

# Celebrity Baby News: Bristol Palin's Ex Levi Johnston Is Expecting His Fourth Child



By [Courtney Shapiro](#)

In [celebrity baby news](#), Levi Johnston will have another addition to his family soon with wife Sunny Oglesby. This will be the third child for the [celebrity couple](#). Johnston also has another son with his ex-fiancee, Bristol Palin. According to *UsMagazine.com*, Oglesby posted a photo on Instagram with the caption, "We are excited to say a little present is on the way. Baby Johnston #4 is due in July!" Palin praises both Johnston and Oglesby for being great parents, and continues to remain friends with the couple.

# In celebrity baby news, Levi Johnston is expecting a fourth child. What are some ways to introduce a new child to your household?

## Cupid's Advice:

How can you introduce a new child to your household? Cupid has some thoughts:

**1. Include your children in the preparation for the new baby:** Let your current child or children see the ultrasounds or touch the baby bump. It will feel more real if they are going through the process with you, rather than just talking about a new sibling.

**Related Link:** [Celebrity Baby News: Carrie Underwood Shares Sex of Baby at 2018 CMAs](#)

**2. Have the new baby give a present:** If the new baby's siblings are young enough, then receiving a gift from their new brother or sister will make them feel important. If the siblings are older, make the gift celebratory for becoming a sibling.

**Related Link:** [Celebrity Baby News: 'Bachelor' Arie Luyendyk Jr. and Lauren Burnham Are Expecting First Child](#)

**3. Give the other children jobs to do:** This gesture can make your other children feel important, if they are involved in something that will benefit the new baby. They just want to be included, and giving them the opportunity to help with tasks, even something small, could help reduce fear of being forgotten or left out.

How did introduce another child into your home? Share with us below!

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# Celebrity Wedding: Bristol Palin Marries Baby Daddy Dakota Meyer



By [Cortney Moore](#)

To much of America's surprise, Bristol Palin and her once ex-fiancee, Dakota Meyer, went through with their [celebrity wedding](#) on June 8! The [celebrity couple](#) broke up a year ago,

but began seeing each other again in April of this year. According to [UsMagazine.com](http://UsMagazine.com), Meyer subtly announced their marriage on Facebook with a captioned photo that stated, "On the other hand, we learn that we can never give up, knowing that with the right tools and energy, we can reverse any decree or karma. So, which is it? Let the Light decide, or never give up? The answer is: both." Palin and Meyer's apparent reconciliation is great news for their 5-month-old [celebrity baby](#), Sailor Grace! Hopefully Palin's 7-year-old son Tripp is also happy over his mother's nuptials.

## **This celebrity wedding was a surprise to us all! What are some benefits to throwing a surprise wedding?**

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

The number of surprise weddings have increased significantly in the last few years. If you find yourself getting stressed over wedding plans, a surprise wedding might be a good option for you to consider. Cupid is here to let you in on some of the benefits of surprise weddings:

**1. Total control:** The best part of a surprise wedding is that you get to call the shots! You and your soon-to-be spouse get to pick the date and venue based on what you both want and won't be swayed on what others' think you should do for your wedding.

**Related Link:** [Celebrity Couple News: Gigi Hadid & Zayn Malik Are Back Together](#)

**2. Less pressure:** A surprise wedding is unique in itself and doesn't have to cost an exorbitant amount of money. Planning a wedding goes a lot smoother when you can save money and don't

have to worry about traditional wedding decor or pre/post wedding parties.

**Related Link:** [Eva Longoria Talks Celebrity Wedding and Future Baby Plans](#)

**3. More intimate:** For a surprise wedding, some of the guests you invite might not show up if they believe it to be a standard party. So your wedding will have an exclusive and more intimate feel for the guests who do show up. Trust us, no one will forget the time they unknowingly attended a wedding!

**Did you or someone you know have a surprise wedding? Share your stories below in the comments!**

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## **Celebrity Baby News: Bristol Palin Reveals Baby Name is Same as Kristin Cavallari's New Daughter**





By Kyanah Murphy

Celebrities put a lot of thought into naming their celebrity babies, but sometimes there are still repeats! According to [UsMagazine.com](http://UsMagazine.com), the latest [celebrity baby](#) news is at that Bristol Palin is naming her daughter Sailor, which also happens to be the name of Kristin Cavallari's celebrity baby, only spelled Saylor. In fact, it was mere hours after Cavallari revealed her celebrity baby's name that Palin revealed hers. Was it mere coincidence or the sign of a copy cat?

