

# Celebrity Parents: Reese Witherspoon Admits to Being 'Terrified' to Become a Mom at 22



By

Carly Silva

In the [latest celebrity news](#), Reese Witherspoon got very honest on *The Drew Barrymore Show* when the megastar talked about balancing motherhood and work in her early career. According to *EOnline.com*, the [celebrity parent](#) admitted to being “terrified” to become a mother after getting pregnant at age 22.

# Celebrity parent Reese Witherspoon is opening up about the feelings she had when she was pregnant at 22. What are some ways to keep your fear at bay while pregnant with your first child?

## Cupid's Advice

Getting pregnant for the first time can most definitely be scary. If you're a soon-to-be mother looking to keep your fear at bay while pregnant, Cupid has some advice for you:

**1. Read about motherhood:** One thing you can do to relax your fears is to start reading. If you get more knowledgeable and familiar with the idea of motherhood, it might not scare you so much anymore.

**Related Link:** [Celebrity Baby News: Former Glee Star Lea Michele Gives Birth to 1st Child with Husband Zandy Reich](#)

**2. Look for support from others:** Reach out to other women going through the same thing is a great way to get support and reassure yourself that you aren't alone. Many mothers have the same fears, so it may be helpful to talk and relate to them.

**Related Link:** [Celebrity News: Hailey Bieber Says She and Justin Haven't Made Any Quarantine Babies](#)

**3. Try to focus on the excitement, not the fear:** Even though you might be overcome with fear during your first pregnancy, try to focus on the excitement and joy you will experience once your baby is born. This will help you to stop focusing on your nerves and be able to love the little one you're expecting.

What are some ways to keep your fear at bay while pregnant with your first child?

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# Celebrity Parenting: Victoria Beckham Shares How Motherhood Affected Her Body Image



By

Ahjané Forbes

In [celebrity news](#), “I accept who I am,” said former Spice Girl, [Victoria Beckham](#), as she opened up to *Glamour UK* about being a mom and her body image. The [celebrity parent](#) has

revealed that she has struggled with body image in the past. After having a baby, your body will change, but it's up to you to have a positive outlook on it. The model explains that your children will notice you not taking care of yourself or having a body positivity issue. Beckham says that teaching your children how to love themselves will help you love yourself more. She commented on her body now saying, "I make the best of who I am!"

## **Even in celebrity parenting, there are insecurities. What are some ways to combat body image insecurities after having a child?**

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

Body image insecurities have become the new normal. Certain body types are viewed as "most acceptable" or "most appealing". However, body types that are outside that realm are considered "unacceptable" and "unattractive". Cupid has some advice about staying positive after having a child:

**1. Be YOU!:** You're still that same person you are before you had a child. It's important to keep a positive mindset. Our bodies go through changes over time, so don't start saying things like, "I looked like this at one point" or "I was this size". Don't put yourself in a category; love who you are.

**Related Link:** [Fashion Trend: Tadashi Shoji Dresses You Cannot Miss Out On](#)

**2. Try something new:** Doing a new activity or meeting new people can switch your mindset from a dull one. Join an exercise class with other moms, and start from there. Surrounding yourself with women who are going through the same thing as you are will lead to you empowering each other.

**Related Link:** [Celebrity Workout: Group Classes That'll Have You Sweating With Obsession](#)

**3. Go shopping:** Yes, your body has changed, but that does not mean you have to stop looking gorgeous. You might need to change your size, your store, or your taste. Start simple by buying a top, a new pair of denim jeans or even a mini dress. Put that outfit on and walk your baby through the mall with confidence. You'll be surprised by how many compliments you'll get. You might even inspire another mom to be just like you!

**What are some ways you coped with body image after having a child? Let us know in the comments below!**

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## **Celebrity News: 'RHOC' Alum Alexis Bellino Takes Next Step with Boyfriend Andy Bohns**





By

Katie Sotack

In [celebrity news](#), *Real Housewives of Orange County* alum and [celebrity parent](#) Alexis Bellino recently took the next step in her relationship with her boyfriend, Andy Bohns, and introduced him to her children. According to *UsMagazine.com*, the family merged together during a boat outing on Father's Day. Bohns has children of his own, making the decision to blend families extra challenging. Bohns' ex-wife recently pleaded through her crisis manager that the couple be extra considerate when posting on social media for all the children involved.

