

# John Krasinski and Emily Blunt Welcome a Baby Girl



By April Littleton

According to [People](#), Emily Blunt and John Krasinski welcomed their first child, a daughter named Hazel Sun. Feb. 16. The former *Office* actor made the announcement himself via Twitter, "Wanted to let the news out directly. Emily and I are so incredibly happy to welcome our daughter Hazel into the world today! Happy bday!" Krasinski wrote. The new parents married in 2010 and announced their pregnancy last September.

**What are some ways to prepare your relationship for a baby?**

**Cupid's Advice:**

Congratulations on your pregnancy! Now, you have nine months to prepare yourself and your significant other for what's to come next. Cupid is here to help:

**1. Friends and family:** Ask some of the people who you're close to for helpful advice. What would they recommend to buy for a newborn? What kind of parenting classes should you and your partner look into? You want to experience being a first-time parent all on your own, but there's nothing wrong with getting a little help along the way – especially if the people you ask have been through what you're preparing for now.

**Related:** [‘Bachelorette’ Alum DeAnna Pappas Welcomes a Baby Girl](#)

**2. Organize your finances:** You and your significant other need to agree on a set budget. You won't be able to spend money the way you used to with a new baby on the way. Forget about buying yourself a pair of new shoes whenever the urge comes around. Now, you'll need to save up for more important products – diapers, baby wipes, bottles, etc.

**Related:** [‘The Fosters’ Star Sherri Saum is Expecting Twin Boys](#)

**3. Discuss work:** As a couple, you and your honey will need to figure out who is going to stay with the baby and who will stay at home for awhile. If you plan on breastfeeding, the decision has already been made for you. Either way, the both of you will need to think of a schedule that works and/or decide if arranging professional childcare would be the best option.

**What are some other ways to prepare your relationship for a baby? Comment below.**

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# Will Arnett and Katherine Heigl Talk About Their Children and New Animated Film



By Maria Darbenzio

Will Arnett and Katherine Heigl walked the red carpet joyfully on January 11th at the Los Angeles premiere of their new animated comedy, *The Nut Job*. This family movie follows the story of an independent squirrel named Surly, who is banished from his park and forced to live a city life. Celebrity Baby Scoop had a chance to catch up with Arnett and Heigl to discuss the movie as well as their children. Arnett is the father of two sons, Archibald William Emerson and Abel James.

Heigel is the mother of two adopted daughters, Nancy Leigh and Adalaide Marie Hope.

**Tell us about work life balance. Is there such a thing when you're a parent who works?**

**Will:** "Anyone who's a parent knows that it is a balance and that you're always trying to find a way; I try to reverse engineer it, to look at what my family demands are and what my kids need and then kind of work backwards from there, and then retro fit everything into it. I feel very blessed when you get to work on something like this that doesn't take you away from the kids. Anything that takes me away from my kids, I dislike. "

**Related Link:** [Celeb Dads Who Are Doing It Right](#)

**Did having kids impact your decision to take this role and how you played your character?**

**Katherine:** "I just really wanted to do something that I could show my kids, that we could watch together. We watch movies every night, so hopefully, we won't have to watch this one over and over again. "

**Will:** "Yeah, it did for me. I also watch a lot of these animated films, and I'm a huge fan of a lot of it. There's a lot of really good stuff out there, and it is important to me at this stage in my life to do stuff that I can share and enjoy with my kids and that they can watch. That's much more important, and now that's what I kind of want to do. "

**Related Link:** [Will Arnett and Katie Lee Dating, Kiss and Hold Hands at Dinner](#)

**Are there any animated films you remember as favorites from when you were growing up?**

**Katherine:** "*The Little Mermaid*. I have a 5 year old and a 1- $\frac{1}{2}$

year old. The little one is more of a tomboy, but the bigger one is obsessed with princesses – to the point of exhaustion.  
“

*To read the rest of the interview, check out [celebritybabyscoop.com](http://celebritybabyscoop.com).*

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## New Dad Jesse Williams Says Fatherhood Is ‘Amazing’



By April Littleton

Jesse Williams and wife Aryn Drake-Lee welcomed a daughter



named Sadie in December. “It’s hard to describe. It’s wonderful – a new discovery every day. It’s great and I’m loving it, the actor told [People](#).

**What are some ways to keep your relationship romantic post-baby?**

### **Cupid’s Advice:**

When a baby is added to the picture, spending quality time with your significant other can be tough to do. Yes, the well-being of your newborn should be the most important thing to you, but you also want to make sure your honey knows the love is still there. Cupid has some tips:

**1. Spend time together:** For the first few weeks of your newborn’s birth, spending some alone time with your partner might be a little impossible to do. When things start to calm down and you feel more comfortable in your new routine, try to spend at least five minutes with your honey. Give him/her a hug, or just chat for a little bit. Any time you share with your significant other from here on out is precious and shouldn’t be taken for granted.

**Related:** [Rachel Zoe Welcomes Her Second Son](#)

**2. Leave notes:** Leave notes around the house for your partner to see. You’ll probably be in and out of the house at random times, so it’ll be nice to show your companion you’re still thinking about them throughout the day.

**Related:** [Kate Winslet Welcomes a Baby Boy](#)

**3. Dine together:** When you find the opportunity to do so, eat dinner with your significant other. The meal doesn’t have to be anything expensive or huge, but the few minutes the two of you share together while dining will mean the world to the both of you. You can choose to cook together, or simply order takeout if you’re too exhausted from handling baby duties all

day.

What are some other ways to keep your relationship romantic post-baby? Comment below.

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## ‘Supernatural’ Star Jared Padalecki Welcomes Second Son



By April Littleton

According to [People](#), Jared Padalecki and his wife Genevieve Cortese Padalecki welcomed their second son Sunday, Dec. 22. “My amazingly strong wife home-birthed a happy and healthy

baby boy last night. Please send love,” the *Supernatural* star wrote on his Twitter. The couple are already parents to Thomas Colton, 21 months, and married Feb. 2010.

**How do you prepare differently for your second son than your first?**

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

Preparing for a second child is just as difficult it was the first time around. Not only will you have to find a way to manage your money to fit the needs of four people rather than three, but you'll also have to prepare your first child for what's to come as well. Cupid is here to help:

**1. Communicate with your first child:** If your first child is old enough to understand what's going on, let them know about your new bundle of joy. Create a sense of excitement for your daughter/son so they won't feel threatened by the idea of having a sibling. Let them know that when the baby comes, they'll be able to help out by reading bedtime stories, changing diapers and just being the best older brother/sister they can be.

**Related:** [Rachel Zoe Welcomes Her Second Son](#)

**2. Look through the closet:** Before you go out and buy new baby items, look through some of the old clothes and toys you already have from your previous pregnancy. If the baby is the same gender, you can reuse almost everything you already have.

**Related:** [Bruce Willis Prepares to Welcome His Fifth Child](#)

**3. Budget:** You already have a little family. You're just bringing in a new addition. To prepare yourself for the added expenses a second child will bring in, you need to come up with a set budget. Along with the everyday items you spend money on, you will now need to figure in diapers, bottles, etc. to the equation.



What are some other ways to prepare differently for your second son than your first? Comment below.

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# Drew Lachey Talks About Finding Balance Between Wife and Kids



By Priyanka Singh

Former 98 Degrees band member, Drew Lachey, recently talked with Celebrity Baby Scoop about how much life changed for the better when he became a father. The singer revealed how his

two children, Isabella, 7, and Hudson, 3, learn about values from the example him and his wife set in their household. Even though the kids are his number one priority, he still manages to keep the romance alive in his marriage to his high school sweetheart. Read on for more of his interview!