**These celebrity babies are going to have something in common! What are some ways to be sure your baby's name is unique?**

**Cupid's Advice:**

Celebrities love to name their celebrity babies odd names like

Apple, Bandit, Blue Ivy, and now Saylor/Sailor (and these are only a couple of examples!). Of course celebrities aren't the only ones who want to make sure their babies have unique names; you might want a unique name for your child, too. Cupid has some tips:

**1. Choose a unique spelling:** Look at the name 'Kyanah' – it's a different spelling of 'Kiana'. There's also 'Saylor' as opposed to 'Sailor', 'Geoff' instead of Jeff ... honestly, the list is endless. If you want your baby to have a unique twist on a name, consider alternative phonetic spelling.

**Related Link:** [Hayden Christensen Opens Up About Naming His Celebrity Baby Daughter Briar Rose](#)

**2. Pick a name that hasn't been used in awhile:** If you're thinking of naming your future daughter 'Katniss', don't do it. Every new mother and their mothers are going to be naming their girls 'Katniss' to give their kid an edgy and unique name. Because it's a practice to name your child after a cool character, if one is incredibly popular like 'Katniss', your baby's name won't be unique at all. Try choosing a name that hasn't been done in awhile.

**Related Link:** [Celebrity Couple Jessa Duggar and Ben Seewald Reveal Newborn Son's Name](#)

**3. Do some research:** If you do your homework, it's entirely possible to find a name that is unique and captures the style you want associated with your child's name. 'Caelum' (Kay-lum) is from the Latin meaning of 'sky' and 'Orion' is a constellation (much like 'Sirius'). Or, you can be completely out there and go the celebrity and video game route and name your child something completely different, like Lightning.

**Do you have a baby with a unique name? What name did you choose? Comment below!**

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# Bristol Palin Posts 6-Month Celebrity Baby Bump



By Mackenzie Scibetta

The daughter of Sarah Palin will soon be welcoming her second child to the world! According to [People.com](http://People.com), Bristol Palin shared an intimate picture on Instagram showing fans her celebrity baby bump. The 24-year-old [celebrity mom](#) captioned the photo, "Start of my sixth month, feeling like a tannkk already! Eek." With just three months until the new baby arrives, we can't wait to see more celebrity baby photos.



# This celebrity baby is making Bristol feel “like a tank.” What are some ways to make your partner feel beautiful throughout pregnancy?

## Cupid’s Advice:

Pregnancy is the one of the most wonderful miracles of life, and it should be appreciated as such. It’s important to cherish and help out your partner if they’re caring their own bundle of joy. Cupid has some love advice to help keep your relationship blossoming during pregnancy:

**1. Offer back rubs/foot massages:** These small acts of kindness can go a long way for a woman. It will remind her how much you care for her and that you want her to feel comfortable. It can also help boost her mood.

**Related Link:** [Hayden Christensen Opens Up About Naming His Celebrity Baby Daughter Briar Rose](#)

**2. Constant compliments:** Pregnancy is a time of a lot of heightened emotions so offering a lot of praise to your partner will really boost her confidence and make her feel radiant again. It will also earn you brownie points for being so supportive. Never stop telling her she’s beautiful.

**Related Link:** [Actress Lucy Liu Welcomes Celebrity Baby, Son Rockwell Lloyd Liu](#)

**3. Support her:** There are a lot of ways to help out around the house that will really make your partner appreciate you. Finishing the dishes, cooking her dinner or offering to do her laundry are all sweet examples of how you can support her. Seeing you help out will remind her how special she is to have

you.

How did your partner make you feel beautiful during your pregnancy? Comment below.

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## Bristol Palin Announces Second Celebrity Pregnancy



By [Katie Gray](#)

There is another [celebrity baby](#) on board! Bristol Palin recently announced her second celebrity pregnancy. According to [UsMagazine.com](#), Palin released a statement saying, "Honestly, I've been trying my hardest to keep my chin up on

this one. At the end of the day, there's nothing I can't do with God by my side, and I know I am fully capable of handling anything that is put in front of me with dignity and grace."