**In this celebrity news, Alexis met her boyfriend's kids. How do you know when it's time to introduce your partner to your child(ren)?**

**Cupid's Advice:**

Celebrity couple Alexis and Andy are blending families. With consistency and thought your kid(s) may grow to love your S.O. as much as you do. Here are some tips to finding the right time to introduce your partner to your child(ren):

**1. You see a future:** If you're picturing your future and it has to have this person in it, it's time to introduce the family. You can't very well go on living two separate lives and your kids are a nonnegotiable. In time in getting the two parts of your life to be one.

**Related Link:** [Celebrity Couple News: Katherine Schwarzenegger Calls New Husband Chris Pratt a 'Wonderful Husband' on Father's Day](#)

**2. You've primed your kids:** The little ones know you're going out with someone special every night and they're dying to be let in. You've spoken to them about your relationship and supported the idea that their mom will always be their mom/their dad will always be their dad. If the trend continues it's time to introduce your partner to your family.

**Related Link:** [Parenting Advice: 7 Ways to Help Your Partner Cope with Postpartum](#)

**3. Enough time has past:** Even if the other two tips are right on the money, consider waiting six months to a year. Each individual you introduce as a part of your kids lives is going to make a huge impact. If you break up that'll be tough enough for you, let along the kids. Make sure this one is going to last.

**When did you know it was time to introduce your child(ren) to your partner? Share in the comments below!**

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# Celebrity News: 'Bachelor' Alum Arie Luyendyk Jr. Defends Wife Lauren After She Leaves Infant at Home



By

Katie Sotack

In [celebrity news](#), *Bachelor* alum, Arie Luyendyk Jr, and wife Lauren Burnham are putting up a united front when it comes to their child. Celebrity parent Lauren left her one week old home for a luncheon with her sister. Social media users attacked, claiming Lauren left baby Alessi too fast, but Arie has come to his wife's defense. According to *UsMagazine.com*, the star responded that it was his idea and "[t]o all the



negative comments regarding leaving her with grandma for a 45min lunch, cut her some slack!"

## **In celebrity news, Arie is coming to the defense of his wife's parenting decision. Why is providing a unified front as parents so important?**

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

Parenting is hard enough as it is. If partners aren't on the same page publicly, it leaves room for all the nosy nobodies who claim to know better for your baby. A unified front is essential to a clear message for both your child and others. Here are some ways to hone that message:

**1. Back your baby mama/daddy:** It's important to demonstrate agreement in front of others and have each other's backs. Even if you're not 100% sold on their decision leave that discussion for a more private time.

**Related Link:** [Celebrity Parents: Mindy Kaling Opens Up About Single Parenting and Hard Work](#)

**2. Confess to disagreeing (behind closed doors):** No couple sees child care the same way all the time. Have an honest discussion with your partner about compromising on the way to raise your kid and what you want for them in life.

**Related Link:** [Celebrity Baby News: Roger Mathews Defends Estranged Wife Jenni 'JWoww' Farley Amid Parenting Criticism](#)

**3. Share your observations:** Talk about the time spent caring for your children and what you've observed about them. As different people you'll likely pick up on different aspects of

what the kids' need. By sharing this with your partner you'll merge perspectives and have an easier time finding common ground.

Unified fronts in parenting are greatly important. How do you and your co-parent stay on the same page? Share your comment below.

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## Celebrity Parents: Mindy Kaling Opens Up About Single Parenting and Hard Work



By

Katie Sotack

Celebrity parent Mindy Kaling has opened up about life as a busy career woman and single parent. After giving birth to her daughter, Katherine in December 2017, Kaling hasn't felt the need to slow down, according to *EOnline.com*. She is currently working on a TV show for Netflix and a movie for Hulu while promoting *Late Night*, a film she wrote and in which she acted. Though she's loving working hard now, Kaling says she'll eventually have to slow down when Katherine's older as there's no father to pick up the slack.

## **This celebrity parent is juggling single parenting and a busy career. What are some ways to juggle parenting and work?**

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

It's hard enough being a parent, and it's even harder having both a job and child(ren). Cupid has some tips on how to juggle the two:

**1. Know what's important, and show up:** Have your priorities in order. If it's your child's second birthday, tonight is the night to miss the office networking at the Chili's downtown.

**Related Link:** [Celebrity Parents: Exes Drew Barrymore & Will Kopelman Reunite for Daughter's Graduation](#)

**2. Keep organized:** List out what you need to do today and in what order. This will keep you on track and have the added bonus of feeling accomplished when you cross off what you've done!