**CBS: How are your kids Isabella and Hudson doing? What do they like to do for fun these days?**

**DL:** “This morning we were just throwing snowballs. For the most part, they’re just active kids. My daughter loves to perform and my son’s a little tornado. They love music and love dancing. I don’t know where they get that from. [laughs] They just naturally want to do that. They’re fun-loving, compassionate, and artistic kids. I’m sure every parent thinks their kids are the best in the world, and I’m no different. I have some great kids.”

**CBS: If we ask them what kind of father you are, what would they tell us? What is your parenting style?**

**DL:** “That’s a good question. I try to be fun but I also try to be no-nonsense. Manners are very important in our house, such as respecting and being compassionate towards other people. At the same time, you don’t have to be hard-lined with that. You can have fun and make things entertaining. I try to be a good balance. Would they say that? I don’t know. But that’s what I try to be.”

**Related Link:** [Keith Urban Says Marriage and Family Takes Work Every Day](#)

**CBS: How has fatherhood changed you?**

**DL:** “Over the past seven years, fatherhood has changed me completely one hundred percent. Everybody says it changes your life, but it ultimately flips your life one hundred and eighty degrees and changes it massively, but all for the

better. Your values, what's important to you, how you look at life, and how you view yourself changes. You have to take a look at yourself and see how these little eyes are going to remember you and how they're going to imitate you and what they're going to take away from you as they grow up. My daughter's sees how I treat her mom and that's how she's going to gauge how every guy's supposed to treat her. You want to make sure you're setting the right example for your kids."

**CBS: You married your high school sweetheart. How do you keep the romance alive amidst diapers and carpools?**

**DL:** "Luckily, my kids are out of diapers now so it makes it a little easier. It's something that every couple has to make the effort to do. Your number one priority becomes making sure that your children are happy, healthy, and safe. At the same time, you have to still give each other enough attention and love to keep the marriage strong and healthy as well. Everything is about finding that balance between having time for your spouse and your marriage and also time for your kids. Calling a babysitter and going out on date night is not a bad thing. It's something that we definitely try to do. Being here in Cincinnati, we also have family that can come and help out and babysit. We definitely try and take advantage of our date nights."

**Related Link:** [Ben Affleck Says Wife Jennifer Garner Is 'the Most Important Person to Me'](#)

**CBS: Can you tell us about your holiday plans? Do you have any special holiday traditions?**

**Drew:** "We have lots of traditions. Luckily for us, now that we're back in Cincinnati, most of our family is here. As opposed to having to fly across country to spend the holidays with our family, we can literally just drive down the road now, which makes it a little bit easier. We're foodies, so we definitely stuff our faces for three days straight during the

holidays. We have Thanksgiving, and then we have leftovers, and then we have leftovers of the leftovers. It's a big deal for us, and the Christmas holiday is huge too. Ultimately, it just comes down to spending time with family. My wife has a huge family, so it's always a fun time."

**CBS:** What's up next for you? Are you working on any musical projects?

**DL:** "Right now, I'm taking the holiday off. It's been a busy year with the tour and all that fun stuff. I'm sure I'll get back to auditioning come pilot season and see what's out there. I continue to work and audition, but while I'm here in Cincinnati my wife and I teach at the school we graduated from and run our art camp, so between jobs I'm still working. There's never a dull moment."

*For the rest of the interview, visit [www.celebritybabyscoop.com/2013/12/08/fatherhood-hundred-degrees](http://www.celebritybabyscoop.com/2013/12/08/fatherhood-hundred-degrees).*

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## Miranda Kerr and Orlando Bloom Reunite in NYC with Son Flynn





By April Littleton

According to [People](#), Miranda Kerr and Orlando Bloom seem to be getting along just fine despite the fact that they're separated. The pair were spotted in N.Y.C. Saturday with their son, Flynn, who turns 3 in Jan. The couple announced their split in October after three years of marriage. "We love each other. We're a family," Bloom said about Kerr days after their announcement.

**What are some ways to keep your post-breakup relationship civil for your children?**

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

**1. Let the relationship go:** Many couples try to stay in a dying relationship for the sake of their children not realizing that they're actions are actually making it harder on the family. Put your kids first. Naturally, they would love to see the you and your former partner together, but they also want to see you both happy too – even if that means the two of you aren't an item anymore.



**Related:** [Malin Akerman and Husband Split Months After Son's Birth](#)

**2. Communicate:** Your children shouldn't be treated as messengers. If you have anything to say to or about your ex, tell them directly. Your kids don't need to be put in a situation that's already hard for them to understand.

**Related:** [Exes Ashlee Simpson and Pete Wentz Reunite for Son Bronx's Birthday](#)

**3. Establish a schedule:** Set up a schedule that works for both you and your ex. When it comes to visitations, try to be consistent on who gets to see the kids on what days. It's OK if you need to switch it up every now and then as long as your ex agrees on the terms.

**What are some other ways to keep your post-breakup relationship civil for your children? Comment below.**

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## Malin Akerman and Husband Split Months After Son's Birth





By April Littleton

According to [People](#), Malin Akerman and husband Roberto Zincone have decided to end their marriage. The *Trophy Wife* actress, who married Zincone in 2007, gave birth to son Sebastian in April. “[Motherhood is] amazing, the biggest love you have ever felt in your life,” Akerman said after having her baby.

**What are some ways to remain civil post-breakup for your child?**

### **Cupid’s Advice:**

Breakups are difficult to deal with – especially if children are involved. Maintaining some type of relationship with an ex is crucial if both parents plan on staying in their childrens’ lives. Cupid has some tips:

**1. Communicate:** You and your ex will be in each other’s lives for a long time because of your child, so avoiding each other isn’t an option. During the time when you do have to communicate with your former flame, keep things short and simple. Remain respectful of each other’s boundaries and only

talk about the kids.

**Related:** [Brody Jenner and Girlfriend Bryana Holly Split After 4-Month Romance](#)

**2. Keep negative comments to yourself:** Don't talk bad about your ex in front of your children. Keep in mind that your kids love the both of you, so bashing each other around the children will hurt and confuse them. Don't make them choose sides. Keep them out of all of the drama that surrounds you and your ex.

**Related:** [Richard Gere and Carey Lowell Call It Quits](#)

**3. Be the bigger person:** Your former partner may be the type of person who wants to make the situation harder on you once the two of you finally decide to call it quits. Keep your cool and walk away from any potential fights that may arise. You need to keep your composure for the sake of your children. If your ex doesn't want to follow suit, maybe he/she shouldn't be involved with the parenting for awhile.

**How did you remain civil post-breakup for your child? Share your experience below.**

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**‘Bachelorette’ Trista Sutter Talks About ‘Happily Ever After’: “Ryan and I Make It Work for No One But**

# Ourselves”



By Kristin Mattern

Reality TV viewers know Trista Sutter from the first season of *The Bachelor* where she grew to be a fan favorite on the show. When she ended as runner-up, ABC chose her as the first star of their new show, [The Bachelorette](#). It was there that she met and fell in love with her husband, firefighter Ryan Sutter. Defying the bleak love statistics of the popular ABC franchise (as of 2013, only three famous couples have gotten hitched out of 25 seasons), Trista and Ryan married in 2003 and have since welcomed two beautiful children – Maxwell Alston and Blakesley Grace. Family life hasn't slowed down this stay-at-home celebrity mom. She regularly contributes to several blogs and most recently wrote a book about the power of gratitude.

**Related Link:** [Reality Stars Who Found Real Love: Trista and Ryan Sutter](#)

## Celebrity Interview with Former *Bachelorette* Star Trista Sutter

*Happily Ever After: The Life-Changing Power of a Grateful Heart* was inspired by Sutter's desire to write about a topic she could speak to authentically and realized that the subject most important to her was gratitude. "It's kept me uplifted during the hard times and grounded during the high times," she says in our celebrity interview. "I truly hope I'm able to encourage happiness in my readers by writing about its value through the stories of my life, others' lives, and the incredible scientific research proving its positive effects." The title stems from the reality TV star's Disney-like romance, but her book also showcases that life isn't perfect. Sutter believes that "if you embrace a grateful heart, your fairy tale will reveal itself through a happier life."



