

Russell Brand Unfollows Katy Perry on Twitter



British comedian Russell Brand and singer Katy Perry will be officially divorced soon, but Brand is getting rid of any kind of connection between the two and unfollowed her on *Twitter*. The two had only been married for a little over a year before they decided to split, and it appears that the pop star isn't having any trouble [moving on](#). Perry was caught making out with musician Robert Ackroyd at Coachella, and although their relationship is still new, an insider told [UsMagazine.com](#), "They're having a fabulous time."

What are some advantages to cutting all ties after a split?

Cupid's Advice:

Once you split with your ex, it can be best to lose any connection you have to them to avoid drama or heartache. Cupid has some tips:

1. No jealousy: If you spend time stalking their latest facebook pictures or checking their most recent friend activity, you'll begin to create scenarios in your head about how much better off they're doing, and it'll create unnecessary and false jealousy.

2. No constant reminders: They became your ex because you wanted them out of your life, so get them out. You don't need any reminders, whether it's pictures or Twitter popping up to give you a little memory of your time together.

3. Fresh start: By cutting all ties you can get the fresh start that you need to move on to a better tomorrow. Leave the past in the past and start trekking down a more hopeful, ex-free road!

What helped you move on from your ex after a break up? Share your comments below!

Top 3 Reasons Celebrities Seek Therapy





By Dr. Fran Walfish

Many of us aspire to live the glamorous life of a celebrity. When captured on camera, they almost always look happy, healthy, wealthy and full of life. As the leading Beverly Hills psychotherapist, I am here to tell you that everyone's problems are the same. Yours, mine and those of the rich and famous all have common threads. It's true that when you have money, the worries about how to make the rent and pay bills are eliminated, but they are replaced with panic about where your next hit will come from and how to remain in your lifestyle. Here are the top three issues for which celebrities seek therapy:

1. Communication problems.

Just like you and I, no one is perfect ... not even celebrities. I teach my patients first to accept their own flaws. We must be kind and non-judgmental to ourselves if we ever hope to accept our companions, spouses and children. When communication (taking turns talking and listening without judgment) breaks down with defensive arguing, criticisms or

interrupting, it causes a crack in the foundation of the romantic relationship. Distance between partners can emerge and begin a life of separateness, secrecy, cheating and divorce.

Related: [How to Communicate to Get What You Need](#)

2. Parenting issues.

I have treated hundreds of children of celebrities. The most common reason is to help parents identify, implement and follow-through on boundaries. Contrary to public belief, this is not more challenging because of affluence and privilege. I was on clinical staff for 15 years at Cedars-Sinai Medical Center where I treated underprivileged and underserved families. The issues were the same as in 90210. It is simply hard for parents to say “no” to their beloved kids. It’s even harder when kids have parents with work, charity, and a variety of other commitments that fill their calendars.

Parents feel guilty about not being available to their children, and when they are there, they don’t want to fight.

They take the easier road by saying “yes.”

3. Controlling personalities.

The old saying that ‘opposites attract’ holds true in the way that we are drawn to our partners. For most couples, there’s usually one dominant and one passive partner. Individuals fall anywhere within a spectrum from mild to extreme. An extreme example is a 90210 couple in which the husband controlled all of their money. The wife never had her name on their mutual checks, nor was she allowed to have a housekeeper. The couples therapy involved slow-motion step-by-step exploration of the source and meaning of the husband’s control. It took long, hard work to chip away at his defenses and help him let go of some of his rigidities.

Related: [5 Ways to Stop Sabotaging Your Relationships](#)

The bottom line is that when there are two people in a relationship, things must feel good (enough) to both partners. Here are my top 10 tips:

1. Always be curious and open enough to look within and become more self-aware.
2. Be kind and nice to your partner, spouse, and child(ren).
3. Do not strive for perfection. Be “good enough.”
4. Don’t get caught in power struggles.
5. Never engage in negotiations, bargaining, or deal making.
6. Balance nurturing with setting and holding boundaries.
7. Listen when dealing with conflicts. Reflect out loud what you hear the other person feeling and needing.
8. Encourage healthy expression of all emotions, including anger.
9. Nurture the relationship by having quality one-on-one time, date night, and daily talk time at least once a week. The foundation of your family is built upon the bricks and mortar of your marital relationship.
10. Shield your children from hearing Mom and Dad fight. It raises their anxiety.

Dr. Fran Walfish is a Beverly Hills family psychotherapist and the author of The Self-Aware Parent.

‘What to Expect When You’re Expecting’ Has an All-Star Cast!



By Matthew Dougherty

This comedy features an all-star cast including Jennifer Lopez, Cameron Diaz, Matthew Morrison, Elizabeth Banks, Dennis Quaid, Chris Rock and Anna Kendrick. The plot follows five couples, all expecting children, who must overcome the issues that couples all face when expecting a child. The trailer is quick on the laughs and the heart making for what could be a fun summer comedy stuck in between all the big action blockbusters. With a cast of respectable actors like this all signing on to do the same film, the script has to be good.

Should You See It? If you need a break from robots, aliens, superheroes, or all three this could be a great film with which to just go and have a laugh.

Who To Take: Anyone really. The comedy seems light enough to bring your mother or little sister. But it could also be a

great date movie or outing with friends. Your significant other will like that the jokes are not all directed at women and expecting mothers.

