

# Fitness Tips: How to Workout After Having a Baby



By [Bonnie Griffin](#)

Working out after childbirth might seem like a daunting task. Your body is out of whack after pregnancy due to hormones that can linger up to six to eight weeks postpartum. Exercising will only make you stronger and will help you recover faster after giving birth to your new little one. According to *Prevention.com*, [Eva Longoria](#) has been following a strict [celebrity workout](#) and a healthy eating plan since giving birth to her [celebrity baby](#) boy six months ago, and it shows! This celebrity mom looks amazing. You might be interested in these [fitness tips](#) for working out after having a baby if you want your pre-baby body back.

# In these fitness tips, find out how working out will benefit you after having a baby!

Exercise after having a baby is recommended because you'll heal faster and build your strength while toning your muscles. Not only will it physically help you heal, but you'll be in a better mood and have more energy when exercising. Physical activity relieves stress and helps you to lose weight, which leads to you becoming a fitter and happier version of yourself. Cupid has some [fitness advice](#) to help you decide on a workout routine after having a baby:

**1. Abdominal exercises:** When you are a new mom, you'll want to start out with low-risk exercises such as abdominal bracing. For this exercise, pull in your lower tummy towards your spine and brace for a few seconds. These can be done three to four times a day in reps of eight to twelve. Stop working out if you experience any pain. Physical activity is beneficial, but not if you push your body too hard too soon.

**Related Link:** [Fitness Trend: Establish a Workout of the Day](#)

**2. Pelvic floor exercises:** Another low-risk option for new moms are pelvic floor exercises. You can sit and lean slightly forward while keeping a straight back. Squeeze your pelvic muscles for a few seconds. Do these in reps of eight to twelve.

**Related Link:** [Top 2019 Fitness & Wellness Trends to Watch](#)

**3. Walking:** Walking is another great way to exercise after having a baby. You can walk on a treadmill, or put your new son or daughter in the stroller. Take a nice walk around the neighborhood. Not only is it a good and safe exercise after childbirth, but it will get you out of the house for some

sunshine. It's also a fantastic mood booster!

**4. Swimming:** You'll want to avoid high impact workouts. Swimming is an ideal way to exercise post-childbirth. You can exercise without any of the impacts you'll experience with something like running. You'll have fun in the water, too!

**5. Rest after your workout:** When you're a new mom, rest seems like something impossible to come by with a newborn who isn't on your schedule. It is important to take a few moments after a workout to rest because it can help replenish your strength and leave you feeling rested and restored.

Working out safely after having a baby can improve your health and mood. Let us know some of your workout routines after having a baby in the comments below.

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## Parenting Tips: How to Deal with Empty Nest Syndrome





By [Ashleigh Underwood](#)

When you have a child, [parenting](#) becomes a big part of your life. You are invested in your kids, and much of what you do is about them and for them. What happens, then, when your children grow up and no longer need your constant care? Unfortunately, for many parents, the result is empty nest syndrome, causing depression and extreme loneliness. Thankfully, [PsychologyToday.com](https://www.psychologytoday.com) offers some helpful insights for dealing with these tough times.

**If you're struggling with Empty Nest Syndrome, worry not. Cupid is here to help, with five [parenting tips](#) to deal with your symptoms:**

**1. Talk it out:** In most situations, the best thing you can do is talk about how you feel. Getting your emotions out in the open allows for you to release some stress you have and to think out your problems. Opening up to your spouse or your



friends can also give you a new perspective on your feelings. Odds are they are going or have gone through the same situation.

**Related Link:** [Parenting Tips: How To Cope With Stress](#)

**2. Find new hobbies:** When her youngest children went off to college, [celebrity mom](#) Susan Sarandon took advantage of her free time. She jumped headfirst into her acting career and starred in a Broadway play. Whether you throw yourself into your work, like Sarandon, or take up painting, a new activity can easily distract you from your quiet home.

**3. Keep in touch:** Just because your kids have flown the nest, doesn't mean you can never talk to them again. Stay in contact! Every once in a while, check in with your kids and see what they are up to. This will keep you feeling close and connected with them, even while they're gone.