With Thanksgiving only a few days away, the release of Sutter's book is fitting. The mother-of-two says she is most thankful for her relationships with family and friends and the experiences in life that have taught her to cherish her blessings. "Moments full of sadness or strife have made me



realize how short life is and helped me to appreciate it," she says.

**Related Link:** [Five Bachelor and Bachelorette Couples We Can Learn From](#)

## Trista Sutter Opens Up About Her Relationship and Love

When it comes to her celebrity marriage, Sutter says her relationship with husband Ryan is based on true love. Asked if they ever feel pressured to stay together because of their reality TV past, the starlet candidly responds, "I wouldn't say that we are pressured to stay together, but I'll admit that I would never want to disappoint our hopeful fans if we were to ever decide that our marriage wasn't healthy anymore. We love each other and make it work for no one else but ourselves." This December, the happy couple will be celebrating their ten-year anniversary, but they're keeping their plans a secret for now!

Over the last decade, their relationship and love has evolved simply because they've become parents and have "two tiny humans to concern themselves with." The charms that keep their fairy-tale marriage under a love spell are simple: "communication, love, respect, trust, honesty, fun, humor, adventure, commitment, friendship, forgiveness, and faith." Quite a long list, but it works for them!

The Sutter's haven't told their son and daughter about their unconventional romance but will do so when the kids are older. When the parents do share their love story, the Colorado natives plan to give this relationship advice: "Be yourself, marry your best friend, and never settle. The fairy tale is out there, and even though everyone suffers through heartache, we need to be grateful for the road that leads us to the eventual path to our soul mate." In the meantime, she and Ryan are focused on filling their children's lives with positivity

and every night, they recount the blessings of the day.

**Related Link:** [Love Lesson's From ABC's 'The Bachelor'](#)

Never one to slow down, she is continuing her work by partnering with GloryHaus.com and featuring a line of gifts called "The Grateful Heart Collection," which includes picture frames, wall art, magnets, pillows, jewelry, tote bags, and more – all created with the intention of spreading the word about gratitude. Just in time to start your holiday shopping!

With the next season of *The Bachelor* due to air soon, Sutter advises those women seeking to win the heart of Juan Pablo to have fun, be themselves and make friends!

*To learn more about Sutter and The Grateful Heart Collection, visit her website, [www.tristasutter.com/index.html](http://www.tristasutter.com/index.html). Her book, Happily Ever After: The Life-Changing Power of a Grateful Heart, goes on sale today.*

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## Exes Ashlee Simpson and Pete Wentz Reunite for Son Bronx's Birthday





By April Littleton

Ashlee Simpson and her ex-husband Pete Wentz reunited to celebrate their son's fifth birthday in L.A.'s Studio City neighborhood, Saturday, Nov. 16. Both exes brought along their new significant others. Wentz arrived with girlfriend of two years Meagan Camper, while Simpson showed up with Evan Ross.

"It didn't seem awkward at all between Evan Ross and Pete Wentz. They took a family photo and were all in it – Pete, Meagan, Ashlee and Evan," a source told [UsMagazine.com](http://UsMagazine.com).

**How do you remain civil post-breakup for the sake of your children?**

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

A breakup is always tough to handle, but even more so when kids are involved. You may want to get rid of your ex altogether, but whether you like it or not, the two of you have to cooperate if you both want to maintain a stable relationship with your children. Cupid has some tips:

**1. Set boundaries:** When it comes to your children, you and

your partner need to come up with a clear set of boundaries. It's very easy to let the negative feelings you have toward your ex get the best of you, but you have to remember that the two of you will be in each other's lives permanently. Keep your relationship platonic and only communicate with each other when the kids are involved. You don't need to be in each other's personal life anymore.

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**2. Don't badmouth:** There's no need to bring up your ex around your children. When you do have to bring him/her up, make sure you're not saying anything negative about them. Your kids don't need to feel like they have to choose sides. They love you both. If you can't contain your frustrations, vent them to a friend or a family member in private when your babies aren't around.

**3. Take your time:** Just like with any breakup, you and your ex will need to take time to move on from each other. Don't rush into a new relationship and don't bring multiple potential partners into your home where your children live. Take it one step at a time and help your kids understand why their parents aren't together anymore before you start dating around.

**Related:** [Michael Morris Steps Out with Wife Post-Katherine McPhee Scandal](#)

**What are some other ways to remain civil post-breakup for the sake of children? Comment below.**

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# Tim McGraw and Faith Hill Deny Divorce Rumors



By April Littleton

Tim McGraw and Faith Hill insist that their marriage is still going strong despite the recent tabloid reports about an inevitable divorce. “[Rumors] seem to be running like crazy right now for some reason. It’s perplexing,” Hill told [People](#). “I don’t know why ‘happy’ can’t be a story.” The couple have been married for 17 years and have three children together.

**How do you keep rumors from affecting your relationship?**

**Cupid’s Advice:**

A stable, committed relationship is hard to maintain when



rumors are involved in the equation. As a couple, you and your partner have to remain strong and keep an open line of communication between the two of you in order to get past this. You have to have an extreme amount of trust, among other things, to look beyond the hurtful rumors that are being said about your relationship. Cupid has your back:

**1. Communicate:** One small misunderstanding can ruin a long-term relationship. If you hear something you're not sure about, talk to your partner about it. Sometimes a piece of information can be taken the wrong way and can get back to you completely misconstrued. As long as you and your significant other remain open and honest with each other, any gossip you hear from family or friends should be able to go in one ear and out the other.

**Related:** [Doug Hutchinson and Teen Bride Courtney Stodden Separate](#)

**2. Ignore it:** More often than not, the people who spread the rumors involving your relationship are looking to get attention from you and your honey. Don't sweat it. The whole world doesn't need to know the details on what's going on with you and your boo. If you don't feel like sharing the truth or even acknowledging the rumor swirling around, then don't.

**Related:** [Bruce Jenner Says 'Nobody is Filing for Divorce'](#)

**3. Address the problem:** Sometimes the best way to get rid of a problem is by confronting it head on. Let all of your loved ones know what's going on before the rumors get out of control. You don't have to tell everyone you know. Just tell the people who you consider to be in your close circle. As long as your close friends and family members know the real deal, the misinformation shouldn't bother you and your partner as much.

**What are some other ways to keep rumors from affecting your relationship? Comment below.**

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# Keith Urban Says Marriage and Family Takes Work Every Day



By Kristyn Schwiep

Keith Urban and wife, Nicole Kidman, have been together for seven years. Urban says marriage and family takes work every day. “Somewhere in the last couple of years, I’ve really grasped the concept of the brevity of time,” he told [People](#). “It’s very, very fleeting. No matter how many years are ahead of us, it will all be gone very quickly. I don’t want to miss any of it.” Urban said that a marriage is like a garden, “it’s not fixed and then you moved on; it’s maintained on a daily basis.”

## What are some ways to work on your marriage?

### Cupid's Advice:

**1. Communicate:** You and your partner need to take the time to communicate with each other. Try making a list for each other of what you think is wrong with your marriage and ideas for your two to improve on your relationship. Talking about your feelings can be difficult, but talking through your problems needs to be done so you are aware of what is going on.

**Related:** [Nicole Kidman Chooses Great Love with Keith Urban Over Career](#)

**2. Make sure you listen:** Even though communicating may seem like the hardest part of fixing a troubled marriage, listening to what each other has to say can be even tougher. Make sure that you listen to what each other are saying. If you don't listen, you won't get anything accomplished.