Do you have a big decision to make in your relationship? Here are some tips on how to keep away from trouble:

In *What to Expect When You're Expecting*, all five couples' problems stem from one thing: the decision to make a baby. Having a child isn't the only major decision that couples have to make, however. Here are some tips on how to make sure you and your significant other are making the right decision with the least amount of turmoil possible:

1. Make sure both parties are on board: One way you can run into trouble is if your significant other does not completely agree with a decision. Talk to them and make sure that you both are getting what you want.

2. Plan it out: Do not rush into things. Instead, plan as much as you can out beforehand so there are no unexpected surprises. You can be spontaneous, but by planning enough things out, the spontaneity can only be positive.

3. Do it for you: Make sure this is a decision you want to make. Do not take pressure from your friends, family, or even your significant other. Take a step back and make sure this decision is right for you, because if not, you can harm a lot of other people in the process.

Have you dealt with a major decision in a relationship? Share your experiences below.

Chris Hemsworth and Wife Welcome a Baby Girl Named India



Chris Hemsworth and wife, Elsa Pataky welcomed a baby girl on Friday, after wedding in 2010, according to [People](#). The couple were thrilled and announced that they named their daughter India, simply because they love the name and the country. Hemsworth, 28, has a lot going on right now, with the birth of his child and his acting career. He recently played the role as a superhero in *The Avengers*, and will also be featured in the upcoming *Snow White and the Huntsman*. But Pataky and Hemsworth are focused right now on their beautiful and healthy baby. In a recent interview for *Hola!* Magazine, Pataky claimed that she plans to speak to India only in

Spanish as she grows up. “I already told my husband, ‘Get ready fast with Spanish because, if not, you’re not going to be able to understand what we say.’”

How do you compromise with your partner on baby names?

Cupid’s Advice:

Some of the arguments you might face when you have a child is picking the baby’s name. A couple can have very different opinions on what names they like, so you both need to compromise. Here are some ways to do so:

1. Choose the name that has more sentimental meaning: If one of you chooses a name after someone in the family, and it has a dear meaning to them, it’s probably best to let them win this one. It will probably mean a lot more to them, then if you were to pick a name you found in a baby book and really liked.

2. Utilize the middle name: If you both have completely different choices for the name of your baby, you don’t need to choose just one. Make one of the choices the baby’s middle name, and one of them the first name.

3. You plan to have more babies: If you and your partner know you plan to have more babies, then ease up with choosing the name for one. There’s always the next one.

**How would you compromise in choosing the name of your baby?
Share your comments below.**

Newlyweds Carey Mulligan and Marcus Mumford Have a Charity Date Night



Newlyweds Carey Mulligan and Marcus Mumford came out together in support of a charitable cause at the ARK Gala Dinner at London's Kensington Palace. They proudly supported this event arm-in-arm raising money for children's charity partnerships.

The couple, who have previously kept their relationship private, are also involved in other charitable endeavors. According to *People*, Mulligan is selling the Prada dress she wore to the Met Gala on eBay and donating the proceeds to Oxfam.

What are some ways to give back as a couple?

Cupid's Advice:

Giving back to your community or helping those in need can not only make you feel better about yourself, it can make you feel better about your relationship. Here are some ways you and your partner can make a difference as a team:

1. Make a joint donation: Making a donation together to a cause you are both passionate about can be a very satisfying endeavor.

2. Spend the day volunteering: Plan a day in which the both of you volunteer at a soup kitchen or animal shelter. It'll warm your heart seeing your partner working next to you.

3. Support your friends' causes: When a friend asks for your charitable support, get your partner involved, too.

Has involvement in charity brought you and your partner closer? Share your thoughts below.

Eva Longoria Didn't Question Her Worth When Tony Parker Cheated





Eva Longoria is a tough woman on the inside, beyond her beautiful looks. The actress is getting back up on her feet after divorcing her cheating husband, Tony Parker. On Thursday, Longoria opened up on Lifetime's *The Conversation With Amanda de Cadenet*, saying that she refuses to blame herself for what happened. She claims to have had a conversation with Parker about why he did what he did, but in a way most women wouldn't have done. "I really wanted to know, and if you genuinely want to get something out of somebody, you have to not judge," she said. Since her divorce, the actress has been able to accept the fact that what happened was out of her control, and to start having fun again. With her positive attitude, Longoria seems to be on the right track to happiness.

How do you keep from blaming yourself when your partner cheats?

Cupid's Advice:

Even if something bad has been done to you by someone you love, you can't help but thinking it's something that you did

wrong. But guilt and blame will never allow you to get over the situation, and you have to accept what happened and move on for your own sake. Cupid has some tips:

1. Have a conversation with them: You can try what Eva Longoria did, and ask your partner to honestly explain why they cheated on you. It will get you some answers to questions that have been haunting you.

2. Look at it from their point of view: If it were the other way around, think about why you would have cheated. It's most likely out of temptation. People usually act on impulse and give in to things, so it probably wasn't because you did something wrong.

3. Remember that cheating is cheating, no excuses: Regardless of your partner's motives for cheating, it's still wrong. It's a lack of respect to you and the relationship. There shouldn't be any excuses for what they did, which means you especially shouldn't blame yourself.

What are some other reasons as to why you shouldn't blame yourself for being cheated on. Share your comments below.