**Related Link:** [Parenting Tips: How to Connect with Your Teenager](#)

**4. Stay positive:** In hard times, it is easy to fall into a negative state. You can tell yourself every negative scenario in the book, but it will only make things worse. Instead, keep your head up and focus on the positives. Every situation is easier with a positive attitude.

**5. Prepare beforehand:** Before your children leave, take some time to prepare. Enhance your personal and social life so that you have something to look forward to when they are away. Make new friends, start new hobbies or even begin talking about your fears in advance.

**How do you deal with empty nest syndrome? Comment Below!**

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# Parenting Tips: See How Celebrity Moms Raise Their Children Without Gender Stereotypes



By [Marissa Donovan](#)

Some [celebrity parents](#) such as Megan Fox break away from gender stereotypes and raise their children to make their own choices on what they want to wear or who they want to become. Fox has been seen letting her first son Noah wear dresses because that is what he is most comfortable in. As a parent, Fox wants her children to feel confident in the choices they make and gender stereotypes can be detrimental to a child's growth.

# Check out how other [celebrity moms](#) are breaking away from gender stereotypes!

**1. Jada Pickett Smith:** Celebrity kids Jaden and Willow Smith has been making headlines for their actions, but Jada Pickett Smith always stands behind her children! According to [Usmagazine.com](#), Smith claimed to be a unconventional parent for how she allows her children to make their own choices instead of telling them what she validates as okay. Many people have been surprised by Jaden fashion choices and willow's choice to shave her head. She believes it's empowering to let her children put themselves first!



Jada Pinkett Smith  
and Jaden Smith.  
Photo: Facebook.com

**Related Link:** [Celebrity Children Who Are Just Like Their Parents](#)

**2. Adele:** Powerhouse singer Adele is not only a force to be reckoned with musically, but also has a voice when it comes to breaking gender stereotypes. In an interview with [Time.com](#), the singer expressed her excitement for the future

of her son Angelo. She excited to see who he will fall in love with, who his best friends will be, and what movies he will enjoy! So far it looks like Frozen has been one of his favorites since the celebrity child wore a Princess Elsa costume to Disneyland!



Adele. Photo: Marco Sagliocco / PRPhotos.com

**Related Link:** [Adele Is 'Thrilled' About Becoming a Mother](#)

**3. Carrie Fisher:** The legendary Carrie Fisher did not believe in enforcing gender roles on her daughter Billie Lourd. According to *Teenvogue.com*, the *Scream Queens* star was named Billie was one of ways Fisher showed that gender didn't matter. The celebrity mom took pride in showing her daughter that men and woman are equal and all that mattered was being a strong person!



Photo: praisethelourd/Instagr



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**Related Link:** [January Jones Opens Up About Being a Single Celebrity Mom](#)

**4. Bryce Dallas Howard:** Jurassic World star wanted her daughter to lead the way instead of instilling gender roles in Beatrice. According to [People.com](#), allowed her daughter to wear hand-me-downs from her brother Theodore. Her celebrity child was also bald for a long period of time and her gender did not appear prominent. Howard had no issue with what other people thought of her daughter because she was focused on letting Beatrice make her own choices.



Photo:

brycedhoward/Instagram

**Related Link:** [Celebrity Mom Jillian Michaels Admits It's Hard to Balance Workouts and Motherhood](#)

**5. Jillian Michaels:** Famous [fitness](#) trainer Jillian Michaels is okay with having her son Phoenix follow his daughter Lukensia's choices. According to [Huffingtonpost.com](#), Phoenix enjoys wearing heels and playing with dolls. Michaels does not tell her son these choices are off limits because she believes it's okay to like things that are traditionally stereotyped for girls only.



Jillian Michaels with daughter Lukensia. Photo: FAMEFLYNET PICTURES

Which celebrity mother is your favorite from our list? Let us know in the comments!

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## Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom





Interview by [Lori Bizzoco](#). Written by [Noelle Downey](#).

It's no secret that, when it comes to being a new mother, things can get pretty hectic. This sentiment certainly rings true for [celebrity mom](#) and former star of [The Bachelorette](#), [Ali Fedotowsky](#). She recently chatted with CupidsPulse.com about her best survival tips for maintaining work-life balance, how to find time for fitness, and her exciting partnership with healthy snack company, goodnessKNOWS. Plus, she dishes on all things *Bachelorette* and Rachel Lindsay's search for love so far!