**Related:** [Keith Urban Says Wife, Nicole Kidman, Saved His Life](#)

**3. Be grateful:** Keep your relationship strong, by not being selfish. If your partner does something wrong, try not to nag or nitpick at them. Find a rhythm that works best for both of you for different aspects of your relationship. Being selfish and ungrateful can cause stress and turmoil in any relationship.

**What are some ways you have worked on your marriage? Share your thoughts below.**

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# 'Modern Family' Star Julie Bowen Advocates For Son's Anaphylaxis



By Priyanka Singh

*Modern Family* star, Julie Bowen, recently opened up to CelebrityBabyScoop.com about her advocacy for a special cause known as anaphylaxis, which is a deadly type of allergic reaction. Bowen talked about her son's frightening experience when he had a scary "life threatening allergic reaction to peanut butter." The actress also chatted about the joys of being a mother to three rambunctious boys: 6-year-old Oliver and 4-year-old twins, John and Gus.

**CBS: What are your best tips for parents in talking to their kids, making them aware and self-advocates of their anaphylaxis?**

JB: "It's important to have an anaphylaxis action plan and to talk about it with your child. The plan should include avoiding allergic triggers, knowing the signs and symptoms of anaphylaxis, having access to two epinephrine auto-injectors, and being prepared to respond if anaphylaxis occurs.

Talking about the topic can be empowering for a child. We talk to my son about his life-threatening allergies a lot, and as a result, he's become his own best advocate. He's six and tells everyone about his allergy to peanuts and asks if there are nuts in foods before he eats a food he doesn't recognize."

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**CBS: How are your boys doing?**

JB: "I have three boys, so my house is ... rowdy! They are close in age, so they really do like playing with one another, and so far, get along very well. I hope that continues. We just came out of a busy summer with lots of camps and activities, so we're settling in to new routines and a new school year."

**CBS: How do you juggle your busy career and your family life?**

JB: "It's a constant juggling act, and I'm just like every other mom trying to do the best I can. I have noticed that, now that the boys are a little older, they notice more when I am gone, so I try to be around as much as possible. But it's good for them to see I have a job that I love too. And I'm lucky that my work schedule is very manageable."

**CBS: What is it like raising kids in Hollywood? Do the paparazzi drive you crazy?**

JB: "I try not to really let it affect us too much. The kids could really care less that I am on TV. If I'm not on a



cartoon, they're not interested. I'm just Mom."

**Related Link:** [10 New Celebrity Moms](#)

**CBS:** What's up next for you?

JB: "I'm really enjoying my work on *Modern Family* and the stage it's given me to bring new information to other moms. This includes my work to raise awareness of anaphylaxis with the Get Schooled in Anaphylaxis campaign as well as my work with Neutrogena next year. So, more of that and just spending as much time with my family as I can!"

*For the rest of the interview, visit [www.celebritybabyscoop.com/2013/11/06/important-anaphylaxis-action](http://www.celebritybabyscoop.com/2013/11/06/important-anaphylaxis-action).*

*\*Sidebar photo courtesy of Celebrity Baby Scoop.*

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## **'RH0A' Star Phaedra Parks Talks New Book and Marriage: "Remember What Made You Fall in Love"**





By Kerri Sheehan

Phaedra Parks of Bravo's *The Real Housewives of Atlanta* is well acquainted with working hard and multitasking. There is seemingly nothing this mother of two can't tackle; she has a healthy relationship with her husband, and a booming law firm, The Parks Group, P.C. Parks began her association with *RHOA* as the show's lawyer, but this beautiful Belle quickly went from behind the scenes to in front of the camera, joining season three as a cast member. "Now, I can say I've pretty much done everything when it comes to TV – from the licensing deals to being the on-air talent," says the starlet.

Never one to slow down, Parks is also venturing into the funeral business, working towards her mortician's license and opening up her own family-run funeral home. When asked how she got into the business, it's really a sad story. "Unfortunately, I got into this industry because I had a lot of great friends who passed. People would ask me to help with the funeral arrangements, and I actually became very intrigued by every aspect of the mortuary process – from picking out the makeup and dressing the body to the funeral service. I always

paid a lot of attention to the preparation and all of the details.” Family is a motivating factor in everything Parks does, and by opening a funeral home and crematorium in the near future, she hopes to leave a legacy for her family. “It’s a very multi-dimensional industry: You’ve got the business portion, you’ve got the counseling portion, and then you’ve got the preparation of the body portion.”

**Related Link:** [NeNe Leaks Ties the Knot with Gregg Leakes, Again!](#)

Throughout her somewhat unusual change of direction in career, husband Apollo has been very supportive. “I think communication is key in any marriage,” she candidly shares. “You need to clearly communicate how you’re going to achieve your goals and how your partner will be a part of your plan.” For women looking to make a similar track change in their career, Parks suggests making sure your spouse knows that they’re a significant ingredient in your success. This high-powered business woman knows that it’s not good practice to plunge into the unknown while dragging your hubby by the collar – having him as an equal and understanding partner in the new undertaking will help smooth any obstacles that may pop up during the career transition.

**Related Link:** [Real Housewives Star Gretchen Rossi Proposes to Slade Smiley](#)

Given her multifaceted career path, she prides herself on being an undeniable woman of southern charm and distinction. In her new book, *Secrets of the Southern Belle: How to Be Nice, Work Hard, Look Pretty, Have Fun, and Never Have an Off Moment*, she gives readers an updated version of social etiquette that mixes modern living with traditional morals. “I think some of the books out there are too traditional, so I put a spin on it with texting, social networking, and other things like that.”

From growing one's social circle, to strengthening one's professional life, Parks knows from experience that a little bit of etiquette goes a long way in any situation. Parks' mantra is "style is void without substance," and this sentiment echoes throughout her book as she teaches you that you don't have to be from the South to be a Southern Belle. "A Belle is anyone who's charming and graceful, who exhibits poise, and who appropriately maneuvers social settings," she explains, "You can put on stylish clothes, but if you're not wearing confidence, integrity, and class, then your outfit doesn't really matter."

A real Southern Belle herself, Parks believes little grace should be applied to every situation at hand. "Even if you feel very strongly about something, it may be best to revisit the conversation privately rather than publicly – you may be humiliating someone, which you never want to do," the author shares. "Being nice and killing people with kindness has definitely been my weapon of choice throughout my career."

**Related Link:** [Phaedra Parks Welcomes Second Son](#)

Of course, life is about more than just your job; Parks strongly believes that her most precious time is spent with her family. As a mother of two young boys, she credits prioritizing as the key to juggling it all. Her biggest tip for other women is to take care of yourself first, and everything else will follow. "If you're at your best self, then you'll give your best. It's easier said than done – trust me!" Taking moments to focus on yourself among all of the chaos of life will help maintain your identity as a woman. She says that the old saying is true: "Happy wife, happy life!"

This strong woman has known her husband since 1995, and the two have been married for four years. Because they have a long history she says, "We can sort of anticipate what the other one is going to do, whether it's good or bad, and we try to adjust our actions accordingly." The reality starlet adds,

“communicating, compromising, and negotiating keeps our marriage strong.” For women struggling in their relationship, Parks shares this piece of advice: “Remember what made you fall in love with that person and know that no marriage is going to be perfect everyday. You have to realize which battles are worth fighting, which ones need to be negotiated, and which ones you allow your partner to control.” Parks knows that when you’re going to be with someone forever, you’re not always gong to be on the same page, and that’s okay.