## **Some celebrity pregnancies aren't happy occasions. What are some ways to announce your unexpected pregnancy to family and friends?**

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

If you weren't planning on getting pregnant, it can be a tough thing to break to your close friends and family. Cupid has some love advice:

**1. Have an intimate conversation:** Sometimes being direct is the best course of action. Plan to have an intimate conversation or series of conversations with those close to you. Make sure the mood is calm and positive before you start, and just let them have the news. Make sure you have thought things through and have a pregnancy plan in place so they know you're handling things well.

**Related Link:** [Bristol Palin Cancels Celebrity Wedding](#)

**2. Choose a time not associated with another event:** Don't choose your partner's birthday as the time to break the news about your unexpected pregnancy. It's important to be prepared for a wide range of reactions, so you don't want to ruin the lighthearted happiness that typically goes with a birthday celebration.

**Related Link:** [Bristol Palin Wants More Kids... Someday](#)

**3. Buy a sentimental gift:** Just because a pregnancy is unexpected doesn't mean it's not a happy occasion. Consider

buying a small pair of booties or a onesie that says “Daddy” to announce the pregnancy to your partner. Showing that you’re happy about the situation will let your partner know it’s okay to have his own feelings about it without having to worry about yours right away.

What are some other ways to announce your unexpected pregnancy? Share your stories below.

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## **Bristol Palin Feels ‘So Blessed’ On What Would Have Been Her Celebrity Wedding Day**





By [Courtney Omernick](#)

Surprisingly, Bristol Palin feels “so blessed,” even though her celebrity wedding to Dakota Meyer was canceled. The celebrity couple decided to release a statement on social media about a week before their wedding stating that they would “celebrate life” on their celebrity wedding date instead. According to [UsMagazine.com](#), Palin snapped a photo on her “wedding day” of her son, Tripp, and their dog out on a bike ride.

## **Celebrity wedding no more! What are some ways to turn a canceled wedding into a rewarding experience?**

### **Cupid’s Advice:**

Even though this celebrity couple is making it look easy, we’re sure this time is still emotional for Bristol and



# Celebrity Wedding



By [Courtney Omernick](#)

Sarah and Bristol Palin recently took to social media to announce that Bristol will not have a celebrity wedding with Dakota Meyer after all. While [People.com](#) reported that neither Sarah nor Bristol officially canceled the celebrity engagement, they did say that both Palin and Meyer families will be gathering in Kentucky to “celebrate life in general” on the date the official ceremony was supposed to take place.

**Celebrity wedding no more! What are some reasons to call off your**

# wedding?

## Cupid's Advice:

While the celebrity engagement between Bristol Palin and Dakota Meyer didn't work out as planned, it's important to note that this isn't uncommon. Unfortunately, many relationships take a turn for the worst before the big day. Below are some reasons you might want to call off your wedding:

**1. Cheating:** Unfortunately, this isn't an obvious turnoff to some people. However, this is a huge, red flag, and there are deeper issues at hand. Call it off right away!

**Related Link:** [Ian Somerhalder Thanks New Celebrity Wife Nikki Reed for Making 'Every Day a Dream Come True'](#)

**2. You're hoping they'll change:** If you think that your partner will "settle down" or "become more mature" because they're married, think again. Someone's personality isn't going to change overnight just because they have a ring on their finger. Reevaluate what you expect from your partner.

**Related Link:** [Hollywood Couple Joshua Jackson and Diane Kruger Cook Together](#)

**3. You haven't discussed the details:** Sure, no one likes an awkward or heated conversation. But, you have to talk about children, religion, politics, where you're going to live, etc. if you want any chance of sticking together. What if one person wants kids and the other one doesn't? That's obviously an issue!

