that teaches the value of friendship and honesty while making you laugh, and that not all girls care about fame and fortune, then *Aladdin* is a great film for your whole family.

Who to take: *Aladdin* is great for the whole family, so bring your kids along for this fun family-friendly movie.

Cupid's Advice:

We're inspired by the strong friendship that grows between the Genie and Aladdin, and the unconditional love Jasmine has for Aladdin without him being a prince. It can be hard to do what is right when fame and riches are dangled in front of you, and good friends and people who love you can help you when you're struggling with deciding between doing what's right and what's easy. Cupid has some advice on maintaining a strong friendship or relationship when you are tempted by monetary rewards and fame:

1. Money and fame are fleeting: Money and fame may come and go. The people who care about you and have stood by you throughout life's obstacles are more important than something that can be so easily lost. Remember to choose the people who love you before you choose something that could cost you that important relationship, even if it means money and fame. They've earned your support just as they've supported you.

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2. Make time for each other: Life can be crazy, and if you add in things like money and fame it can become more hectic than you'd ever imagined. It can be easy to leave your partner or friends behind if you come into fame and money without

realizing you're doing it. Avoid making your friends and partner feel forgotten by making time to spend together, even if it means carving out time in your calendar that no meetings or work can ever be scheduled to ensure you make time for your loved ones, do it because that quality time is important.

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3. Thank them for their support: They were there before you made it big, and they loved you before you had fame or money. They supported you so make sure they know you appreciated them being there by saying thank you and by being there for them when they need someone in their corner.

Have you ever been faced with having to choose between fame or money and doing what is right for your friends or your partner? Share your advice for maintaining those relationships when faced with this kind of dilemma below:

**Celebrity Baby News:
'Bachelor' Stars Arie
Luyendyk Jr. & Lauren Burnham
Welcome a Baby Girl**





By [Bonnie Griffin](#)

In the latest [celebrity baby news](#), *Bachelor* stars Arie Luyendyk Jr. and Lauren Burnham are parents. According to *People.com*, Luyendyk confirmed on Wednesday that the pair welcomed their first child together, a beautiful baby girl. After meeting and falling in love on *The Bachelor*, the [celebrity couple](#) has maintained their relationship in the public eye throughout the pregnancy, although they have not yet released the baby's name.

The latest celebrity baby news is that this *Bachelor* couple welcomed a baby daughter. What are some ways to work on your relationship while at the same time having a young child?

Cupid's Advice:

Having children is a beautiful gift, but that does not mean being a parent with young children is easy. Add the stress of now having a young child who solely relies on their parents to your relationship and you might find yourself asking how your relationship will survive. Cupid has some advice to keep your relationship working after having kids:

1. Have adult conversations: Just because you have a child doesn't mean all of your conversations have to revert to baby talk. You still need to communicate with each other, and as much as your young child is a very important part of your lives, they cannot be the only thing you discuss. Don't cut out your conversations just because you have a child, even if time alone is limited just have your conversations in front of your child because they will likely interrupt even if you try to take a moment and step out of the room.

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2. Work as a team: It is important for both parties in a relationship to remember that you both had a child, and that means sharing more than those adorable baby grins. It means that you need to share the work with each other. You both have to help with the fun parts and the bad parts like when they have a meltdown. Be a united front when your child is having a tantrum because it will only add to your stress if you are not on the same team.

Related Link: [Celebrity Baby News: Backstreet Boys' Nick Carter and Wife Are Expecting Baby No. 2](#)

3. You both deserve time out: Every parent needs an occasional break. A break from your partner and even the occasional break from your child. We all need a little me time now and again. Give each other that time out and away to just be alone and revel in their own thoughts. Even though this time alone may

seem like a strange way to help work on your relationship, your partner will love you for offering them a break.

What are some ways you might work to avoid a custody battle with an ex? Let us know your thoughts in the comments below.

Food Trend: 5 Ways Pickles Are Better Than Bread on Sandwiches



By [Bonnie Griffin](#)

With ever-changing diet fads, [food trends](#) often come and go as quickly as the season, but every now and then one trend offers great flavor and doubles as a healthy food option. That is precisely what pickle sandwiches offer at Elsie's Sandwich Shop in New Jersey, according to *Elitedaily.com*. This sandwich shop has replaced the bread on their sandwiches with large halved pickles, and the response has been amazing. From people watching their weight to those with bread allergies, people are raving about these pickle sandwiches.