*Be sure to check out ‘Secrets of a Southern Belle,’ available on Amazon, and catch more of glamorous and successful Phaedra Parks on Bravo’s ‘The Real Housewives of Atlanta’ on Sundays at 8/7c. You can also connect with her on Twitter or her website.*

*\*Sidebar photo courtesy of Anderson Group PR.*

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## ‘Full House’ Actress Candace Cameron Bure Talks Motherhood







By Priyanka Singh

Former *Full House* actress and now mother-of-three, Candace Cameron Bure, recently talked with CelebrityBabyScoop.com about how she keeps in touch with her former co-stars, including John Stamos and Bob Saget, and also how she handles the hectic life of motherhood. Bure comments on her parenting style and says her children consider her to be a “pretty cool” mom overall. Plus, she mentions what’s up next for her!

**CBS:** You also recently attended the 30th anniversary of the Starlight Foundation with Bob Saget and John Stamos. What was it like to reunite with your former *Full House* co-stars? Do you stay in touch regularly?

**CB:** We all see each other on a pretty regular basis, so it’s never as much as a reunion for us as it is for the fans. Just days after the Starlight event, we were all at Dave Coulier’s house celebrating his birthday. The jokes are endless and so are my tears from laughing so hard. I think it’s heartwarming for fans to know our love for each other is real among us. I’m always posting our pics together on Instagram and Twitter!

**Related Link:** [Gilles Marini Says He's "Blessed to Have the Chance to Be a Father – It's Magical"](#)

**CBS:** What are your three kids up to nowadays? Are you a typical soccer or hockey mom, driving them everywhere? Does your oldest have her driver's permit now? How are you handling that?

**CB:** Maks is 11, and Lev is 13, and both play travel hockey. We're at the rink six days a week and driving/flying anywhere between San Diego and San Jose on a regular basis for it. So yes, I'm a total hockey mom! Val coaches their teams, so he's very involved, and together, we accommodate and coordinate our work schedules with the kids. It's a balancing act for sure since Val and I travel a lot for work. Natasha plays Varsity tennis for her high school. You could say our family is all about sports.

Natasha turned 15 this summer, so she won't get her permit until early 2014. We've practiced a few times in the car, but we're taking it slowly! At least I am. She can't wait to get her permit, and when she does, I'll be happy to practice more with her. But let's just say, she won't have her own car waiting for her to drive when she's 16!

**CBS:** If we asked your children what kind of mom you are, what would they tell us? What is your parenting style?

**CB:** So I just asked my daughter and here's what she said: "You're an encourager, always telling us positive things and motivating us. But you don't hover. You teach us how to do things, and then you let us do it on our own. You're very involved in our lives, but you're not overprotective or making sure we never fail at things. You let us fail and make mistakes. Then, you teach us how to do it better or differently next time. I'd say, you're strict but more that you give us boundaries. Boundaries that are good for us and consequences when we don't stay within them."

**Related Link:** [Alicia Keys: Motherhood Has Made Me A Better Person](#)

**CBS:** Wow – that is a total compliment coming from a 15 year old!

**CB:** I think my boys would say I'm loving and encouraging, then say I'm too mushy and kissy and a little dorky, but then say I'm pretty cool overall.

*For the rest of the interview, visit [www.celebritybabyscoop.com/2013/10/30/candice-cameron-overall](http://www.celebritybabyscoop.com/2013/10/30/candice-cameron-overall).*

*\*Sidebar photo courtesy of Celebrity Baby Scoop.*

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## Maggie Scarf Breaks Down Unique Family Dynamics in 'The Remarriage Blueprint'





Interview by Gabriela Robles. Editorial by Kristin Mattern.

Maggie Scarf, *New York Times* bestselling relationship expert, fellow of Yale University, and member of the advisory board of the *American Psychiatric Press*, shares with readers in-depth stories of seven remarried couples in her newest book, *The Remarriage Blueprint*. Though almost 40 percent of new marriages in the United States are remarriages, little has been written about the unique challenges that these couples face. Scarf has dealt with the subjects of divorce and remarriage for over thirteen years, and with this book, she delves into the core of the five major challenges remarried couples will confront as they work towards becoming a unified family: the impact of insider/outsider forces, the losses children face, the task of parenting, the unification of disparate family cultures, and the extension of family boundaries. Through interviews, the author touches on the every day difficulties of combining families, such as stepparenting, household routines, exes, alone time, and finances. She explores what works and what doesn't and reveals the complications of remarriage.

We recently talked to Scarf about this must-read book.

**Related Link:** [Patrick Stewart Marries for the Third Time](#)

***The Remarriage Blueprint* shares seven stories of married couples. Can you tell us about your process for collecting their experiences?**

I started in 1998, and I interviewed 40 volunteers. During my work, I found that there were no good theories or research on remarriage and stepfamilies, so I tucked the project away for later. Research about remarrying and stepfamilies is taught nowhere, even though a huge segment of the population struggles with these unique issues. Around 2009, I saw that there was this wonderful theory that had been set up on the basis of the evidence that has been collected since the late '90s. So I started a new set of interviews but also went back and talked to the couples from before. This way, I had a longitudinal and fresh approach to work with with this theory, which boils everything down to the fact that there are five major factors – that aren't discussed – that couples who are remarrying with children have to face.

**How do you think that a remarriage differs from a first marriage?**

It is said that "remarriage is the triumph of hope over experience." Remarriages are ten percent more fragile than first marriages. Even though we have a very high divorce rate in our country, remarriage divorce rate is ten percent higher than that. The truth of the matter is, at the very worst, 60 percent of remarriages fail. These people really need information and answers to their questions.

**Many remarriages happen later in life when people more settled and have a career. How do you think this affects remarriage?**

You may be choosing a much better partner, one who is kinder



and more accepting or maybe one who is less abusive verbally or even physically. But it may also include children. Two partners have fallen in love and chosen each other, but the kids haven't chosen them, and they may have been through a lot of loss and change already.

The biggest difference between first marriage and second marriage is, in the first marriage, you have time to iron out your differences and work out your habits. You can work out issues like: Do we sit down to dinner? Can you start eating before everyone is at the table? What is a decent curfew? Are kids allowed to have tantrums? Where do you keep the silverware? It sounds silly, but it can cause huge upsets when the outsider comes in and says, "Hey, I want some changes here. I want some more order. I want some more authority."

Usually, the biological parent and kids are resistant. The outsider, the new stepparent, is hammering, "Let me in, let me in," and the biological parent is trying to make sure his new partner is happy while also trying to reassure the kids that nothing will change. That's impossible, though, because changes have to happen.

Think of it like architecture. You can think of one building, that's the first marriage building, and the second building is the remarriage building. The second one has design challenges. It's not a conventional building like the first one it's going to have to be worked out overtime. The whole *Brady Bunch* idea that we all simply meld together doesn't work. You have to cope with the unique difficulties involved.

**Related Link:** [Second \(and Third\) Marriages: Destined For Divorce?](#)

**And finally, do you have any tips for our readers who are trying to keep their remarriages alive?**

I would suggest they look at the five challenges because it gives them a way to think about the work of remarriage. For

example, parents are sensitive about the way they raise their children. Let's say the stepdad says to the biological mother, "My heavens! The way your daughter came in last night and left her snack out and her shoes on the floor – was she raised in a barn or what?" That is a huge message – you're a bad parent. Change that to an I statement: "When I came down, I found all the cheese and crackers out. I'd really appreciate if you could get Trish to clean up after herself. It leaves the kitchen messy, and I don't want mice. How can we handle this?" That's not a fight; that's a discussion.

Now, what about if the mom and the stepdad have Coke with dinner and the other set of parents have milk? One way you can deal with that is to say that Mom's house and Dad's house are different. It is just like two different classrooms; in one classroom, you have to raise your hand to do anything, but in Mr. Smith's classroom, you can just get up and walk around. In other words, it's never that one house is good and one's bad. Keeping parental conflict down is the most important thing a couple can do.