**Why did you call off your wedding? Comment below!**



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# Levi Johnston Marries Sunny Oglesby Without Tripp in Attendance



By Jennifer Ross

On October 28, Levi Johnston wedded his girlfriend of over one year, Sunny Oglesby without his first born, Tripp in attendance. The groom, 22, wanted Tripp, 4, to be his ring bearer, but mother, Bristol Palin denied visitation. According to [Inside Edition](#), Johnston did not inform Palin of his weekend nuptials. Instead, he only asked for custody of his son. One person that was able to make it was Johnston's second

child with Oglesby, one-month-old Breeze Beretta. This is the first child for Oglesby, 20. During the wedding, Johnston was said to have goofed on his vows. "To have and to hold, whatever you say."

## **How do you keep open lines of communication with your ex?**

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

Regardless of why the relationship ended, there are many reasons why you cannot just remove your ex from your life, such as working together or sharing custody of a child. In circumstances such as these, it is best to keep the line of communication open and respectful as best as possible in order to make life easier for all those involved. Should you need help, here are a few tips on how to remain cordial with your ex:

**1. Express your plan:** As soon as possible, inform your ex that you plan to move forward in a respectful manner for both of your sakes. Should your ex not agree with you; don't stoop down to his/her level. Remain on your path. Eventually, they will see you are serious and come around.

**2. Be specific:** In the beginning, emotions may still be raw. Therefore, it would greatly benefit the both of you to be specific about your reasons when reaching out to your ex. No matter what is said, work hard to keep your emotions under control. Also, don't forget to use your "please" and "thank you." The key is to establish respect for each other.

**3. Don't reminisce:** When speaking to your ex, it is best not to bring up moments of your past relationship together, regardless of whether there were good or bad. In order to move forward in an amicable manner, your intimate times with your ex must remain in the past. Otherwise, you will only bring confusion.

What methods do you use to keep open lines of communication with your ex? Tell us below.

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## Levi Johnston's Sister Says Her Brother and Bristol Planned Unplanned Pregnancy



Things are heating up again between the Palins and the Johnstons. According to [People](#), Mercede Johnston has been bashing the Palins. She accused Sarah Palin of using Levi Johnston as a “prop” for her 2008 presidential campaign. She called Bristol Palin a “sociopath,” who planned her pregnancy,

which she strategically announced when her mother joined John McCain's campaign. Mercede also claimed that Bristol's and Levi's engagement was part of the fabrication to prevent Levi from speaking out against the Palins.

**What are some reasons *not* to have a child?**

**Cupid's Advice:**

Most of us probably don't have a soap opera kind of ex-girlfriend who uses her pregnancy in a manipulative kind of way. But there are perhaps other reasons why you should not have a child. Cupid has some ideas:

**1. Stability of relationship:** If you're considering whether or not to have a child with your partner, analyze the state of the relationship with that partner. If you're in a fragile place, there's no need to rush to be a parent. Take it easy and wait until your relationship is more secure. You want your child to grow up in a nurturing, loving place.

**2. Work:** Have you considered the job situation? If you're in a not-so-stable place, either because you're looking for a solid position or because you're trying to work your way up a notch, you may want to hold off on the baby situation until your professional life gets a little more certain.

**3. Doubts:** If you or your partner feel uncertain when it comes to the idea of having a baby, you're probably not ready to be parents. Before you plan to conceive, you should both discuss whether you feel that parenthood is right for you. It's okay to not feel 100% ready, but this should be something you're both sure that you want.

**Are there any other reasons someone may not be ready for parenthood? Share your thoughts below.**

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# Levi Johnston to Write a Tell-All Book About the Palins



Levi Johnston, the father of Bristol Palin's son Tripp, is writing a tell-all book about his experiences with the Palin family, reports [UsMagazine.com](http://UsMagazine.com). The book, entitled *Deer in Headlights: My Life in Sarah Palin's Crosshairs* is slated for release in the fall under Touchstone Publishing. "He's ready to give an inside glimpse to his relationship with the Palins," explained a source. "[He wants to] share his trials and tribulations of being thrust into the spotlight and becoming a father at such a young age."

## How do you deal with a vengeful ex?

### Cupid's Advice:

When your ex-partner won't let your relationship go, the results can be painful. Here are a few ways to deal with your hurting ex:

**1. Resolve past issues:** If your partner is hurt and angry after your relationship ended, then there are probably some unresolved issues between the two of you. Take some time to negotiate and settle these issues.