Food Trend: How to make your sandwich stand out with a delicious bread substitute!

Whether you are trying to eat healthy, avoid carbs, or simply cannot eat bread because of allergies, replacing bread with pickles on a sandwich can be a delicious alternative. Not only are pickles fat-free, but they are an inexpensive way to cut those carbs if you're following the keto diet, or simply trying to eat better.

1. Carb-free: With so many people choosing the keto diet as their preferred weight loss method, it is always great to find a new carb-friendly food option that will not only help you achieve your goals, but also tastes good. Replacing the bread on your sandwiches with pickles will eliminate all those unhealthy carbs and offer a guilt-free meal to those living the keto lifestyle.

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2. Food allergies: For those who have bread allergies it can be frustrating when you find yourself unable to eat something as simple as a sandwich. Using pickles in the place of bread offers an affordable alternative. Add to that the issues ordering food at restaurants, and having pickles substituted

for your bread can help open up more options when not eating at home.

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3. Fat-free and low calories: Maybe you're not just counting carbs, but you are still working hard to count your calories and eat within a healthy daily caloric limit. Unlike bread, pickles are fat-free and very low in calories.

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4. Extra flavor: Sure, bread can be tasty, but it has nothing on the zippy flavor of pickles. Adding a few pickles to your ordinary sandwich might give it some extra flavor, but just imagine the flavor fireworks that replacing your bread with pickles will set off on your taste buds.

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5. Antioxidants and probiotics: Not only are pickles great tasting and carb and fat-free, but they offer certain antioxidants that are beneficial to your health, and since they are not cooked, the antioxidants are not cooked away and are preserved. According to *Organicfacts.net*, pickles also contain probiotic bacteria that "actually help us in the digestion of food."

When finding healthy options that still taste good and don't break the bank can seem like too much work, pickle sandwiches are here to save the day and taste good while doing it! What are some other ways to ditch the bread while still enjoying a sandwich?

Hair Beauty Trend: Crystals, Chains, and Studs



By [Bonnie Griffin](#)

Hair [beauty trends](#) change from year to year with many top designers setting new fashions that are meant to capture that true “wow” factor. This year is no exception, as fashion shows are bright with models’ hair catching more attention due to hairstyles accentuated with crystals, chains, and studs. According to *Allure.com*, Christian Siriano’s fall 2019 collection included Swarovski-crystal-studded makeup on the models, and hair highlighted with chains and studs. The look really tied into the designer’s collection.

Beauty Trend: How to make your hair “bling” with the help of crystals, chains, and studs!

Whether it's for a fashion show or a special occasion like prom or your wedding, your hair can make an already beautiful outfit take off to greater heights. Using crystals, chains, and studs can take a simple ponytail from drab to fab in minutes. Add some crystals for a high-end fashionable look, or chains and studs to make things a little edgier. Either way, people will notice, and you will be at the forefront of beauty trends at your prom or office work party.

1. Crystals: When you want to sparkle, crystals are the best way to liven up your up-do. Add a few to the front of your hairstyle for a little shine, or layer them all throughout an intricate up-do for a high-fashion glam style that will be sure to turn a few heads.

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2. Chains: Want something simple, but edgy? Add chains to a sleek ponytail. You can clip them in, and wrap them around the elastic band, letting them flow down into your ponytail. From the front, you will look like you're simply sporting a stylish sleek ponytail, and then you will wow onlookers when they catch your edgy look in the back.

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3. Studs: Hair studs can be versatile. You can choose sets of crystals for a glamorous look, metal for a grungy, punk look, or something fun like stars or flowers to brighten up your hairstyle.

Crystals, chains, and studs are trending in 2019 for hair.

What are some of the best looks you have seen or imagined with one of these hair beauty accents? Let us know your thoughts in the comments below.

Bonnie Griffin



Summer 2019

Editorial Intern

Bonnie Griffin is a graduate student at Southern New Hampshire University where she is a student in their new online MFA Creative Writing program. Her main areas of study are in

writing in the romance genre and teaching writing online. After working as a freelance writer for other authors and publishers, she published her first paranormal romance novel in 2017 as B.M. Griffin, and has since published four books in total with many more already in the works. Bonnie hopes to turn her love for writing into a career by teaching others in the profession she is so passionate about, while also continuing to write books that she is proud to put her name on. Bonnie lives in Richlands, North Carolina with her husband Jason, their two daughters, and two dogs she considers her third and fourth child.