## Celebrity Mom Ali Fedotowsky on How She Stays Fit

There's no doubt about it: Fedotowsky is busy! With her recent March wedding and her daughter Molly's first birthday coming up in early July (they're celebrating with a unicorn-themed backyard barbecue!), her life is filled to the brim with the happiest kind of chaos. So how does this reality TV star manage to do it all while also keeping herself sane? "For

me, it's about taking little steps to take care of myself," she shares in our celebrity interview. "For example, if I need some time to myself, I tell Kevin. I have an amazing husband who always tells me to go do what I need to do."

**Related Link:** [Celebrity Baby: Ali Fedotowsky Says She's Ready to Be Pregnant Again](#)

Even when she's not dishing about the latest styles on her thriving lifestyle blog or spending time with her sweet family, Fedotowsky doesn't let herself slack off. Since she became a new mom last year, she has committed herself to staying fit. "Sometimes, I'll do the tree pose while holding my daughter," she admits with a laugh.

She enthuses about her newfound love of yoga in more detail, saying, "Yoga is the best. Yoga is the only thing I do – I'm not a gym person at all. I love how I can do it at home. I love the convenience of it and how it shapes my muscles in ways other workouts don't." Seems that this familiar and fun form of exercise is the perfect mix of convenience and challenging for this busy celebrity mom!

## **Reality TV Star Reveals Partnership with goodnessKNOWS in Celebrity Interview**

Of course, it takes a lot of energy to stay fit and take care of your body. Fedotowsky swears that she has the secret weapon for keeping your energy up: goodnessKNOWS snack squares. The snacks, which combine essential vitamins with a delicious cruncy texture and great taste, are her lifesaver when it comes to eating healthy. "My girlfriends and I are all very conscious of what we put into our bodies," she reveals, "so we can have a little bit of wine and be naughty but also have the cranberry almond dark chocolate goodnessKNOWS snack squares."



They're only 150 calories for all four!"

In fact, the celebrity mom was so thrilled with goodnessKNOWS and their healthy snacking initiative that she recently took things a step further and partnered with them on a new project for National Yoga Day. "We did a Facebook Live stream. It's all about yoga and how you can do it at home and how good it can make you feel," she explains in our celebrity interview. She hopes to show other new moms that they don't have to be any kind of fitness guru to live their healthiest lives.

**Related Link:** ['Bachelorette' Alum Ali Fedotowsky Gives Birth to Celebrity Baby Girl](#)

## Ali Fedotowsky Dishes On the Newest Season of *The Bachelorette*

Every busy mama needs a break, and Fedotowsky is no exception. Just like so many of us, during her free time, she has been keeping up with the current season of *The Bachelorette*. "I love this season and Rachel," she enthuses. "I think she's poised, fun, articulate, beautiful – everything a *Bachelorette* should be!"

Of Lindsay's reality TV journey so far, Fedotowsky adds, "There are some guys who keep sneaking through the cracks. Like Lee is still there – that's a questionable decision." Ultimately, though, the lifestyle blogger believes that Lindsay is destined for love: "Rachel's not stupid. She knows what she's doing. I think she's doing an incredible job opening up her heart!"

To keep up with Ali, check out her lifestyle blog [Ali Luvs](#).

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# Top 5 Kid-Friendly Fashions That Celebrity Parents Love for Their Own Children



By [Noelle Downey](#)

There's no doubt about it, we all love to keep up with what the stars are wearing, whether on the red carpet or while stepping out of the gym, so we know what fashion standards to strive for with our own wardrobes. But what about when it comes to dressing our kids? While [celebrity fashion trends](#) for children featured in magazines can look adorable, are they actually kid-friendly? And do [celebrity kids](#) actually wear

them? Well, now your fashion fears are over! We here at Cupid's Pulse have compiled a list of the top five most fashionable brands that celebrity kids wear and [celebrity parents](#) love that your own favorite kiddos can't help but enjoy too!