**Jessica Simpson Says
'Motherhood Is the Best Thing
I've Ever Experienced'**





Singer and *Fashion Star* judge, Jessica Simpson, 31, took to Twitter to proclaim her love for her new addition, Maxwell Drew. “I want to cry every time I look at her. Motherhood is by far the best thing I’ve ever experienced,” said Simpson. According to [People](#), the [new mom](#) isn’t the only one in love with Maxwell Drew, as grandfather Joe Simpson and aunt Ashlee Simpson can’t get enough of her.

What are some ways to prepare your relationship for kids?

Cupid’s Advice:

Every relationship has milestones and having a baby may be the biggest one. Here are some ways to prepare for kids:

- 1. Pep talk:** The two of you are a team. Sit and talk to your partner about how you’re going to set rules and discipline your child together.
- 2. Fears:** What are your fears or your partner’s fears about adding a new member to the family? This is the time to be honest before the baby comes.

3. Expectations: Make sure you discuss finances and delegate chores that will make both of you happy when the baby arrives.

How have you prepared your relationship for kids? Share your comments below.

Sources Say Sofia Vergara Has Split from Nick Loeb



Modern Family star Sofia Vergara has called it quits with her boyfriend, environmental businessman Nick Loeb, says reports.

On Monday, the actress attended the Met Gala without Loeb and told other guests the relationship has ended, after being

together for more than two years, according to [People](#). In March, Vergara said she wasn't ready to get married or start a family with Loeb. "They have been fighting a lot recently and have been on the brink of splitting many times," a source told the *New York Post*.

How do you know when the fighting has gotten to be too much in a relationship?

Cupid's Advice:

While you and your partner shouldn't strive to be the perfect couple, you should at least aim to be healthy. Here are some signs that your relationship has taken a turn for the worse:

- 1. You constantly argue:** When you spend your time together arguing more than appreciating each other's company, it may be time to call it quits.
- 2. It becomes physical:** No one in the relationship should be suffering from any form of abuse, especially physical. If that's the case, get out of the situation and get help.
- 3. Loss of intimacy:** When you and your partner's hostility toward each other impacts your physical connection, then it could be time to part ways.

How do you know when the fighting has gotten to be too much in a relationship? Share your comments below.

Richie Sambora Loves Denise

Richards More for Adopting



Rocker Richie Sambora and model Denise Richards have rekindled their romance, and Sambora says Richards's adoption made him fall even harder for her. Richards, who has two daughters with ex Charlie Sheen, adopted a baby girl named Eloise in 2011. "When she did that, it just made me fall in love with her more for god sakes," the musician told UsMagazine.com. "Because it's such a beautiful thing to do. It's such a giving thing." While Sambora supports Richards's decision to adopt, his own daughter with ex Heather Locklear, supports his new relationship whole heartedly. "I think they are so cute together and I couldn't be happier!" she said. "They are adorable."

What are some disadvantages to dating someone that has kids?

Cupid's Advice:

Dating someone new can call for some adjusting, but dating someone with kids can call for some major changes, and will change the rules of the dating game. Cupid has some reasons why:

1. Expectations: Not only are you trying to impress your partner, but you're going to have to impress their kids if you want to have any chance at taking the relationship to more serious levels. Kids can be very accepting, but they're also honest and judgmental.

2. Fitting into two roles: There will be a part of you that's the "you" when it's just you and your partner, and there will be the "you" when you're with your partner in front of their children. It's important that you remain as much yourself in both situations for the relationship to be real.

3. Different priorities: Your partner's kids will, as they should, take priority over you and your relationship. This can lead you to feel like you're not appreciated or you're being ignored, while in reality, your partner is busy being a responsible parent.

Have you or are you dating someone with kids? Share your comments below.

Where Did Macho Go?





By John Powers

Modern love is complicated. Expectations are higher than ever and men are being forced to evolve or risk becoming obsolete. This man believes that there are positives to masculinity that are often overlooked. Here are some tips to help you let your man be a man:

Smell His Pheromones

He is a man, and sometimes smells like one. You should cherish his manly characteristics. His testosterone brings balance to your relationship. Do not force him to shave his chest. If he wants to grow a beard, let him. Admire his manliness, and encourage him to enjoy sports and spend time with other men.

Related: [Pros & Cons – Bonding With Your Man's Friends](#)

Let Him Dress Himself

As long as he wears khakis to your cocktail party, you should allow him to veto the argyle cardigan. He is not Mr. Rogers. If he wears a sportscoat, don't bust his balls about the

jeans. They are not as tight as the jeans on a hipster in the West Village, but they are new and clean. Be proud of the man you're with, and he will walk proudly beside you.

Embrace His Sexuality

He is heterosexual, not metrosexual. Allow him to indulge his primal urges. Let him take control in the bedroom, and stay open-minded. He likes your lady lumps, and you should appreciate your differences. Just because you're vegan doesn't mean he can't enjoy an occasional steak.

Related: [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

Masculine Men

Too often these days women look at Johnny Depp or even Justin Bieber as their ideal man. A man need not appear feminine or prepubescent. Hugh Jackman and Christian Bale are both happily married and full of machismo. An old-fashioned man knows how to treat a lady right.

Clearly your man and his masculinity are vital to the success of your relationship. Follow these tips to ensure your man feels like one.