**2. Ignore him:** It may be that your ex is simply reacting childishly to petty problems. If this is the case, then ignore him. His antics are only a plea for attention.

**3. Get help:** If your ex is taking things too far, you may need to get another person involved. Talk to mutual friends and have them talk some sense into him. If things are even more serious, you may want to report your ex for harassment.

**Do you have a bad breakup story? Feel free to leave a comment below!**

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## Is Bristol Palin Dating a Pipeline Worker?





*Dancing with the Stars* alum Bristol Palin has a new man in her life, but she isn't revealing much, according to Digital Spy. During an interview that aired on an Alaska radio station, all Palin would do is go along with the radio announcers assessment: "I'm seeing a guy and he's really great and [son] Tripp loves him and we're having a really good time and we're really good friends. Let's go with that." In response, Palin agreed, saying, "Yeah, we can go with that. I'm thrilled."

**What aspects of your relationship should you keep secret?**

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

Relationships have both a public and a private side. It's up to the couple in question to decide what goes public and what remains under wraps. Here are some details you should probably keep to yourself:

- 1. Personal finances:** Whether you as a couple are low on money or rolling in dough, your financial situation is no one else's business.
- 2. Your sex life:** When it comes to being intimate, keep it in

between the sheets ... or at least don't over-share.

**3. Deep issues:** Your partner may share with you sad truths about his or her family dynamics or about other things that hurt him in the past. Don't spread it around.

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## Bristol Palin's Ex Levi Johnston Has New Girlfriend



His Facebook status makes it legit: Levi Johnston is “in a relationship.” Bristol Palin’s ex-fiance is dating Sunny Oglesby, an Oregon native currently residing in Johnston’s hometown of Wasilla, Alaska. The question on everyone’s mind



is, what does his *Dancing With the Stars* alum ex think?

According to [Us Weekly](#), Palin is happy about this newest development. "I have to be happy for Levi's new relationship," she says. "Because it sounds like his new girlfriend is influencing him to want to actually spend time with Tripp."

## **How do you know if your partner is a good influence?**

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

You may think you're independent and aren't susceptible to outside influences, but you're probably wrong. Cupid has some ways to tell if your partner is having a good impact:

**1. Ask your friends:** If you're having a hard time figuring it out yourself, consulting outside observers is your best bet.

Your close family and friends can often times see things you can't about your relationship. Ask them if they've noticed any good or negative changes in you lately.

**2. You feel passionate:** The worst thing that can happen in a relationship is that your partner takes away your desire to do what you love. If you feel even more inspired and passionate about your goals in life, your significant other is probably a good influence on you.

**3. You're confident:** Negative influences can lead to a lack of self esteem. Your partner should be your ultimate champion and should build up your confidence like no one else can. If this is the case, he's a keeper!

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# Wicked Celebrity Breakups



By [Jessica DeRubbo](#)

Let's face it: It's not often that breakups and divorces are civil and lacking in drama. In fact, most are ridden with angry fights, jealousy and revenge. America's A-list celebs prove that theory better than any other group! Consider Bristol Palin, Courteney Cox and Mel Gibson.

## **Bristol Palin**

After revealing that she was expecting a baby during her mom's run for Vice President, a teenaged Bristol Palin announced her engagement to baby daddy Levi Johnston. Things eventually turned sour, however, when the couple called it quits and both of their families turned to the media for revenge. Johnston bad-mouthed Palin's family in an attempt to destroy it in a

famous interview with [Vanity Fair](#). He said that Sarah Palin originally wanted to keep her daughter's pregnancy a secret and then adopt the child as her own when he was born. When the couple decided to try to make it work again recently, things went downhill pretty quickly. Bristol talked to the tabloids herself this time, claiming that she called it quits with Johnston due to his being in an intimate music video with singer, Brittani Senser. Johnston had apparently told Palin that he was going to Hollywood to film a hunting show. Even now, as Bristol stars on this season's *Dancing with the Stars*, Johnston had something to say about it, remarking that she never once danced with him while they were together. Big or small, the drama won't seem to leave this couple alone! Unfortunately, with a son in the picture, the two will have to eventually make it work in a civil way.