## Keep your kids in style with these celebrity fashion trends for children that celebrity parents can't get enough of!

**1. Western Chief Rainwear:** If you want to keep your favorite kiddos dry and in style, why not invest in the brand that some of your favorite celebrity kids are wearing these days when the clouds roll in and the days get stormy. Western Chief is known for its adorable boots, raincoats, and umbrellas featuring characters your kid loves such as Batman, Hello Kitty, or Thomas the Train Engine. [Celebrity moms](#) from [Katie Holmes](#) to [Gwen Stefani](#) have been spotted out with their kids wearing these cute designs, so now is definitely the time to get the jump on this celebrity fashion trend for your kiddos! Keep them dry in this awesome rain gear so they can fashionably splash in puddles to their heart's content.

**2. The Mini Classy Harem Pants:** Every parent knows that kids love to run around and move freely when it comes to play time, so why not allow them to do it in style with these comfy harem pants from celebrity-approved line The Mini Classy? These loose and soft striped pants will give your kids plenty of wiggle room as they scramble up the climbing wall at the park or race to the dinner table for lunch. Not only are they comfy and fashionable, they're also (obviously) incredibly cute, and it's clear that celebrity parents everywhere agree. Superstars like reality TV star [Khloe Kardashian](#) and Mario Lopez have

grabbed a pair of these pants for their favorite kids, and now you can too!

**Related Link:** [Satin Is the Newest Celebrity Style for Spring!](#)

**3. Burberry:** Although Burberry certainly isn't cheap, if you're looking to splurge on something red-carpet worthy for your little one, look no further than Burberry's kids line. Grab one of Burberry's signature checked coats to keep your child toasty on nippy fall nights or cold winter mornings, or bundle them in a Burberry sweater with matching scarf for a chic look that will also keep them warm and glowing all winter long. After all, they'll certainly be in good company, with celebrity parents like [Victoria Beckham](#) and [David Beckham](#), [Tom Cruise](#) and Katie Holmes, and Khloe Kardashian and Scott Disick also choosing to dress their children in this fashionable line.

**4. Stella McCartney Kids:** If you're looking for a line that is probably one of the most-used when it comes to famous parents dressing their celebrity kids, look no further than Stella McCartney Kids. Stella McCartney not only features fashions for fabulous adults, she also caters to cute kiddos with a line featuring clothes that are both comfy for kids and incredibly fashionable. Who's been spotted dressing their kids in this brand name? Everyone from singing superstar Madonna to [Jessica Alba](#), [Angelina Jolie](#), [Brad Pitt](#), and David Beckham. If you're looking to dress your child in comfy clothes made for the stars, Stella McCartney Kids may just be the way to go.

**Related Link:** [Product Review: Get This Spring's Parenting Must Haves!](#)

**5. Luna Leggings:** For a fun and funky twist on a traditional black legging, try these fun, celebrity-parent-approved leggings, which mix fashionably bright patterns and colors with durability and comfort for a kids clothing item that's both on trend and on point. *How I Met Your Mother* star and



celebrity mom Alyson Hannigan has been spotted out with her daughter Satyana sporting these leggings many times, and Sarah Jessica Parker and Matthew Broderick's adorable twin girls have also been seen in these Luna originals during some of their rare public appearances.

What do you think of these celebrity fashion trends for kids? Are they too cute for words, or just not your cup of tea? Let us know in the comments!

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## Celebrity News: Katherine Heigl Gushes Over Marriage and Kids





By [Noelle Downey](#)

It's official! Katherine Heigl absolutely loves her family life. Recently in [celebrity news](#), Heigl gushed to [EOnline.com](#) on the red carpet of her movie premiere about her love for her three children and the secret to her long-lasting and incredibly happy [celebrity relationship](#) with her husband. "I think honestly, that we just are really good friends," Heigl confessed about her longtime love, Josh Kelley, "We're sort of best friends, we get along really well, we have a really good time together. We have our moments, like any couple, so we just sort of cling to that friendship when stuff gets hard." Kelley and Heigl have been married for nearly ten years and have three children, Naleigh, Adalaide and Joshua, and the [celebrity mom](#) joked that she's all in for more. "I'm kind of like, 'Let's have four or five' and Josh is tapping out," Heigl confessed, adding that whether or not there are more [celebrity babies](#) on the horizon for her and her hubby, her daughters are adjusting incredibly well to new family addition, four-month-old Joshua. "They're fawning all over him," Heigl admitted with a huge smile.