John Powers is a heterosexual, single male. He does graphics for TV by day and standup comedy by night. He enjoys playing and listening to rock music, driving around with the top down on his convertible, walking aimlessly around Manhattan, and sipping on deep red wine near the beach.

Tiger Woods' Ex-Mistress Rachel Uchitel Opens Up About Second Chances and Pregnancy



Most widely known as Tiger Woods' ex-mistress, *Celebrity Rehab* star Rachel Uchitel recently opened up about "second chances," pregnancy and her hubby-to-be Matt Hahn in an exclusive interview with [Celebrity Baby Scoop](#). In the interview, the mom-to-be said, "Everyone deserves a second chance," referring to her tainted past with Tiger Woods and the press stalking her for years. "I moved on a long time ago and it's odd to me that a lot of people haven't," she said. "People will still hear my name, an article will come out about me, I'll see the negative spin on it and I'm not sure why." But she's not letting the public scrutiny tear her down.

"I'm doing my best to try and get on the right path and have a family and be happy and make other people happy," she said. "I'm really excited to be a mom!"

How do you overcome past drama to make a relationship work?

Cupid's Advice:

When bad things happen, it can be hard to start over and move on without people around you reminding you of your past mistakes. Even your romantic relationship can take a hit. Cupid has some tips:

1. Therapy: Sometimes the best way to get over past drama is to talk it out with a licensed therapist. You can't expect to have a healthy romantic relationship until you're healed inside.

2. Ignore public scrutiny: This is sometimes easier said than done, but it's important that both you and your partner successfully ignore the gossip going on around you. If you let it get to either of you, it'll damage your relationship.

3. Move on: Don't live in the past. If you often think about the drama that happened years ago, and it affects your day-to-day life, that's not healthy. You can't truly enjoy your relationship until you leave the past in the past.

What are some other ways to overcome past drama? Share your thoughts below.

10 Avengers-Sparked Questions to Bring You Closer



By Amy Osmond Cook

"If you could have one superpower, what would it be?" I asked my husband, Jeff, on Friday. We were on our way to see *The Avengers* with our twelve-year-old son, Jake. "I would have mind-reading power," Jeff said. "I'd be Superman," said Jake. "Then I could have them all." "I said just one superpower," I quibbled. "But I'd stop time."

Then, for the next ten minutes, my 12-year-old and I argued about whether you could count Superman's powers as only one power and whether being able to stop time would make you invincible. But I digress.

When I was dating, I wished I had those mind-reading powers Jeff was talking about. What was really going on behind the polite, glassy-eyed smile across the restaurant table? *Is he bored? Is he preoccupied with work? Is he on drugs?* were all questions I found myself asking.

Related: [Which Avenger Would Make the Best Date?](#)

We may not be able to read minds, but Maria Coder has brought us the next best thing: a systematic procedure for vetting our dates. Her book, called *InvestiDate: How to Investigate Your Date*, has all kinds of interesting tips to help you identify liars, cheaters, and con artists in the dating world and avoid physical danger, financial ruin, and emotional harm. One thing that particularly caught my eye in this witty book was a list of 36 questions that can help us develop emotional intimacy with our partners. Written by Arthur Aron and colleagues, the list was derived from their 1997 study in interpersonal closeness. Below are my top ten favorite questions:

Related: [How to Communicate to Get What You Need](#)

1. What would constitute a “perfect” day for you?
2. For what in your life do you feel most grateful?
3. If you could wake up tomorrow having gained any one quality or ability, what would it be?
4. If a crystal ball would tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
5. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
6. What is your most embarrassing moment?
7. Your house, containing everything you own, catches on fire.

After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?

8. What is your most terrible memory?

9. What is your most treasured memory?

10. What is the greatest accomplishment of your life?

This list, frequently referred to as “The Sharing Game,” can give us insight into our partners’ inner psyches. If we like what we see, this multilayered communication allows us to reach new levels of intimacy quickly.

So while I may not have mind-reading powers, I can use these questions to understand Jeff a little better and refresh our emotional connection.

But I’m still hoping to stop time.

Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit amyosmondcook.com.

Eva Mendes Gets Giggly Over Ryan Gosling on ‘Ellen’



Actress Eva Mendes appeared on the *Ellen DeGeneres Show*, and she managed to keep her rumored relationship with heartthrob Ryan Gosling under wraps – sort of. The talk show host didn't exactly assume that the couple was dating or that they'd ever even met, but she did get Mendes a gift to give to the *Crazy Stupid Love* actor in case she happened to run into him. Supposedly the two movie stars have something in common, and that's their love for onesie pajamas. "Because he likes them so much, when you see him – *if* you see him, if you run into him – I've got a gift that I think both of you would have fun [with]," DeGeneres joked, according to [People](#). "[This could] especially [work] as an icebreaker when you meet him for the first time."

What are some ways to keep a new relationship a secret?

Cupid's Advice:

You wouldn't want to spoil a new relationship by letting word get out too quickly! Cupid has some tips to keep things quiet until you're ready to go public:

1. Location: If you're going out on a date, don't pick a hot spot where you know there's the possibility of seeing friends or family. It will be fun to explore a new area and go to a restaurant that you've never been to before as a couple.

2. Rumor mill: The best way to prevent rumors is to withhold any kind of information that can get the mill churning. If you have friends or co-workers that you know are nosey-nellies, avoid talking about your new found crush in front of them.