Bonnie's favorite [celebrity couple](#) is [Kristen Bell](#) and Dax Shepard. She's been a fan of Shepard's since he starred in the NBC comedy, *Parenthood*. Bonnie loves to see the couple laughing and having a great time together; they seem to truly enjoy being together. The video of Kristen meeting a sloth sealed the deal for her when it came to them becoming her favorite celebrity couple.

Celebrity Baby News: Backstreet Boys' Nick Carter and Wife Are Expecting Baby No. 2





By Bonnie Griffin

In [celebrity baby news](#), Backstreet Boys' Nick Carter and wife, Lauren Kitt, are expecting their second child. According to *UsMagazine.com*, Carter was thrilled when he announced the pregnancy on Instagram saying, "Thank You God for giving us the greatest gift we could ever ask for." This [celebrity couple](#) seems to be very excited to have their second baby on the way.

In celebrity baby news, baby makes four! What are some benefits to having two kids versus just one?

Cupid's Advice:

Having one child might seem easy, but having two means your children will have a friend for life. There are also added social benefits to having a second child. Cupid has some benefits to share that might have you thinking twice about

stopping after baby number one:

1. Your children learn how to socialize and share with others:

When you have a second child, both will have to learn to get along and share with each other because they don't have much of a choice. Siblings are in each other's lives all day, every day for the first few years of their lives. This social interaction will help them when it is time to go to school and start making friends.

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2. They will have a life-long friend: Siblings may fight, and they may suffer from sibling rivalry from time to time, but they will also play together and love each other. They will be each other's first friend, and friends for life.

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3. You are an expert now: With baby number one you had so much to learn, and you had to learn it fast. You disinfected everything, washed your hands so often they were like sandpaper, and packed half of the household whenever you left the house. However, with baby #2 you already know what you're doing because your first child taught you to be an expert, so you know what's coming with sleepless nights, feeding, and everything else involved with having a baby.

What advantages can you think of when it comes to having two children instead of just one? Let us know your thoughts in the comments below.

Celebrity Wedding: 'DWTS' Cheryl Burke and Matthew Lawrence Marry in San Diego



By Bonnie Griffin

In the latest [celebrity news](#), *Dancing With the Stars* pro Cheryl Burke from married her fiancé Matthew Lawrence on May 23rd in San Diego. According to *UsMagazine.com*, the [celebrity couple](#) was married at the Fairmont Grand Del Mar. Burke and Lawrence met on the third season of *Dancing With the Stars* when Lawrence's brother was a contestant on the show, and began dating in February 2007. The pair got engaged in May 2018.

This celebrity wedding was held in San Diego. What are some factors to consider about your wedding's location?

Cupid's Advice:

Your wedding day should be one of the happiest days in your life, so it is important to find the perfect location for your big day. The location not only sets the overall tone for your wedding theme, but it can affect the number of guests you're able to invite, and even the type of attire you and your wedding party wear. Cupid has some advice:

1. Prepare your guest list: When considering where you want to have your wedding, you need to know how many guests you want to invite because you will need to make sure you find a location that can accommodate all of the people you really want to be there for your special day. If you are planning your wedding at a faraway location, you will want to consider whether the guests you truly want to be present will be able to travel.

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2. The location's price: Before you tour a possible location and fall in love with the idea of having your wedding there, ask about the cost. You do not want to fall in love with a location or venue only to find out that it is out of your budget.

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3. What theme are you planning for your wedding: Certain

locations or venues will work out better for your specific wedding theme. For example, if you want a summer theme, somewhere near the beach would be an ideal location.

What are some things you think are important to consider when choosing your wedding location? Let us know your thoughts in the comments below.

Celebrity Parents: Former 'Teen Mom' Star Jenelle Evans Is 'Exhausted' Amid Custody Battle





By Bonnie Griffin

In the latest [celebrity news](#), former *Teen Mom* star Jenelle Evans and husband David Eason are back in court trying to regain custody of their children. According to what a source told *EOnline.com*, Evan and Eason are “hoping to get [their] kids back in time for summer.” The children were taken after allegations that Eason killed their family dog, Nugget. The [celebrity couple](#) plan to seek counseling after they regain custody of their children and life begins getting back to normal.