# This celebrity news has us very happy for Katherine Heigl! What are some secrets to a long-lasting relationship?

## Cupid's Advice:

Heigl and Kelley seem to have figured out the set of secrets that help them build a blissfully happy marriage. Here are Cupid's top tips on how to have a relationship as happy as this [celebrity couple's](#):

**1. Build a strong friendship:** Just as Heigl says that she and Kelley are "best friends," it's important for you to feel the same way about your romantic partner. Building a firm friendship is a necessary and strong foundation for any romantic relationship, and knowing that someone always has your back is vital in any long-term partnership. Romance is important and intimacy is a must, but friendship adds a warm glow and allows love to flourish even in times of hardship.

**Related Link:** [Katherine Heigl & Josh Kelley Move to Utah](#)

**2. Prioritize your relationship:** The best couples are those that make time for each other even in the busiest seasons of their lives. If you're constantly pushing quality time with your significant other or spouse to the bottom of your priorities list, it's time to take a good hard look at how much you're contributing to this relationship's success. With work, kids and other time commitments, making time isn't always easy, but it's necessary in order to make sure your relationship is still healthy and strong years after you first fall in love.

**Related Link:** [Celebrity Interview: Katherine Heigl Says](#)

## [“Family Comes First”](#)

**3. Be honest about your needs:** Even in the best relationship, it's likely that you will go through rough patches if you stay together long-term. If you're feeling as though your partner isn't truly meeting your needs the way you want them to, be open with them about it. Make time for an honest, calm discussion, and prepare yourself to listen and be receptive if they have concerns for you as well.

These celebrity parents are clearly knocking it out of the park when it comes to caring for each other and their family. What are some of your tips for making sure your relationship stays strong through any kind of weather? Let us know in the comments!

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# Celebrity Interview: Stylist Rachel Zoe Shares Her Tried and True Tips for Organizing Your Life in the Most Fashionable Way







Interview by [Lori Bizzoco](#). Written by [Noelle Downey](#).

When you're constantly on-the-go, living your best and busiest life, it can be difficult to find the time to stay both organized and on trend. Designer, author, entrepreneur, and [celebrity mom](#) Rachel Zoe knows all about this concerning conundrum. Fortunately, she recently spoke to CupidsPulse.com in an exclusive [celebrity interview](#) about how to prioritize and keep life mess-free. Watch the video above for her best tips for a fashionable, focused, and clutter-free life!

## Celebrity Interview with Fashion Stylist Rachel Zoe

Zoe is not only a fashion icon and successful professional; she's also the mother to two adorable boys: Skyler, 6, and Kaius, 3. When she's not being a super mom for them, she and her handsome hubby Rodger Bergman are taking the fashion world by storm with Zoe's designer label, online fashion periodical *The Zoe Report*, and her sensational style books. So what's her

best advice for keeping things in order while still having it all? “Well, staying organized – it’s hard. In my personal life, it’s a lot of staying on top of ever-changing weather and keeping my go-to items in the forefront of my closet,” she shares.

**Related Link:** [Fashion Advice: ‘Wow’ the Crowd with Color](#)

Not only does this make Zoe’s getting ready process “easier,” but she also gets a head start when it comes to refreshing and reorganizing. “I think it’s just about cleaning – cleaning everything, from your beauty cabinet to your car – and staying organized because you’ll actually feel better,” she confides.

Of course it’s not *just* about killing it when it comes to keeping things clean. The stylist also dishes about what to keep and what to part with when it comes to revamping your style. “Definitely get rid of the things that you have not worn in years. When there’s nothing about you that relates to this thing anymore, it’s time to get rid of it,” she advises.

## Celebrity Mom Rachel Zoe Talks Spring Cleaning

But what’s her secret weapon for making sure her busy lifestyle and two kiddos don’t get in the way of a pristinely clean environment? “I’ve partnered with Lysol on talking about this incredible product,” she reveals. “It’s actually a Laundry Sanitizer. Especially since we have young children, we’re always washing their blankets and bedding and clothes, and adding this Laundry Sanitizer makes everything you wash virtually free of all harmful bacteria.”