3. Play it cool: When you start dating someone new it can be the only thing that's on your mind, but if you want it kept a secret, you have to learn to be subtle. If people question you, reply with a friendly answer and nonchalant tone to make it seem like it's not a big deal.

Have you ever had to keep a new relationship a secret? Share your comments below!

Molly Sims Celebrates Pregnancy at Baby Shower





Mom-to-be Molly Sims was all smiles on Saturday. The actress attended her baby shower at a private residence in Hollywood Hills, reports [People](#). The house was decorated with blue balloons and flowers and hosted around 50 guests. “[Sims] was smiling the entire time,” said one of the guests. “It was like she just couldn’t believe how lucky she is. She was so thankful everyone was there for her. Her husband [Scott Stuber] joined her at the end of the shower and Molly was beaming. She showed him all the baby presents and wouldn’t stop smiling.”

What are some ways to make your baby shower unique?

Cupid’s Advice:

Chances are, you’ve been to at least a handful of baby showers. Here are a few ways to make yours unique:

1. Creative theme: Instead of going for traditional colors like blue and pink, try picking a creative theme. If you’re having a boy, try a sports theme or for a girl, try a fairy tale theme.

2. Presents: Instead of receiving traditional gifts like stuffed animals and baby bottles, ask your guests to donate to charity. This way, you'll be making a difference instead of receiving multiple teddy bears for which you'll most likely have no use.

3. Games: Play a few games at your shower. Try baby-themed Bingo or have your guests play Twister while wearing a faux-pregnant belly.

Do you have any ideas for a unique baby shower? Feel free to leave a comment below.

Best Celebrity Moms (Who Also Make Great Wives)





By Che Blackwood

Making a relationship work is hard. Throw in full-time jobs, opposing schedules and nosey families, and it can be darn near impossible to find the time you need to make it work. Now, add children to the mix, and some might begin to assume you're attempting to commit partnership suicide. Any woman that has the privilege of being called Mom, or even those who've tried their hand at babysitting, knows that after making macaroni necklaces and finishing science projects, there isn't much time left at the end of the day to dedicate to yourself, let alone your partner. Fortunately, it is possible to fulfill your parental duties and keep your mate happy without completely sacrificing your sanity, shower time or friendships. While it may sound like an urban legend, these celebrity moms have found a way to make juggling kids, love and inner happiness look somewhat easy:

Related: [Snooki's Pregnancy – Can You Salvage Your Image?](#)

1. Victoria Beckham: This former Spice Girl ditched her Posh-like alter ego for a life of domesticity after marrying sexy

soccer player David Beckham in 1999. Four kids later, Mrs. Beckham can be found naming handbags from her clothing line after daughter Harper and taking her sons to FAO Schwartz. While it's obvious that Beckham is a [fun mom](#), she's also a stunning wife. Low-cut dresses and six inch heels keep this mama looking hot and since their last child isn't even a year old yet, it's obvious that after thirteen years, her style has kept her husband interested.

2. Gwenyth Paltrow: Paltrow makes sure her children, Apple and Moses, think she rocks by taking them to see their dad, Coldplay's Chris Martin, in concert as often as possible. On top of raising her children amongst some of music's biggest legends, she's also made a career out of mommy-blogging, dishing on the most kid-friendly restaurants and best toys. However, this celeb doesn't pretend that being a wife and mom is easy. She's reported that the pressure has caused trouble in her relationship, but in the end, commitment wins out. The actress reminds us that love can't overcome everything, but that the willingness to try sure can. Her devotion to her family makes her one of the coolest moms we know.

3. Jennifer Garner: Garner is the epitome of a laid back mommy. Regardless of her Hollywood status, Mrs. Affleck walks her children to school every day, is frequently spotted bringing her two daughters to the park and focuses on each of her children's individual interests. The actress is so humble that she had no problem dishing in an interview that her eldest daughter, 5-year-old Violet, called her fat. While a great attitude makes for a great mom, her bouncy personality has made her a great wife to actor Ben Affleck as well. In fact, he admitted publically that his wife's unique demeanor leaves him happier and more at ease than he ever thought possible. With their first son having been born a month ago, let's hope Garner can continue to keep this growing family happy.

4. Nicole Richie: This former party girl ditched her crazy

habits when she married rocker Joel Madden, but she didn't walk away from her almost natural ability to be hip. As a fashion designer, Richie has named a number of her companies after daughter Harlow. She's also performed on stage with her children's favorite show, *Yo Gabba Gabba*, and can be spotted bringing Harlow ice cream at ballet class and taking son Sparrow to the beaches of Malibu. With such a rocky past, Richie seems to genuinely appreciate and cherish every moment of motherhood. However, she hasn't forgotten the needs of her husband. The lovebirds continue to make time for each other, recently visiting Coachella, enjoying intimate date nights and making it a point to actively raise their children together.