**Related Link:** [Celebrity Parents: Duchess Meghan Plans to Take](#)

## [Baby Archie to NYC Over the Summer](#)

**3. Sneak in some me time:** Whether it's an hour at the gym or a glass of wine after the kids are in bed, find time for yourself. You can't fill up your kid's cup or career's cup with an empty pitcher.

**How do you manage your time as a parent and employee? Share your comments below.**

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# **Celebrity Parents: 'Teen Mom 2' Alum Jenelle Evans & David Eason Lose Custody of Kids After Legal Battle**





By

: Emily Green

In the latest [celebrity news](#), *Teen Mom 2* alum Jenelle Evans and her husband David Eason lost custody of Evans' three children on Tuesday, May 28, according to *UsMagazine.com*. The [celebrity couple](#) went before a judge in North Carolina, who ruled that Evans "failed to protect the children while in her care," which resulted in her oldest son (9), and daughter (2) being placed in the care of Evans' mother, while her youngest son (4) will stay with his biological father.

**These celebrity parents lost custody of their kids after legal proceedings. What are three ways to keep custody battles from affecting your children?**

**Cupid's Advice:**

Custody battles are hard times for any family. They can put enormous stress on not only the parents involved, but the children as well. Here are some of Cupid's tips to make sure that custody battles don't affect your children:

**1. Remind them that it is not their fault:** Some children may think that their parents splitting up may be because of something they did. Make sure your children know that they did nothing wrong, and the argument at hand is between you and your former partner, and they had no cause in getting to this point.

**Related Link:** [Celebrity Exes Brad Pitt & Angelina Jolie Reach Child Custody Agreement](#)

**2. Tell them you love them:** While you and your former partner may not be on good terms anymore, make sure your children know that no matter the outcome, it does not mean you don't love them any less. Even if your children won't be living with you after the fact, have them know that you will always be with them in their hearts, even if you are not able to be there physically.

**Related Link:** [Celebrity News: Kevin Federline 'Tried to Settle' Custody Battle with Britney Spears Outside of Court](#)

**3. Remind them and yourself, that this is in their best interest:** A custody battle would not be occurring without viable reasons, whether it be on your part or your former partner's. Take the time to remind your children that doing this will only benefit them, and give them a chance for a better future.

**What are some more ways to keep custody battles from affecting your children? Share your thoughts below!**



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# Celebrity Parents: Bradley Cooper Says Fatherhood Has Changed Him In 'Every Way'



By

[Mara Miller](#)

In [celebrity news](#), celebrity parent [Bradley Cooper](#) admitted that fatherhood has changed him to Ellen Degeneres on Thursday, April 25th, according to *UsMagazine.com*. "I think, like, every way. It allowed me to embrace my childlike self without any sort of fear or judgement." Bradley's daughter, Lea, recently turned 2 in March. He also admitted that he

doesn't believe in the terrible twos and has no qualms about watching cartoons all day with his daughter.

## **Celebrity parent Bradley Cooper is living a new life after welcoming his daughter. What are some ways parenthood can change you?**

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

We all change to some degree after we become parents or are about to become parents. Here are some ways it can happen:

**1. Saturdays:** Remember when you used to love sleeping in late and then hoofed it straight to the coffee pot only to binge watch your favorite show? You might have even treated yourself to a donut instead of a full-blown breakfast. Those days are now a thing of the past with little ones, which are reserved for morning cartoons and whipping up a full morning meal.

**Related Link:** [Celebrity Parents: Inside Kate Hudson's Co-Parenting with Exes Matt Bellamy & Chris Robinson](#)

**2. You'll make decisions differently:** Before kids you might have been able to make a decision on a whim. No longer can you quit your job on a whim, plan a vacation across the United States, or decide to eat seven layer dip and tortillas for dinner—you'll question every move you make, asking, "how will this affect my child?"

**Related Link:** [Celebrity Parenting: Tom Brady 'Can't Wait' to Spend Time with Wife Gisele and Kids After Super Bowl 2019 Win](#)

**3. You've never loved someone this much:** You love your partner, but you love your child so much more. You'll do anything for them to make sure they are safe and happy, even

if it means getting up at seven in the morning on a Saturday to watch cartoons with them instead of sleeping in. Or you'll play with them on the playground even if you keep running out of breath.