*If you want to purchase The Remarriage Blueprint, visit Amazon.com. For more information on Scarf and other books she has written visit her website, <http://maggiescarf.com/books/the-remarriage-blueprint/synopsis/> or connect with her on [www.facebook.com/Maggie-Scarf-175903732441707/](http://www.facebook.com/Maggie-Scarf-175903732441707/) or Twitter @Maggiefirst.*

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# **Celebrities      Share      Their**

# 'Spook-tacular' Halloween Plans

## Family



By Priyanka Singh

With Halloween just around the corner, many celebrity couples are getting ready to have some festive fun with their little ones! In fact, some celebrity parents are eagerly awaiting their tiny tots' first Halloween experiences. From finding the perfect family costumes to planning an exciting ghoulish outing, Celebrity Baby Scoop asked some of our favorite families about their plans for ringing in this spook-tacular holiday.

Read on to find out what a few celebrities are doing for Halloween!

*Giuliana and Bill* reality stars, Bill and Giuliana Rancic, recently celebrated their son Duke's first birthday, and now, they're excited to plan his first Halloween experience. "That's Giuliana. She is big into the holidays and things like that," says Bill regarding their Halloween festivities. "She is already planning out his Halloween costume, so stay tuned."

**Related Link:** [Giuliana Rancic Says, "Have a Strong Marriage is the Greatest Example You Can Set for Your Child"](#)

Backstreet Boys star A.J. McLean will be home to celebrate Halloween with his 11-month-old daughter Ava and wife. The singer shares his potential family costume ideas: "We all call each other monkey, so we might be a family of monkeys. I also thought it would be cool if I was Mario, my wife was Princess Peach, and my daughter was Toad from the Mario Bros [laughs]. What I really want to do is be Jack, Sally, and Zero from the *Nightmare Before Christmas*. My wife is a hair stylist and a makeup artist, so she would hook us up perfectly."

*Dancing with the Stars* co-host Brooke Burke-Charvet and husband David Charvet look forward to all of the family fun that comes with decorating and picking costumes for their four kids: Neriah, 13, Sierra, 11, Rain, 6, and Shaya, 5. "We love Halloween – it is action packed with my brood of six," she shares. "We're in the process of decorating our house right now. Shaya wants to be a ninja; Rain wants to be a vampire; Neriah will be Minnie Mouse; and Sierra has a handmade Sponge Bob costume – and of course, it'll all probably change the day before."

**Related Link:** [Brooke Burke-Charvet Talks About Balancing Her Career and Time with Her Family](#)

Actor and new dad Tom Arnold is another celebrity looking to ring in his son Jaxson's first Halloween. "It's funny, my wife was at baby class last night, and they apparently have

Halloween,” says the actor. “She pulled up all these costumes on the Internet and got ecstatic about dressing Jaxson up for Halloween.”

“For many years, we tried to have a baby and would always get sad when trick-or-treaters stopped by our house. We wished we could be out there too,” he adds. “This year is going to be so great. Even though our son is going to be very small and won’t remember it, it will be such a wonderful experience.”

*For the rest of the interview go to, [www.celebritybabyscoop.com/2013/10/23/celebrity-families-halloween](http://www.celebritybabyscoop.com/2013/10/23/celebrity-families-halloween)*

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## **Gilles Marini Says He’s “Blessed to Have the Chance to Be a Father – It’s Magical”**







By Kristin Mattern

French-born actor Gilles Marini has made a lasting impression on American fans. He's memorable for his beloved turn as Dante in *Sex and the City: The Movie*, his recurring roles on shows like *Brothers & Sisters*, *Ugly Betty*, and *Nip Tuck*, and his stellar appearances on the 8th and 15th seasons of *Dancing with the Stars*. As evidenced by his diverse resume, his brave and beautiful man seems daunted by nothing. Who can forget his full frontal nude scene as Dante? The former model is currently gracing the small screen as Angelo Sorrento on *Switched at Birth*, where he tackles the challenging role of an estranged father who has reentered his daughter's life – a role that's close to this family man's heart.

**Related Link:** [‘Brothers and Sisters’ Star Celebrates One Year Wedding Anniversary](#)

On ABC Family's hit show, Marini plays the biological dad of Bay Kennish, who comes back into her life after abandoning his wife Regina when he thought she had cheated on him. A father himself, the star says that being a parent doesn't affect how

he plays the character: "I am the polar opposite of Angelo when it comes to being a father. I think he just landed on this planet and became one sixteen years too late. It's understandable to see why he is the way he is, based on his past and he's childhood, but that also makes him human and interesting."

Marini and wife Carole, who married in 1988, have a son Georges and a daughter Julianna. It's easy to see that the actor knows what he's talking about when it comes to parenting, so one can only hope that a little bit of the father in him will rub off on his wayward character. "There are so many things I could say about how amazing it is to be a father, but the truth is there are no words in the dictionary to explain it to anyone. Maybe I could say that it is the single most important role a man could ever have," he aptly shares. "It shows your real colors and what you are made of. I am blessed to have the chance to be a father and have the great responsibility to raise respectful, kind-hearted, passionate, strong, and dedicated souls. It's magical."

Passionate about his family life, Marini is currently building a retreat in the California woods as a private getaway for them to enjoy. "We bought a new hideaway paradise, a cabin in the woods. We are in the process of completing the little things that need to be fixed, and then, we'll have our safe haven to go to when we need some time off. It's only 90 minutes from our house in L.A., so it is very easy to get to quickly."

Given his busy schedule, it's no surprise that the star hasn't had time to watch the current season of *Dancing With the Stars*, although he does have fond memories of his time on the show. On season 8, he danced with long-time pro Cheryl Burke and finished as the runner-up. He came back again for season 15 to try to win the mirrorball trophy with season 14 winner, Peta Murgatroyd, and the couple were the eighth eliminated from the show. "Cheryl and Peta are great girls, and I hope

that they will go all the way! They will always have a special place in my heart.'

**Related Link:** [Brook Burke-Charvet Talks 'Dancing With the Stars' and Family](#)

Currently, Marini is working on a project that has a particularly special meaning for him: He has become part of the Ford Warriors in Pink cause to raise awareness for breast cancer. He's been personally touched by breast cancer, as he had to watch his sister-in-law battle the disease. At a young age, he lost his father to cancer as well. The star is very hopeful about finding a cure: "The ultimate goal is to one day explain to my grandkids that there *used* to be a disease called breast cancer. I am thrilled to be part of Ford's Warriors in Pink – a very nice group of dedicated people who are truly making a difference."

As part of the campaign, he and his wife designed a unisex t-shirt to aid funding for the cause. "I wanted to create something meaningful and important and something that both men and women would enjoy wearing." Well, mission accomplished! "I am wearing it as we speak," he says wryly. The shirt is a V-neck in a beautiful deep heather gray that displays the words "Unis Par L'Amour," French for "United with Love." Let's hope along that, with the support of people like Marini, we can find a cure for this disease, and it will one day be a thing of the past.

*Be sure to check out the t-shirt Marini made for Ford Warriors in Pink on [www.warriorsinpink.ford.com/men-s/united-with-love-t-shirt.html](http://www.warriorsinpink.ford.com/men-s/united-with-love-t-shirt.html)! To watch him in his memorable role as Angelo Sorrento, catch full episodes of 'Switched at Birth' on ABC's website and wait for the series to return in January 2014. Learn more about the star by reading his website, [www.gillesmarini.com/](http://www.gillesmarini.com/) or following him on Facebook and Twitter.*

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# 'Jersey Shore' Star Pauly D Welcomes Baby Daughter with Ex



By Kristyn Schwiep

'Jersey Shore' star Pauly D is now a father to a baby girl with an ex fling. The two hooked up in Las Vegas and according to [UsWeekly](#), the ex fling is living with their daughter in New Jersey. Pauly D told TMZ that he is a proud father and excited to start a new chapter of his life.