Related: [Nicole Richie Gives Motherhood Advice to Pregnant Jessica Simpson](#)

5. Jessica Alba: This Hollywood actress went public about the pressure of raising a baby in the public eye after giving birth to her first daughter, Honor. After the birth of her second daughter, Haven, she's grown more accustomed to life in the limelight. Never photographed without her children, Alba manages to keep their lives as private as possible without sacrificing their time together. Ransacking her house, she has made her life kid-friendly by adding education into everything she does. Alba admits that raising children is hard, but by taking the pressure off of herself, this Bohemian beauty has turned into a baby-raising bombshell. She and husband Cash Warren have also taken the pressure out of their relationship by taking the time to hang out alone. Whether stealing a weekend away in New York City or sneaking in a day at the beach together, Alba has made it a point to keep her relationship fresh; and it appears to us that Warren couldn't be happier!

What other celebrity moms do you think should be on our list? Share your comments below.

'True Blood' Stars Anna Paquin and Stephen Moyer Are Expecting First Child



Anna Paquin has had no trouble showing off her happiness with her husband Stephen Moyer in the form of her growing baby bump. According to UsMagazine.com, the *True Blood* star said of having kids: "I have trouble planning anything more than brunch with my friends, but when the time's right, we'll do it." The time must be right, because the star is beaming about her pregnancy.

What are some ways to prepare for having your first child?

Cupid's Advice:

It can be difficult to plan for your first child, as it's filled with the unexpected. Cupid shares some tips:

1. Support: Find and keep in touch with your support group. It's good to have friends and family around, but it's also great to have people around you who are in the same situation with a new baby on the way.

2. Money: Babies cost money. Make sure you're ready financially for a baby. Diapers don't come cheap. Work hard to save in the nine months before your child is born.

3. Responsibility: Are you ready to be a new mother or father? Whether it means changing locations or revamping your lifestyle, it's important to have the right mindset going into parenthood.

What are some ways you prepared for your first child? Let us know.

Brian Austin Green Avoids Megan Fox Pregnancy Rumors





Actress Megan Fox and husband Brian Austin Green will be celebrating their two-year anniversary in Hawaii where they tied the knot back in June 2010. The two are open about their plans to reinvent the same atmosphere they had on their wedding day, but they're more hush-hush about the pregnancy rumors that have been floating around. "They've been saying that every three months ever since we got married, and it's sort of one of those things that they love to say," Green said according to [People](#). "I think it's interesting. I think there is a part of Megan that people really love that is, at 18 she found a relationship and she stuck with it, and we've been together for coming on eight years now."

How do you keep your pregnancy under wraps?

Cupid's Advice:

There are three people that really matter during your pregnancy – you, your partner, and your baby. Cupid has some tips to help you keep things quiet:

1. Keep it personal: Only tell the people that are close to

you like your parents and your best friends. If you start telling too many people, it will get around to everyone you're surrounded by very quickly.

2. Demand your privacy: Once people find out that you're going to have a baby, they're all going to want to put in their suggestions about how to go about everything. Make sure to demand your privacy so you can do things the way you want to do them.

3. Keep it a secret: Obviously you can't keep your pregnancy hidden forever, but it might be fun to keep it a secret until your baggy clothes or your anticipation can't hide it anymore!

How did you keep your pregnancy quiet? Share your comments below.

Which Avenger Would Be the Best Date?





While *The Avengers* certainly doesn't cater too much to the romance crowd, it does feature a cast of burly and charismatic superheroes that will have people swooning over them for months to come. Whether you want to be them or be with them there is no question that this cast is pretty incredible. But which Avenger is the best contender for a candlelit dinner?

Contestant #1: Iron Man-

Bio: Tony Stark (Robert Downey Jr.) used to be in charge of a major weapons manufacturer but changed his ways after a run in with terrorists in Afghanistan. Now he spends his money, which he has a lot of, creating and modifying his suit as Iron Man. Personality wise, Stark seems not to care about a lot of things, but if you get close enough you could mean the world to him.

Pros: With Stark's insane amount of money, you could have dinner in Rome once a week! Also, the guy has a great sense of humor, and when it comes down to it, he will do whatever he

needs to to protect what he loves.

Cons: Stark is known for being a playboy, so if you don't feel a real connection with the guy, he will move on to the next one. Plus he's a superhero, his job isn't exactly the safest in the world.

Contestant #2: Captain America-

Bio: Steve Rogers (Chris Evans) used to be a skinny nobody back in the early years of World War II. But after a doctor saw potential in him, he received the Super Soldier Serum, which put him at the peak of human potential. However, he ended up getting frozen in ice and waking up again in the present. Tough break.

Pros: Steve Rogers is genuinely a great guy. He will fight for whatever he believes in no matter how trivial or potentially devastating it may be. He is also perhaps the most humble of the Avengers.

Cons: The guy knows nothing of the world we live in today. The way the world works has changed a lot since the 1940s, something that may be a bit frustrating when trying to [connect](#).

Contestant #3: The Hulk-

Bio: Dr. Bruce Banner (Mark Ruffalo) became the Hulk after a freak accident involving Gamma radiation. Since then, he has had trouble controlling when he unleashes this horrific beast and remains in hiding from the government.

Pros: Banner is a pretty timid and overall nice guy. He could also defend you against just about anything.

Cons: You won't like him when he's angry. But seriously, your first fight could end in you getting crushed.

Contestant #4: Thor-

Bio: Thor (Chris Hemsworth) is literally a god. From the Norse realm known as Asgard, Thor was sent down to Earth by his father to learn how to be anything but arrogant, which he did before returning to his realm.

Pros: Thor has learned to be humble and proved in his own movie that he can handle a [date](#) pretty well. He could also show you the beauty of the cosmos like no one has seen before.