**What are some other ways parenthood has changed you? Let us know in the comments below!**

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## **Celebrity Parents: Inside Kate Hudson's Co-Parenting with Exes Matt Bellamy & Chris Robinson**





By

[Mara Miller](#)

In the latest [celebrity news](#), [celebrity parent Kate Hudson](#) makes co-parenting work with [celebrity exes](#) Matt Bellamy and Chris Robinson, according to *UsMagazine.com*. Hudson, 40, shares her boys Ryder, 15, and Bingham, 7, with Bellamy and Robinson respectively. Bellamy and Hudson see each other a lot due to Bingham, and Robinson comes down from Northern California to visit Ryder. It seems like this celebrity mom has a well-thought-out co-parenting plan with her boys' fathers, and she now has a new baby girl, Rani, with current boyfriend Danny Fujikawa.

**These celebrity parents do their best to co-parent their children. What are some things to keep in mind when it comes to co-parenting?**

**Cupid's Advice:**

This celebrity mom has been keeping things civil with her celebrity exes for the sake of her children, and it even seems like they still all have a good time together as a family. Here are a few things to keep in mind when it comes to co-parenting:

**1. Keep communication open:** You'll need to text, call, or see the other co-parent in person. Keep yourself open to speaking with them and try to maintain a decent relationship even if you aren't together anymore.

**Related Link:** [Celebrity Baby: Kate Hudson Opens Up About "Genderless" Parenting](#)

**2. Plan for holidays and vacations:** Always keep each other in the loop on plans for holidays and vacations. If it's summer break and you want to take the kids to the beach and it's your co-parent's time to be with the children, for example, clear the air before you make any reservations.

**Related Link:** [Celebrity Exes Chris Pratt and Anna Faris Give Co-Parenting Tips!](#)

**3. Focus on your child:** Focusing on your child(ren) and putting them first before any personal needs are important. You don't want your kid(s) feeling like they're the reason they caused you and your ex to split, and they don't need to feel any guilt over wanting to spend time with their other parent.

**What are some things you keep in mind when it comes to co-parenting your children? Let us know in the comments below!**

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# Parenting Advice: Cooking Fun with Your Kids



By

Megan McIntosh

There comes a time when your kids want to be involved in what mom or dad is doing in the kitchen. They want to bake their own cake or fry their own eggs. Whether you decide to start small or let them help you with a whole meal, it's easy to have some cooking fun with your kids! Celebrity parent and model [Chrissy Teigen](#) recently made a special menu for [celebrity baby](#) Luna, and [Jennifer Garner](#) routinely cooks healthy meals for her kids. Like them, you can also have your kids join you in the kitchen!



# Parenting Advice: Cooking with your kids can be a fun and educational experience that lets you have some quality time together, too!

Here's some exciting advice to start cooking in the kitchen with your kids:

## 1. Find some kid-friendly menus:

Find some fun menus that the kids can easily follow with you. Try to make character pancakes with fruit and nuts as decorations. Put together a yummy snack mix, which is simple and should keep the mess to a minimum. There are a variety of kid-friendly menus, but you can even create your own like celebrity parent Chrissy Teigen did when Luna turned out to be a picky eater.

## 2. Start small:

If your child wants to be involved in the preparation of a grown-up meal, give them something small to start with. Let your child mix the spices, or let them toss some ingredients into a salad. This gets them excited to be involved in the kitchen, but keeps their little hands safe. Help them create something healthy but simple, like Jennifer Garner and her granola recipe.

**Related Link:** [Parenting Advice: Make Your Own Fresh Baby Food](#)

## 3. Let them be a little independent:

Once your child is a little older, you can let them be a little more independent in the kitchen. Let them create their own snack mix rather than following a recipe. Let your child create recipes that have three ingredients like banana pancakes or dunkaroo dip. Let your kid make dessert while you focus on dinner with them making banana oat cookies or peanut

butter fudge. Keep it seasonal by making popsicles in the summer and hot chocolate in the winter.

**Related Link:** [Parenting Tips: Make Popsicles with Your Kids This Summer](#)

**4. Keep it age appropriate:** Though we encourage independence with our children, it's very important to keep it at level with their age. If they're a little younger, you'll want to keep them away from sharp objects and doing more activities like mixing and squeezing. As they get older you can incorporate more difficult tasks such as cutting with a blunt blade or cracking eggs. Eventually they'll be able to help you out in the kitchen so much that you'll get a chance to relax a little quicker.

**Related Link:** [Product Review: Back-To-School Products For Kids Of All Ages](#)

**Any tips for how to get started in the kitchen with your kids? Share below!**