These celebrity parents are fighting for custody of their kids. What are some ways to avoid a custody battle amid a split?

Cupid’s Advice:

Splitting up when you have children doesn’t need to result in

a custody battle. If both parents agree to be reasonable, then a custody agreement can be made without ending up in a conflict. Cupid has some advice to keep things amicable:

1. Get informed: A good place to start working towards an amicable custody agreement is to become informed in your state's custody laws. Learn what "a child's best interest" means based on the laws in your state because that is what the court will base their decisions on when it comes to the custody of your children.

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2. Ask your family attorney questions: Your children are the most important people in a custody case, so don't be afraid to ask your attorney lots of questions, and do not let them pacify you with vague answers. This will not only help you better understand the matter at hand, helping you become more informed but will prepare you for all possibilities and help you fulfill the role of being reasonable so you can avoid an ugly battle in court.

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3. Be open to working with your ex: Just like you want to spend time with your children, to be there for them and meet their needs, so does your ex. Children want and need both of their parents, so be reasonable when making demands during custody litigation and keep in mind that your children need time with you and your ex.

What are some ways you might work to avoid a custody battle with an ex? Let us know your thoughts in the comments below.

Celebrity Break-Up: Kendall Jenner & Ben Simmons Split Months After Reconciliation



By Bonnie Griffin

In the latest [celebrity break-up news](#), Kendall Jenner and Ben Simmons have split, according to *UsMagazine.com*. For a bit, things between Jenner and Simmons seemed to be getting serious, but sources say that their relationship has been cooling down recently and the split was not sudden. This [celebrity couple](#) decided to move on to enjoy life while they were young, and we can't fault them for knowing what they

want.

In celebrity break-up news, Kendall and Ben have called it quits. What are some ways to know your relationship has long-term potential?

Cupid's Advice:

When you are in a relationship that has true potential to become long-term, you and your partner should enjoy each other's company, have chemistry, and feel comfortable just being yourselves around one another. Cupid has some advice to help you decide if your relationship is built to last:

1. You feel at ease being your true self with your partner: Everyone is on their best behavior when dating someone new, but once you have been together a while and have reached the point you are considering your relationship becoming long-term you should be comfortable around your partner. Each of you should feel at ease being yourself with one another without worrying the other will be put-off by your personality.

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2. You trust each other: A successful long-term relationship requires trust between you and your partner. If you are honest with each other from the beginning, that trust will come easy and you will have a solid building block for a happy and long relationship.

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[Montana Getting Back Together?](#)

3. You both still have independence: Being in a relationship doesn't necessarily mean you and your partner have to spend 100% of your time together. There will be times you want to go out with your friends without your significant other, and that is fine. If the two of you still have your independence without giving each other the guilt trip, this is another good sign you might be with the right person for a long-term commitment.

What are some things you look for when you are deciding if your partner might be the one you want to commit to for the long haul? Let us know your thoughts in the comments below.

Celebrity Parents: Eva Mendes & Ryan Gosling Are Running Into Trouble Teaching Their Daughters Spanish





By Bonnie Griffin

In the latest [celebrity baby news](#), celebrity parents Eva Mendes and [Ryan Gosling](#) are discovering that children learn the language they hear the most. According to *EOnline.com*, Mendes, who is Cuban, wants her children to learn Spanish, but the actress is finding that what the children are actually learning is Spanglish. Mendez told *The Talk* that she speaks “Spanglish, and that’s what they’re picking up. So it’s adorable, but it’s technically not a language.” Even celebrity children say the darndest things.

Even celebrity parents have issues with various parenting efforts! What are three tips for teaching your child a foreign language?

Cupid’s Advice:

Teaching children a foreign language can be difficult, but if

you start when they are young and remain consistent, you can teach them to be bilingual. Cupid has some advice:

1. Start teaching them while they are young: Young children have minds that absorb knowledge like a sponge. If you teach your child both languages from the beginning, they will learn quickly. When children are first learning to really speak, typically at ages 2 to 3, they can learn words quickly, even in two languages.