Cons: Since he's a god, he can be a little arrogant, even after he learned his lesson. He is also a little intense at times and doesn't have much of a sense of humor. Oh, and his brother is an evil mastermind that tried to take over the universe.

Contestant #5: Hawkeye-

Bio: Clint Barton (Jeremy Renner) is an agent for S.H.I.E.L.D. and known as the world's greatest marksman, wielding a bow and arrow as his weapon of choice. Not too much is known about him otherwise since he only had a brief cameo in last summer's *Thor*.

Pros: Barton is a confident man, one who is aware of exactly what he is capable of, a good quality in any significant other. Also, since he has no superpowers, he may not be as cocky as, say, Tony Stark.

Cons: As a part of the secret agent organization S.H.I.E.L.D., he probably has very little free time where he isn't battling the forces of evil.

Contestant #6: Black Widow-

Bio: Natasha Romanoff (Scarlett Johansson) is also a spy working for the secret agent organization S.H.I.E.L.D. Previously appearing as a side character in *Iron Man 2*, Black Widow is known to be able to kick some butt, and looks great while doing it.

Pros: She is beautiful, and a good person to have in a tight spot. Personality wise, she is pretty relaxed and has a fun sense of humor.

Cons: Like Hawkeye, the secret agent thing probably leaves Black Widow with very little free time. Also, if you are a guy, she is way stronger than you, and in some cases that might not be okay with you.

And the Winner is...Captain America!

Steve Rogers is an absolute dream come true. He's hot, he's smart, but most of all, he has more heart than the rest of the Avengers combined. Who cares if he is still in a 1940s mindset? That leaves him room to discover this far more advanced world by your side.

(Runner Up: Thor, just because much of his dialogue sounds like poetry.)

Disagree with our love for Captain America? Which Avenger would you want to date the most? Sound off below.

Carrie Underwood Says She's Not Ready to Start a Family





[Carrie Underwood](#) isn't feeling pressured by Hollywood. The [newlywed](#) country singer says she has no immediate plans to start a family with husband [Mike Fisher](#), reports [UsMagazine.com](#). "We're good [without kids]. I'm super busy and he is super busy. We are still newlyweds," said Underwood backstage at *American Idol* on Thursday. "I honestly think that if we brought a kid into it would mess things up right now! We're good right now!"

How do you know when you and your mate are ready to have kids?

Cupid's Advice:

Choosing to start a family is a difficult decision to make, especially when you're happy with the status quo. Here are a few suggestions as to when to start a family:

1. You want a family: If you find yourself eyeing babies you see at a local park or going gaga over your neighbor's daughter, it might be time for you to start thinking about a family of your own.

2. Financially secure: Even if you and your partner feel

emotionally ready for a child, you still need to be sure that you're completely prepared. Make sure that you have enough money set aside for child care and, eventually, college tuition.

3. Don't feel pressure: Don't feel pressured to start a family by your friends or by a supposed biological clock. With modern medicine and in vitro fertilization, it's possible to have children much later in life. It's okay to wait.

How did you know when you were ready to have kids? Feel free to leave a comment below.

Khloe Kardashian Is Making Marriage Her Main Focus





In spite of pressure from E! for a third season of *Khloe and Lamar*, Khloe Kardashian and Lamar Odom have made the joint decision to pull the plug on their show. According to UsMagazine.com, the decision was made in order to put family first. The couple reportedly blame the stress of the series for Odom being dropped from the Dallas Mavericks in April. They plan on spending their time off working to rebuild Odom's NBA career.

How do you support your spouse when they are facing a difficult time?

Cupid's Advice:

With the economic downturn, times are hard. If your [partner](#) is facing troubles either at work or in their personal life, it's time for you to be strong for them. Here are some ways to stand by your partner when things get tough:

1. Listen: Sometimes the best thing you can do for someone in trouble is to listen. Be their shoulder to cry on as they pick themselves back up.

2. Move forward: Don't dwell on the past or allow your partner to do so. No matter how bad things get, life goes on.

3. Remember nothing lasts forever: When you're going through a hard time, it often seems like it will never end. Keep reminding your partner and yourself that it's always darkest before the dawn.

How have you dealt with your partner's loss of a job? Share your story below.

Hollywood Couple Brad Pitt and Angelina Jolie Visit Legoland with Kids





Newly engaged Hollywood couple Brad Pitt and Angelina Jolie were spotted at U.K's Legoland with their children. According to *People*, Pitt and Jolie were "very much in love. And a really happy family." In past visits, Jolie took the children to Legoland on her own, but this time, her celebrity love was happy to tag along. After Legoland, the family visited a petting zoo, Odds Farm.

This Hollywood couple found a way to still be romantic while on a vacation with the family. What are some creative outings that can still be enjoyed by the parents?

Cupid's Advice:

It's great to have romantic dates minus the kids, but sometimes, it can be difficult to pull off. Taking a cue from this Hollywood couple, there's a way to focus on your

relationship and love and also be together as a family. Here are some love advice for date ideas that the whole family can enjoy:

1. A day in the park: The outdoors are the perfect place for your kids to let loose while you and your partner cuddle in the grass. Pull out a basket and make lunch a romantic picnic.