## **Courtney Cox**

Everyone's favorite *Friends* actress Courtney Cox isn't innocent to relationship drama either. Although we have yet to hear much from her camp after her split from husband David Arquette after 11 years, Arquette has been very vocal. What started out as a united statement to the media, saying, "The reason for this separation is to better understand ourselves and the qualities we need in a partner and for our marriage.

We remain best friends and responsible parents to our daughter and we still love each other deeply. As we go through this process we are determined to use kindness and understanding to get through this together" quickly led to Arquette's shocking radio interview with Howard Stern. The actor commented on the couple's sex life, among other things.

"We're not having sex, and I completely understand," he said. "She's in a place of wanting to be real and emotional.

She's an emotional being. She's an amazing woman. If it doesn't feel right, she doesn't feel like bonding in that way." It's been reported that Cox is more than unhappy about her former flame's big mouth (I know I definitely don't blame

her!), but it remains to be seen where the two will go from here. It's so sad when a celebrity couple who seems to have it all together shocks us with buried anger and bitterness!

## **Mel Gibson**

And then, of course, there's the case of Mel Gibson. After being married for 28 years to Robyn Gibson, Mel left his wife for Russian entertainer, Oksana Grigorieva. The couple dated for two years before breaking up, at which point Gibson allegedly lost it and began leaving abusive messages for his ex. The crazy messages were recorded and eventually leaked to the public. In them, Gibson uses explicit language and is very hostile toward Grigorieva. At one point, he says, "'You're a f-ing mentally deprived idiot. You're a f-ing using whore ... I own you.'" At another point, Grigorieva says, "You control me, like marionette ... I walk on eggshells with you." Fighting words! The duo have been in a legal battle ever since. Personally, I'd want it all over and done with as quickly as humanly possible, wouldn't you?

Drama, drama, drama! Some celebs just can't avoid it. And when you add an anger-ridden break-up or divorce into the picture, A-listers seem to lose all control.

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# **Brittani Senser Impressed by New Beau Levi Johnston**





Bristol Palin's ex-flame Levi Johnston has managed to impress at least one person: his new girlfriend, singer Brittani Sener. Sener revealed in an interview with [RadarOnline](#) that Johnston is a "really great guy." The two met while on the set of Sener's new music video for the song "After Love." "It was like we knew each other even though we had just met," said Sener. While on the set, the pair got along effortlessly. After Johnston's second engagement to Palin was broken off, the two began to date. Sener noted, "Now dating, I'm finding that he is really a sensitive, caring person. Very bright; he's funny. He's a great dad; he's a natural." **Should you judge your partner by his past?**

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

- 1. Get the facts:** Before you judge your partner by his past, you need to analyze the situation. If your boyfriend has a history involving law-breaking, it may be more serious than a boyfriend who's had several girlfriends. Be sure to collect all of the facts before making a sound judgement.
- 2. Make sure his past is really the past:** A boyfriend with a

history of partying too much who still parties too much has obviously not left his past behind him. Try to determine whether your partner is still clinging to the past or if he's truly trying to break free.

**3. Look at the bigger picture:** Try asking yourself, does it really matter? If you and your mate are happy with living in the moment, then don't trouble yourself by digging through his past. If he's let his past go, then you should follow his lead and also let the subject drop.

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## Bristol's DWTS Stint Shocks Ex





Bristol Palin's ex beau, Levi Johnston, is completely floored by his former sweetheart's upcoming appearance on *Dancing with the Stars*, according to [TMZ](#). Although no ill feelings were expressed, Johnston made it clear that dancing was not exactly a big part of their relationship. Is Johnston suffering from "jealous ex" syndrome in light of Palin's soon-to-be dance partner, Mark Ballas?

### **How do you handle a jealous ex?**

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

**1. Talk to him:** As easy as it is to get frustrated, it's important to respect the way your ex feels and talk to him about his jealous tendencies, especially if you split on good terms. Remember that your ex was once someone with whom you were extremely close.

**2. Put yourself in his shoes:** Remember that your former beau is a person, too. Think about how you would feel if you were in his place. Even if this tactic doesn't resolve the situation, at least it will help you understand where he is coming from.