**What are some ways to stay involved in your child's life after a breakup?**

**Cupid's Advice:**

Breaking up is always a difficult time in any relationship, but breaking up when a child is involved is even tougher. So what are some ways that you can stay involved in your child's life after the break up? Cupid has some advice for you:

**1. Call:** If it's hard to see your child every day make sure you call or Skype with them as often as you can. Taking the time to talk to your child keeps you updated on what he or she is doing or how they are doing.

**2. Take them out:** Make time to spend time with your child. Make sure you take them out to dinner, the movies or the park so you get to spend some quality time with each other. It doesn't matter what you are doing as long as you are spending more than once a month with them.

**3. Holidays:** You and your ex should take turns spending time with your child on different holidays. One should get to spend Christmas with your child and the other gets to spend Thanksgiving together. You and your ex can plan a schedule of what holiday's you each get and try and switch off every year.

**How have you stayed in your child's life after a breakup? Share your stories below.**

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**Bill Rancic Says Baby Son**



# Duke Is 'Babbling'



By Priyanka Singh

[Celebrity Baby Scoop](#) recently interviewed *Giuliana and Bill* reality star, Bill Rancic, about life at home with wife Giuliana and son Duke, and the family's upcoming holiday plans. The couple, who just celebrated their sixth wedding anniversary with a "low-key" night in NYC, are working with their surrogate Daphne to have another child. As Rancic explains, "We are still working with her on that and are making sure that that's the right direction to keep going. Hopefully, we will have some good news soon."

Read on for more of the Chicago businessman's interview!

**Related Link:** ['Ready for Love' Host Giuliana Rancic Says,](#)

## [“Having a Strong Marriage is the Greatest Example You Can Set for Your Child”](#)

**CBS:** How do you juggle fatherhood, working in Chicago, running a production company and doing your reality show?

**BR:** “We bring Duke with us. He comes to work with me and he also comes on my training runs with me. I’ve got this great jogging stroller and he loves going out there and logging the miles with me. We make it work and, at the end of the day, our son is our number one priority. Everything else comes after him and we make sure that he is taken care of and happy. Our goal is to spend as much time with him as we can and that’s what we do. We slowed down a lot in other areas.”

**CBS:** Now that Duke is 1 – has he reached any milestones?

**BR:** “He is babbling a lot and starting to walk a little bit. He hangs onto things while walking. His personality is definitely showing through, which is great. He’s got a great disposition and is always laughing and smiling. He loves hanging out with me, which is a lot of fun.”

**CBS:** Congrats on your 6th year wedding anniversary – did you and Giuliana do anything special on the date?

**BR:** “We went to a restaurant in New York that is owned by a friend of ours. We had a nice time. It was a very low-key, easy night and we went to bed early.”

**Related Link:** [Celeb Dads Who Are Doing It Right](#)

**CBS:** Do you have any fun Halloween plans for Duke this year?

**BR:** “That’s Giuliana. She is big into the holidays and things like that. She is already planning out his Halloween costume, so stay tuned!” [laughs]

*For the rest of the interview, visit [www.celebritybabyscoop.com/2013/10/10/rancic-opens-babbling-1](http://www.celebritybabyscoop.com/2013/10/10/rancic-opens-babbling-1).*

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# Sheryl Crow: My Sons “Keep Me Young”



By Jenny Schafer for Celebrity Baby Scoop

Nine-time Grammy Award-winner Sheryl Crow has teamed up with the One A Day® Women's brand and Feeding America with the Nutrition Mission to help the close to 50 million Americans who live in food insecure households.

Sheryl opens up to [Celebrity Baby Scoop](#) about raising her “real boys” Wyatt, 6, and Levi, 3. The *Strong Enough* singer, 51, chats about her sons who can be “real clowns” and love to “break out into dance.” She goes on to talk about her first

country album, *Feels Like Home*, and the joys of motherhood.

**Related Link:** [Ivanka Trump: "I Don't Stress About Being Balanced"](#)

**CBS: Tell us about partnering with the One A Day Women's brand and Feeding America. How did you get involved in the Nutrition Mission?**

SC: "I'm excited to team up with One A Day Women's and Feeding America this Hunger Action Month on year two of the One A Day Women's Nutrition Mission to help the nearly 50 million Americans that live with food insecurity. Since the start of the program, we've donated 4 million meals to Feeding America's network of more than 200 food banks, which helps distribute food in communities across America. One A Day Women's has also awarded \$100,000 in grants to local food banks to help people in local communities to continue the fight against hunger."

**CBS: How do you balance your career and motherhood?**

SC: "I try to keep Wyatt and Levi's lives as consistent as possible. We spend a lot of time at home and that's my priority with work coming second. I've also got a great team and family who pitch in to make it all happen."

**Related Link:** [Claire Danes Worried She'd Never "Want to Work Again" After Cyrus' Birth](#)

**CBS: Do you believe "women having it all" is unrealistic or is it attainable?**

SC: "I think having children changes your ideas about what having it all means. I don't feel the same way about work as I did before I had Wyatt and Levi, but I pride myself on finding balance. I love making music and I love raising my boys – I find time to make both a priority."



For the rest of the interview, visit [www.celebritybabyscoop.com/2013/09/30/sheryl-keep-young](http://www.celebritybabyscoop.com/2013/09/30/sheryl-keep-young).

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# **‘The Biggest Loser’ Alum Lisa Rambo Talks Marriage and Weight: “We’ve Lost Over 180 Pounds Together!”**



By Kerri Sheehan

Sometimes, being a loser really can make you a winner! Lisa

Rambo learned that truth when she was chosen to compete on NBC's reality show *The Biggest Loser* during season 14. Unless you have been hiding under a box of Twinkies, you probably know that the show chronicles the journey of overweight contestants who attempt to lose the most weight in hopes of getting healthy and winning a cash prize.

Although Rambo was eliminated from the competition during week five, the show offered a \$100,000 at-home prize and Rambo tried her hardest to win it. But, when she re-entered the real world, the 37-year-old mother of four returned to work full-time as a special education assistant, and felt the pressure of keeping up with the contestants still living at *The Biggest Loser* Ranch.

**Related Link:** [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Even so, she stuck to what she had learned at the ranch and 80 percent of the total weight she lost was after she left the show. In the end Rambo was runner-up for the at-home prize, losing to competitor Gina McDonald by only a few pounds. Still, she was able to manage the needs of her family while simultaneously taking care of herself. "There is no magic pill. It takes some hard work and dedication, but it's worth every bit of it," she says of her fight to get fit. In order to reach her weight loss goals, she worked out six days a week, usually an hour and a half before work and two hours after work.

Rambo's weight loss efforts inspired her husband to shed some extra pounds as well, and as a result, her whole family adopted a healthier lifestyle. She admits that since their weight loss began they haven't had very many date nights, but they do enjoy the occasional sushi outing with live music. When losing weight with your partner a balance of seriousness and fun is key to keeping your relationship in tact. In



addition they have run a few races together and also completed a 12-mile Tough Mudder off-road run and they're both excited about how they feel since tightening their belts: confident and joyful. "We've lost over 180 pounds together but have gained true strength and great courage."

In order to get her family to this place, she had to completely overhaul their routine. According to Rambo, "The first thing I did was clean out our kitchen and turn our home into a safe place. The changes then became the new normal for the whole family."

Her husband and children are now far more active too. They have run in a number of events together, and Rambo will soon run her first half marathon with her mom, sister, and daughter in tow. The newly-annointed health food queen suggests this advice to parents looking to shift their family's lifestyle: "Stick with it and know that your kids will adapt. They'll also start to crave what they eat. It'll take time for them to acquire new cravings, but it's worth it."