Related Link: [Celebrity Interview: Katherine Heigl Says 'Family Comes First'](#)

2. Beach love: At the beach, your kids can build sand castles and get their feet wet at the shore. At the same time, you and your sweetie can soak up some sun.

Related Link: [Chris Hemsworth Spends a Beach Day With Family](#)

3. Rainy day fun: Every kid loves to play in the rain! Let your kids get muddy while you and your partner dance in the rain.

What family outings have you and your partner been on? Share your comments below.

Lady Gaga and Taylor Kinney Split





Lady Gaga's hectic popstar lifestyle was just too much to handle along with her relationship with actor, Taylor Kinney. The couple had been dating for ten months, and have decided to take a break. A source told UsMagazine.com, "She will be touring nonstop until next year and has found she can't have relationship at the same time." Gaga and Kinney weren't what you'd exactly call the perfect couple either, a friend claims. "Taylor was all about himself, a typical actor, and didn't completely get Gaga." Maybe they were headed for a brick wall from the start.

How do you keep work from getting in the way of your relationship?

Cupid's Advice:

Sometimes it becomes hard trying to balance your work with your relationship, especially for popstars like Lady Gaga. Here are some ways to keep work from getting in the way of your relationship:

1. Finding the right balance: The most important thing is

doing well in work, but not letting it take up all your time. Once you're at home, forget all of the work stuff and just spend time with your significant other.

2. Prioritize: It becomes a problem if you begin making too many sacrifices for work, and not for your relationship. You need to make sure the people important in your life are given the kind of attention they deserve.

3. Take some time off: Work can be all-consuming, so take a vacation. Why not take some time off to spend a couple days with your partner? Every relationship needs that every once in a while.

How do you try and balance your relationship and work? Share your comments below.

Pros & Cons: Bonding With Your Man's Friends





By [Whitney Baker](#)

When you embark on a new relationship, you end up with more than just a great guy in your life. Soon enough, you will meet his friends, his family and his co-workers, and your social circle is immediately changed – for better or for worse. Some of these new friendships may come easy for you, while others may be a struggle. Either way, try your best to be open-minded: don't make assumptions about his friends or their feelings towards you and always be yourself. Remember that there are pros and cons to bonding with his buddies. Here are a few things to consider before introducing yourself:

Pros

1. Finding common ground with your man: It's important to understand who your boyfriend was *before* he was your man. One of the best ways to do so is by bonding with his friends. Friendships often have a huge impact on people, and by growing closer to his friends, you're often able to deepen the love that you share for him. Plus, seeing you bond with his friends is sure to charm your beau even more.

2. Going on fun group dates or vacations: Having “couple friends” is a great way to strengthen your relationship, and the best way to meet couples is through your current group of friends. Sure, a date night or romantic getaway for two is great, but it’s nice to have a group of friends for an impromptu party or weekend trip. The more, the merrier, right?

Related Link: [Relationship Advice: Marriage Survival Guide for Tough Times](#)

3. Expanding your inner circle: Thanks to your man’s friends, you may meet a new girlfriend or two. These new friendships will enrich your life as well as your romantic relationship. Knowing that he introduced you to some new fun people is bound to make your boyfriend feel good.

Cons

1. Acting like “one of the boys”: Your interests most likely vary from your beau’s, but when you’re bonding with his male friends, you may start to act like one of the guys, making him see you differently. It’s great that you enjoy hanging out with your boyfriend and his friends, but make sure to give your man some time alone with them. Give him a chance to miss you!

2. Neglecting your girlfriends: Bonding with your boyfriend’s friends may keep you so busy that you forget about your girlfriends. Who are you going to call when the weekend rolls around and he decides to take a boys-only camping trip? Sometimes it’s okay to do your own thing; having separate friends and interests will give you even more to talk about when you spend time together again.

3. Causing unnecessary drama: Your man may start to feel like you’d rather spend time with his BFF than with him; or, he may think that the two of you are moving forward with your friendship without him – even though he’s the reason you’re friends in the first place. Before you get too close to his

buddies, check in with your boyfriend and make sure he's okay with your new friendships.

When it comes to bonding with your man's friends, what has your experience been like? Share it with our readers by commenting below.

Giuliana and Bill Rancic to Witness Surrogate Giving Birth



Television couple, Giuliana and Bill Rancic, truly have

something to celebrate. After years of struggling to conceive and a terrifying fright with breast cancer last year, the couple will welcome a new child into the world via a surrogate. "We are so blessed! This truly is a miracle baby," said Giuliana Rancic to UsMagazine.com. The couple, who have been married since 2007, said that they will absolutely witness the birth and claim that this has been the happiest moment of their lives.

What are the advantages to welcoming a child via a surrogate?

Cupid's Advice:

One of the many wonders of modern technology has been the surrogate birth. Since so many stars rely on their bodies to make a living, it's becoming more and more common in Hollywood. Here are some advantages:

1. Less stress on your body: Welcoming a baby into the world is always stressful. However, when you aren't actually the one carrying the child and giving birth, you won't have to worry about losing the baby weight or missing work.

2. Experiencing the gift of life: Women who aren't physically capable of having children of their own can now do so thanks to the miracle of surrogate pregnancy.

3. Being happy parents: Families come in all shapes and forms. They also begin in many different ways, each of which is beautiful in its own way.

Are there disadvantages to having a baby via a surrogate? Share your comments below.