**3. Draw the line:** In the end, you have to remember that your ex is your ex for a reason. As tough as it may be, you can't let him hold you back from new opportunities or budding romances. Break free!

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## Celebs Turn to DWTS to Heal Heartbreak



A growing trend in Hollywood seems to be dancing away your heartache on the popular show *Dancing with the Stars*. A whopping seven starlets have dealt with breakup blows by



signing on throughout the 11 seasons of the show's run, according to Your Tango. Everyone from tabloid favorite Bristol Palin to reality mom Denise Richards have put on their dancing shoes to show their former beaus that it doesn't always take two to tango.

**What are some unique distractions to help get over a breakup?**

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

Breakups are rough for everyone, and sometimes nothing heals a heart like a pint of Ben & Jerry's and a John Hughes flick.

Cupid points to some creative ways to turn your heartache into a positive and have a little fun while getting over your ex:

**1. Work out:** One of the best stress relievers is a good work out. Try anything from jogging, to yoga, to rollerblading as long as you enjoy it and are up and active. Exercise releases loads of endorphins for a natural pick-me-up to make you feel great.

**2. Express yourself:** As sappy as love poems can be, writing them really can lighten your emotional load. If you're not a writer, no worries. You can turn to any art form, be it painting, singing or photography. It's a great way to turn your breakup into the inspiration for a masterpiece.

**3. Treat yourself:** Breakups can be a huge blow to your self-esteem, and it's important to remind yourself that it's not all your fault. Breakups are a two-way street. So treat yourself to something you really enjoy. Go to the spa for a day, or buy that awesome pair of shoes you've been saving for. It may even be time for a vacation. Do what makes you feel best.

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# Bristol Palin & Levi Johnston On “Friendly” Terms



Just a week after announcing yet another split, Bristol Palin and Levi Johnston appear to be on friendly terms, or so Johnston told [People](#) magazine at the Teen Choice Awards on Sunday. A teary Palin had previously told the magazine that “humiliation” led to their most recent split, but Johnston was all smiles at the awards show with “friend” and singer Brittani Senser on his arm.

**What do you do when an ex moves on faster than you do?**

Cupid’s Advice:

Palin had not been seen publicly since her split with Johnston, and she seemed shaken when she announced the separation. Johnston, on the other hand, has been out and about with Senser. It's important to accept that your ex might be quicker to bounce back than you are, and to work on getting yourself to a good place, rather than focusing on the other person.

**1. Get out there:** While it might be easier to hide out in your house and avoid the world, step outside and take on the world. Go for a jog, out to dinner with friends, or indulge in a little retail therapy. Don't hide away; live your life!

**2. Don't give in:** If your ex is off flaunting a new relationship and word gets back to you, remember to take the high road and avoid commenting on it. What he or she does post-breakup should not be an excuse for you to act immaturely.

**3. Love yourself:** In the same vein as not discussing your ex with others, don't feel the need to bring he or she into your future relationships. Love and respect yourself enough to just be you, and not let bad breakups affect new possibilities.

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## Palin & Johnston Split... Again





Bristol Palin and Levi Johnston have split up again, [People](#) magazine reported Tuesday. Palin, daughter of former Alaska governor Sarah Palin, and Johnston announced their second attempt at an engagement only weeks ago in the hopes of starting a real family for their 19-month old son Tripp. Palin told *People* that the breakup occurred after rumors surfaced about Johnston fathering another child with an as-yet-unnamed woman.

**How do you know it's finally time to cut a bad guy loose?**

**Cupid's Advice:**

There comes a time when a reunion is just impossible, no matter how much you wish someone can change. Dalmatians can't change their spots, and it's up to you to know when its time to quit.

**1. One-sided attempts:** If you're the only one in the relationship trying to make it work, then perhaps it just isn't going to. This lack of effort shows your partner isn't fully invested in the relationship – or you.

**2. Repeated mistakes:** There are some characteristics a person

just can't change. If your mate makes the same mistakes repeatedly, it might be due to a character difference that will always keep you two apart.

**3. Hurting others:** As in Palin's case, her son Tripp's happiness is also at stake in the relationship. If other people, children or otherwise, are being negatively affected by your attempts at reconciliation, it's time to pull the plug.