She has also designed a limited edition blanket to show how the sanitizer works and keep your little ones stylishly cuddled and clean. These products are a lifesaver, perfect for busy moms who want to avoid the leftover bacteria that other

cleaning methods might leave behind. “Knowing that I’m taking the germs out of what my kids wear every single day is a life-changing thing for me,” Zoe enthuses.

**Related Link:** [Celebrity Fashion Trend: Break Out the Floral Print](#)

Of course, getting organized is just the first step to looking fabulous. You also need to stay on-trend! Zoe let us in on some insider info for how to look stylish as the weather warms up. “I always have a lot of jackets,” she shares. “I love a lightweight jacket in a natural color, like camel, blush, or white. It looks really fresh for spring.” You heard it here first: Jackets are the must-have staple of your wardrobe for spring according to this famed fashionista!

From start to finish in this celebrity interview, the designer looked calm, confident, and, of course, effortlessly chic. This celebrity mom has certainly cracked the code to living an organized, successful, and stylish life – and now, thanks to her tips, so can you!

*To learn more about Rachel Zoe, visit her website [The Zoe Report](#), or check out her [Instagram](#), [Twitter](#), or [Facebook](#).*

*Want to watch more videos from Cupid’s Pulse? Check out our [YouTube channel](#).*

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**Product      Review:      Celebrity**  
**Moms              Use              Diono**

# Convertible+Booster Car Seat For Travel



*This post is sponsored by Diono.*

By [Mallory McDonald](#)

[Celebrity mom](#) Giuliana Rancic makes sure that her [celebrity son](#) Duke is always in his Diono Convertible+Booster Car Seat before going anywhere in the car. Ali Landry recently attended the 5th Annual Red CARpet Safety Event and also adored the Diono Radian RXT Convertible+Booster Car Seat. The Radian RXT is the ultimate in car seat safety with reinforced extra deep side walls providing enhanced side impact protection for little travelers. Diono is committed to providing safety for your kids in style. This car seat is made with premium materials and thoughtful safety features like a steel alloy



frame, aluminum reinforced side walls, energy absorbing EPS foam, and a reinforced adjustable head support keep your little one safe and sound. You will never have to worry about the safety of your child while feeling chic and trendy for a retail value of \$359.99!

**You and your child can feel safe and famous riding with the [Diono Convertible+Booster Car Seat](#) and Diono's Organization & Travel Accessories!**



Diono's must-have organization and travel accessories!

### **Stow 'n Go™**

The Stow 'n Go keeps everything organized for \$10.99 and is easy to find when you need it. It is an under the seat organizer and has three full sized pockets in a washable, waterproof fabric. Features individual panels of high-density foam that contour to any vehicle seat and protect upholstery from the permanent indentations caused by child safety seats.

Non-slip surfaces on the top and bottom prevent slipping and sliding of child safety seats.

### **Travel Pal™**

The travel pal was designed to keep those small toys that float around your car organized. It has a deep cargo bin for toys and lots of pockets for smaller things, too. Plus it includes insulated drink holders and the entire cargo area is waterproof – just in case. Travel Pal fits between two child car seats and it's big enough to hold everything for both children! Arguably one of the best organizers for \$15.99.

### **Pop Up Trash Bin™**

This collapsible storage bin pops open when needed for those extra toys or for trash. The drawstring top keeps items secure and it is made with water resistant fabric as spills are a daily occurrence in parents cars. The retail value is only \$7.99 and it collapses flat for storage and travel. 7" W x 8" H. Takes Bag It disposable trash bags (not included).

### **Stuff 'n Scuff™**

The Stuff 'n Scuff also features washable, waterproof fabric to keep the messes to a minimum in the back of your car. The pop open design maintains its shape providing full seat protection and the cargo pocket holds everything. Fastens easily around any headrest and the adjustable lower tab secures it in place. It folds so you can easily store it in the car on the go! Make your car feel brand new with the Stuff 'n Scuff for \$10.99.