**Related Link:** [Palmer's Spokesperson Ali Landry Chats About Making Her Family a Priority](#)

It's no secret that the former *Biggest Loser* contestant has put in a lot of hard work to get to where she is today – even before she appeared on the realty show. In fact, last season wasn't her first attempt to get cast. She auditioned twice before for seasons 10 and 11, and her inspiration for auditioning this time around was her sister. "She was positive that I was exactly what they were looking for. Her encouragement kept me in it!"

Rambo hopes that her own story will inspire others. "I was always one Monday from the next best diet." Follow Rambo's example and make that Monday today so you and your significant other can get on the path to being jolly and fit now. Instead of settling with the way you are, she recommends setting goals

for the journey to your happy place. She often found herself reaching mental plateaus, meaning that she would lose 50 or 75 pounds and consider calling it quits. However, after losing over 100 pounds, she realized that she often settled for less than what was possible. She reminds hopeful contestants, "Don't quit, reach your goal, get your win, and don't go back!"

*Be sure to tune in for next week's premiere of season 15 of The Biggest Loser on Tuesday, October 15th on NBC at 8/7c! Rambo will be attending The Biggest Loser Walk/Run on October 20th in Eau Claire, Wisconsin, and she will be running in the New York City marathon this November. To see what else Rambo has cooking in her kitchen, you can read her blog, [losingitwithlisa.com](http://losingitwithlisa.com), or follow her on Twitter @LisaRambo.*

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## **Halle Berry and Olivier Martinez Welcome a Baby Boy**





By April Littleton

Halle Berry and her husband, Olivier Martinez welcomed a baby boy Saturday. It is the second child for the Oscar winner. A source at the hospital told [People](#), "Olivier hasn't left Halle's side. Nahla visited her baby brother earlier today. The baby was born in in Cedars Sinai Medical Center in Los Angeles.

**What are some ways to decide whether to have another child?**

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

Sometimes deciding on whether or not you should have another child can be harder than it was the first time around. You're not just talking about creating a new life, you're about to change your entire family dynamic. Cupid has some tips:

**1. Finances:** Will you be able to afford another baby? If you help provide the household funds, think about if you can manage to take the needed time off. You'll have to buy everything in twos or threes now. Adding another child can put a strain on your finances, so be sure you're ready for the

challenge.

**2. Siblings:** How old are the children you already have? Are they old enough to understand what will happen? If not, they might act out when your attention is drawn to the new baby. It's not just you and your partner who need to be prepared for a new family member, but the kids you're in the process of raising need a heads up as well.

**3. You've discussed it:** Obviously, you need to let your partner know about your baby fever before you stop taking birth control. Your significant other might be able to think more rationally than you about the situation, especially if you're not really in a good place for another child. Let them know your thoughts and see what they have to say.

**How did you decide to have another child? Share your experience below.**

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**'The Biggest Loser' Contestant Gina McDonald Says, "My Husband Was Very Supportive of Me Going on the Show"**





By Kerri Sheehan

Like many contestants on NBC's *The Biggest Loser*, 47-year-old Gina McDonald felt like a stranger in her own body. Over the years, she attempted many fad diets as the scale escalated uncontrollably. A lawyer and a law firm owner, she's always been very accomplished in her professional life; unfortunately, her personal life used to be a different story. Back in 2002, poor eating habits, a lack of exercise, and a stressful divorce caused her to reach 245 pounds. Ashamed and left with two young children, the single mother struggled to keep her at home life in check.

Last year, her husband of five years, Chad Eldred, encouraged her to become a contestant on *The Biggest Loser*, and she's hit the ground running ever since. Although she didn't win the show's coveted title, she was able to snatch up the \$100,000 at-home prize due to her ability to keep shedding weight after leaving the ranch. The journey she went through during the show changed her outlook on life and kept her motivated: "I have learned that I am capable of anything. I look at obstacles as just minor setbacks and stay the course."

**Related Link:** [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Her first workout on the ranch proved to be the most trying endeavor she faced. “My most challenging obstacle was believing that I could actually do it!” she proclaims with the gusto of a true winner. Once the workout was over, she was overcome with emotion. As a member of Bob Harper’s team, she shares, “I had seen Jillian Michaels’ team falling apart and was so thankful that our team endured.”

Since her time on the show, McDonald’s family has overhauled their lifestyle in a positive way. “I think my weight loss resulted in positive changes for my daughter too. She learned from my guidance that she’s capable of anything if she works hard enough.” McDonald’s daughter has lost 30 pounds, while Eldred has shed a whopping 60! “My kids, husband, and I all try to eat healthy and move every day.”

Eldred was actually her biggest supporter while she was on the show. He stepped up to the plate and managed to play both mom and dad to McDonald’s two college-aged kids during her journey. “He will tell you that he cried every day missing me, but each tear was worth it to have me happy and especially healthy.”

Over the summer, their daughter played chef in the house, but now that she’s back at college, Eldred has taken on the job. “He keeps my fridge stocked with healthy options and has a good meal ready most nights.” The couple is planning to run a half marathon together in December. “I’m training hard! This will be my longest run, and I’m excited to be doing it with Chad.”

**Related Link:** [Date Idea: Make Sushi At Home](#)

Of course, the duo must make a solid effort to balance their workout schedule with spending time together at home. “The perfect night is sitting outside by our pool and having a



small dinner and just enjoying our home.”

According to McDonald, the hardest part of maintaining her new lifestyle has been managing to spend time with her husband and kids while also taking care of her business. “It has taken me some time to settle into my new routine. Not every little thing that goes wrong becomes a setback or an excuse not to exercise and eat right.”

For others looking to go on *The Biggest Loser*, the former contestant stresses the importance of “believing in yourself and never, ever giving up” – a motto that she repeats to herself every day!

*Be sure to tune in for next week’s premiere of season 15 of The Biggest Loser on Tuesday, October 15th on NBC at 8/7c! She’ll also be participating in The Biggest Loser Run/Walk in Panama City on December 29th.*

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## Kristin Cavallari Says Baby Before Marriage ‘Worked for Us’





By April Littleton

According to [People](#), the former *The Hills* star is perfectly happy with the way her life turned out. Cavallari found out she was pregnant right after she announced her re-engagement to Jay Cutler. “We definitely weren’t ready to get married then and so we put everything on hold and we ended up having the baby before. I think that when we did get married, we were absolutely ready,” she said. The happily married couple are now parents to son Camden Jack, 13 months and tied the knot in June.

**How do you decide when you’re ready for children?**

### **Cupid’s Advice:**

Parenthood is one of life’s greatest joys, but you have to be 100 percent ready for it. Are you and your partner thinking about expanding your family? Cupid has some tips:

**1. In a good place:** If you and your significant other can provide a stable living environment and you can afford to add another person into the mix, then go for it! Babies are

expensive. Wait a little while longer if you're not sure if you're financially ready to keep up with the demands of a newborn. Make sure things are going well between you and your honey as well. You don't want to bring an innocent child into this world when there's obvious tension or unresolved problems between the two of you.

**2. Talk it out:** The only sure way of knowing if you're ready to have children or not is by talking it over with your companion. It takes two people to make a baby, so both parties involved need to be sure it's what they want. If one of you even has the slightest hesitation, then hold off on baby plans and revisit the idea in a few months when you and your partner have had more time to think.

**3. Sacrifice:** Taking care of another human being requires a lot of sacrifice. Certain aspects of your life will have to change if you plan on being a parent. You can forget about going to late-night parties during the first few years of raising your child. The money you saved up for those brand new shoes you had your eye on at the mall will have to go toward a pack of diapers. It may seem like a lot to give up, but if you're really invested in being someone's parent – it'll be worth it.

**How did you decide you were ready to have children? Share your experience below.**