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## Bristol Palin Wants More Kids... Someday



It appears that being a one-time-mommy just won't do for Bristol Palin. But don't worry – the recently engaged mother of 18-month-old son Tripp isn't planning on expanding her family anytime soon. "I'm going to wait a while, definitely," the 19-year-old told [People](#). "I'm not going to rush into having another kid." Bristol hopes that she and fiancé Levi Johnston, 20, can provide Tripp with "a brother or sister, eventually."

## **When will you know if you're ready to enlarge your family?**

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

Thinking about giving your child a brother or sister in the future? Examine these areas of your current family life to see if you and your clan are ready to expand:

- 1. Talk to your little one:** No matter how young they may be, discussing the prospect of a new baby brother or sister with your child is a good way to get them used to the idea, while also reminding them that they will always be loved and cared for, regardless of future family size.
- 2. Budget:** Kids are priceless, but raising them is not. Before you become a mom or dad for the second time around, get familiar with your spending patterns. Analyze your financial decisions and commitments with your last child, and consider whether or not you could make it work again. Check out MoneyNing's guide to [Planning and Budgeting For a New Baby](#).
- 3. How much time is on your side?:** Baby planning and pregnancy can be time consuming, but nothing is more of a commitment than maintaining a family. If you or your spouse are already inundated with career-related responsibilities, or have trouble making time for each other or your current child, then you may need to hold off on adding another baby to your household right now. Take time to fully develop your current family dynamics so that you can all be well-adjusted and

welcoming of any future little ones!

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## Bristol Palin & Levi Johnston Engaged



Bristol Palin, daughter of politician Sarah Palin, is engaged to Levi Johnston, [US Weekly](#) revealed yesterday. The couple told the magazine that they have been engaged for two weeks, despite not having the approval of their parents. The two have rekindled their romance after splitting up last year, just months after the birth of their son, Tripp, in December 2008.

## Can a baby-daddy turn into a good husband and father?

### Cupid's Advice:

Johnston's actions during and after the birth of his son, from posing for Playgirl magazine to his public war of words with Palin's family, shows he has a lot of making up to do. Here are some of Cupid's tips for dealing with an unplanned pregnancy:

- 1. Be involved:** Both partners need to be involved in their own relationship with each other, as well as the impending relationship with their child, from the get go. Make real plans for the future – a child you created together is on its way!
- 2. Time to grow up:** No matter how old you are, having a child means it's time to act like an adult. Another life will depend on you for survival. It's imperative you take on a parental role.
- 3. There's no 'I' in 'team':** This isn't about just one person anymore. Your and your partner's needs must be balanced with what will be best for you as a couple, and for your child. Even if you aren't yet officially a family, you must function like one for things to run smoothly.

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## Levi Johnston Makes Nice with the Palins





After many months of a bitter war of words, Levi Johnston apologized to Bristol Palin and her parents last week. Talking exclusively with [People](#), Johnston said, “Last year, after Bristol and I broke up, I was unhappy and a little angry. Unfortunately, against my better judgment, I publicly said things about the Palins that were not completely true.” He continued, “I have already privately apologized to Todd and Sarah. Since my statements were public, I owe it to the Palins to publicly apologize.” Johnston is the father of Bristol Palin’s one-year old son, Tripp. The two called it quits in March 2009 after campaigning together during Sarah Palin’s 2008 vice presidential run. The two are making a conscious effort to reconcile and do what’s best for the baby.

**What’s the best way to mend a relationship with your ex and his or her family?**

## **Cupid's Advice:**

It's unfortunate that a breakup can sometimes lead to exchanging harsh words, not only between the couple, but by the entire family. Here's Cupid's advice on making amends:

**1. Accept responsibility:** Being aware that something you said or did was wrong makes your apology more genuine. Explain this, and reassure the family it won't happen again. No one is perfect, and everyone makes mistakes.

**2. It's really about you and your partner:** Before you can move onto the family, make sure both of you can forgive each other, and understand what you want out of the relationship. Trusting each other, despite being exes, should always come first.

**3. Children are key:** If children are involved, as is the case with the Palins, reconciliation is even more important. Everyone can agree that it's important to create a healthy environment for the child.