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# Product Review: Listen To Your Baby's Heartbeat On Repeat With "My Baby's Heartbeat Bear"



*This post is sponsored by "My Baby's Heartbeat Bear"*

By [Nicole Caico](#)

Hearing your baby's heartbeat on an ultrasound is one of the most precious sounds in the world. Most expectant moms would listen to their baby's heartbeat over and over again if it were possible. Well, now it is! Former *Bachelorette* star turned celebrity mom, Ali Fedotowsky gave us the [celebrity news](#) about a product called [My Baby's Heartbeat Bear](#) on her

# Listen To Your Baby's Heartbeat Forever With 'My Baby's Heartbeat Bear'

The former reality TV star is in her last month of pregnancy and mentioned the "My Baby's Heartbeat Bear" as a must-have item for her nursery. Here's how it works. Expectant moms can choose a Heartbeat Buddy in the shape of a giraffe, teddy bear, hippo, elephant, monkey, lamb and much more. With all of the options offered, there is a Heartbeat Buddy to match every nursery. You can even coordinate the color of the stuffed animal for gender reveals.

Each stuffed animal comes with a heart shaped recorder that can be taken to an ultrasound appointment in order to record the sound of the baby's heartbeat. Once the sound is captured, the recorder is placed inside the stuffed animal, which is then tied and velcroed shut. From that point on, anytime Mom wants to hear the sound of her baby's heartbeat, she can squeeze her Heartbeat Buddy and feel the excitement all over again, and again, and again.

If you're expecting, now is the time to look into buying "My Baby's Heartbeat Bear".

**GIVEAWAY ALERT:** One lucky reader will now have the chance to win a My Baby's Heartbeat Bear by entering our giveaway! The bears are going fast. To enter, complete the form on our Contact Page. Pick "Giveaways" in the drop-down menu and include your name and address as well as "My Baby's Heartbeat Bear" in the message field. Our giveaway ends at 5 p.m. on August 8.



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# Celebrity News: Wendy Williams Talks Celebrity Mom Kelly Rutherford Losing Custody Battle & Appeal!



By [Emma Malefakis](#)

Today, the one and only Wendy Williams sent the CupidsPulse.com team another SHOUT OUT, asking for our readers opinion on the final ruling in celebrity mom Kelly Rutherford's custody battle with ex-husband, Daniel Giersch.



As many of you know from watching this intense celebrity news and gossip play out over the past six years, the celebrity couple divorced in 2010, just four years after they met. The international custody battle has been going on ever since.

**Related Link:** [Wendy Williams Gives Gavin Rossdale A Piece of Her Mind Surrounding New Celebrity Couple Gwen Stefani & Blake Shelton!](#)

The six year battle has finally come to an end for the moment and not in Rutherford's favor, even after she was said to have spent \$1.5 million on legal fees. Rutherford's ex-husband, Giersch has been awarded full custody of their two children, six-year-old Helena and nine-year-old, Hermes. The celebrity mom will only be allowed to visit her children in Monaco or France.

## **Breaking Celebrity News: Kelly Rutherford loses appeal by the U.S. Courts following custody battle.**

**Related Link:** ['Gossip Girl' Star Kelly Rutherford Gets a Court Date for Marital Battles](#)

Many believe the *Gossip Girl* star's actions in August are what lost her the case. Rutherford disobeyed a Monaco court order and tried to keep her children in New York over the summer, Giersch and his lawyers accused her of child abduction and kidnapping. Watch the clip above to hear what Wendy has to say about this celebrity news and hot topic, and then share your opinion below!

At the end of the day, we find the agreement to be a little harsh. No mother should be taken away from her children unless of course she is creating harm to them.

Please comment below and let us know what you think.

**What do you think about celebrity mom Kelly Rutherford losing both her custody battle and appeal?**

It's Wendy's Holiday Gift Grab!

Watch The Wendy Williams Show weekdays through December 18, 2015 and follow [@WendyWilliams](https://twitter.com/WendyWilliams) on Twitter for details on how to win one of this year's hottest gifts!

**NO PURCHASE NECESSARY.** Sweepstakes starts 12/17/15 10:30 a.m. ET and ends 12/18/15 10:00 a.m. ET. Subject to Official Rules available at <http://community.wendyshow.com/giftgrabrules>.