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2. Teach them one word at a time: While formal lessons are an option, they are not a necessity to teach your child a foreign language. Use pictures and objects to teach them one word at a time, teaching them that the object or picture can be called two different things – one in each language they are learning.

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3. Communicate with them in the second language: Choose specific times throughout the day where you communicate using the second language. Another option for this method is to have one parent communicate in English while the other communicates with their child in the foreign language they are learning. Consistency is key when your child is learning another language.

What are some methods you may have used to teach your child a foreign language? Share your thoughts below.

Celebrity Wedding: Scarlett Johansson & 'SNL' Star Colin Jost Are Engaged



By Bonnie Griffin

In the latest [celebrity relationship news](#), [Scarlett Johansson](#) and Colin Jost are engaged. According to *UsMagazine.com*, the [celebrity couple](#) confirmed their engagement on May 19th. The *SNL* star, Jost, has been known to gush over his now fiancé to friends and the media over the past couple years, telling *Entertainment Tonight*, "It's hard to have a lot of complaints, she's pretty awesome. I'm very happy. I feel very lucky." While they have not released a date yet, this is one [celebrity wedding](#) *Avengers* and *SNL* fans will be on the lookout for.

This pair will be planning a celebrity wedding after two years of dating. How do you know when you're ready to marry your partner?

Cupid's Advice:

It can be tough to know when you're truly ready to marry your partner. Cupid has some advice:

1. When participating in your partner's hobbies doesn't feel like a chore: If you are with the person you are truly in love with, and meant to spend your life with then you will not find spending time with them, doing things they love exhausting. Instead, you will pleasure in the joy it brings them to share their passion(s) with you. Marriage is a lifetime commitment, so you want to know you will enjoy spending your life with your partner.

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2. You enjoy each other's company: When you are married you and your partner will be spending the majority of your time together, just the two of you. Before you make the leap into marriage, it is important that you can enjoy time together when it is just the two of you; no friends or outside distractions. Do you enjoy everyday tasks when it is just the two of you alone at home reading or catching a movie on television?

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3. You love yourself: It may sound cliché, but the number one key to loving someone completely enough to commit to spending

your life with them is loving yourself. If you do not love yourself, that negativity will seep into your relationship and slowly pick it apart. Put your faith and love into yourself first, then you can share your heart with your partner and love them without holding back.

What are some other ways to know you're ready to marry your partner? Share your thoughts below.

Celebrity News: 'Bachelor' Alum Ashley Spivey Reveals She Suffered a Miscarriage





By Bonnie Griffin

In [celebrity baby news](#), *The Bachelor* alum Ashley Spivey shared her [celebrity pregnancy](#) story of suffering through a miscarriage in what was a “very wanted pregnancy.” According to *UsMagazine.com*, Spivey learned of the pregnancy early on, but the devastating news came only two weeks later when her doctor revealed that “the embryo actually had shrunk and the doctor concluded that [she] was experiencing a miscarriage.”

In celebrity news, Ashley Spivey is dealing with the devastation of a miscarriage. What are some ways to support your partner during pregnancy difficulties?

Cupid’s Advice:

Pregnancy difficulties leave broken hearts and scars for both

parties in a relationship. Remember to support one another during this devastating time, without trying to find fixes that will only prolong the pain. Cupid has some advice:

1. Understand there is no quick fix: Losing a child or finding out you are unable to get pregnant is a devastating loss for anyone trying to become a parent. When someone we love is in pain, the knee-jerk reaction is to find a way to fix the problem, but there is no quick fix for a loss this painful. Like the loss of any loved one, only time will bring healing, so give yourself and your partner time to grieve and the healing will come naturally.

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2. Do not jump into discussing having other children: When a mother has a miscarriage, to her she just lost a unique child, and that child is irreplaceable. It may seem like telling her that she can always have another baby offers reassurance, but it will likely only add to her pain and frustration. Instead, just support her by showing and telling her that you love her and staying by her side as long as she needs you there.

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3. Be supportive and lift her back up: When a woman goes through a miscarriage or learns she is unable to get pregnant and have children, it often leads her to thoughts that she is broken. Whether she expresses this feeling out loud or not, it is common, and she needs her partner to be there for her. Hold her, love her, tell her she is not to blame and that it is not her fault.

Can you think of other ways to support your partner when they are experiencing pregnancy difficulties, or have had a miscarriage? Let us know your thoughts in the comments below.