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## Celebrity Babies Ride In Style With The Diono Pacifica Car Seat





*This post is sponsored by Diono.*

By [Emma Malefakis](#)

We are all familiar with the hustle and bustle of the holiday season. There's no doubt that this time of year requires more traveling than usual. Between car rides from one holiday party to the next and long plane rides to visit family living far away, most of your time is spent on the go. Next time you prepare the kids for a long trip, don't do it without the [Diono Pacifica Convertible and Booster Car Seat](#). In the latest celebrity baby news, Hollywood couple Alessandra Ambrosio and Jamie Mazur choose the Diono Pacifica's style and safety for their [celebrity baby](#).

## Every Child is Treated Like a Celebrity Baby with the Diono Pacifica Car Seat

The new Diono Pacifica car seat brings safety to a whole new level with its full steel frame and reinforced extra side wall

cushioning for enhanced impact protection from all angles. The Diono Pacifica is perfect for little travelers of different ages and sizes. Its rear facing capabilities protect children who are anywhere between 5 to 50 pounds. Forward facing, it comfortably seats children anywhere from 20-90 lbs with a 5-point harness. The Diono Pacifica is a purchase that will last for years. It even converts into a booster seat as your children grow from 50-120 pounds, or up to 57 inches.

Installation is far from difficult with its unique SuperLATCH system and removing the seat is just as easy. No reason to rethink date night when you can easily remove the seat and give it to your relatives or sitter, if needed. The Diono Pacifica folds flat for travel and is FAA certified, so vacations can be less stressful. Its unique space saving design provides a spacious interior for your child while allowing extra space for other passengers in your growing family. The Safety Synergy technology is also NCAP crash tested, verifying child seat performance in even the most severe accident conditions, ensuring the safest travels for your children.

**GIVEAWAY ALERT:** One lucky reader will now have the chance to own a Diono Pacifica Convertible and Booster Car Seat (Retail Value \$340) just by entering our giveaway! To enter our giveaway complete the form on our [Contact Page](#). Pick "Giveaways" in the dropdown menu and include your name and address as well as "Diono Pacifica Convertible and Booster Car Seat" in the message field. You'll also need to follow us on [Facebook](#), and comment on our Diono Pacifica post. Our giveaway ends at 5 p.m. on Dec. 21.

Wishing you the best of luck!

*For more details on the Diono Pacifica Car Seat, check out Diono's [www.facebook.com/DionoUSA/?fref=ts](http://www.facebook.com/DionoUSA/?fref=ts), Twitter [@DionoUSA](https://twitter.com/DionoUSA), and [www.instagram.com/dionousa/](http://www.instagram.com/dionousa/).*



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# Gwen Stefani Drops New Music Video About Her Celebrity Divorce



By Kyanah Murphy

Gwen Stefani has been keeping herself busy in the studio thanks to her [celebrity divorce](#) with Gavin Rosedale. Stefani surprised everyone with her new single “Used To Love You” at the MasterCard Priceless Surprises concert in New York City on Saturday, Oct. 16, according to [UsMagazine.com](#). On Oct. 20, bright and early, Stefani released a minimalist “music video” for the new song on her Facebook page. The emotional video and



lyrics seem to shed some light on the former celebrity couple's declining relationship. Though this is a hard time for the celebrity mom, the former celebrity couple have said that they will remain on amicable terms for their children.

## **This celebrity divorce is a great example of handling a bad situation positively! What are some ways to handle post-split heartache in a positive way?**

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

You don't have to be getting a celebrity divorce to feel tremendous heartache over the end of your relationship. The key to handling your heartache is in how you handle it. Cupid has some tips on how to positively handle your breakup in a positive way:

**1. You could be like Gwen Stefani and sing about it:** Let your feelings out through writing. You don't have to sing about it, but getting your thoughts down onto paper (or a document) will help you release your negative feelings.

**Related Link:** [Gwen Stefani and Gavin Rossdale Split After 13 Years of Celebrity Marriage](#)

**2. Repeat positive self-affirmations:** You may be going through a breakup, but that doesn't mean you don't deserve love and care. Remind yourself of that and remind yourself of your positive qualities.

**Related Link:** [Former Celebrity Couple Kris Jenner and Caitlyn Jenner Have Moved Past 'Vanity Fair' Drama](#)

**3. Keep yourself busy:** Hang out with friends, pick up a new

hobby (or one that has been forgotten), take up a class, or even volunteer! Do something that makes you feel good inside.

**What are some ways you've positively handled a breakup?  
Comment below!**