

# Kevin Federline and Girlfriend Are Expecting A Girl



Kevin Federline and girlfriend Victoria Prince just announced that they are expecting a baby girl, according to [UsMagazine.com](http://UsMagazine.com). Prince, 28, and Federline, 33, are excited and have already decided that they are going to name their daughter Jordan. According to Federline, Prince has always said that if they had a girl she wanted to name her Jordan, and then both Federline and Prince decided that even if they had a boy they would stick with the name Jordan because it fits both ways. A source close to Britney Spears, Kevin Federline's ex-wife and mother of two of his four children, said that she is "Happy for him and knows he is a good dad."

Preston, 5 and Jayden, 4 are said to be “super excited” about the big announcement. As for Federline and Prince, they can’t wait!

## **What should you do if you can’t agree on a baby name?**

### **Cupid’s Advice:**

The problem with choosing a baby name is that there’s no telling why some people like a name and others don’t. It’s all about opinion and feeling, which can make things difficult. Cupid’s got some things to consider:

**1. Check out some books:** Baby name books offer great suggestions for possible names and with thousands to choose from you and your significant other are bound to agree on one of them.

**2. Ask your friends and family:** If you and your significant other can’t seem to agree on a baby name maybe it’s time to turn to the ones you love and hear what they have to say. The more people you ask, the more options you will have and it will make making a decision that much easier.

**3. Have a focus group:** Ok, so maybe this isn’t the most reasonable option, but on the trailer for the new series “Pregnant in Heels”, Rosie Pope (a maternity concierge) set up a focus group for one of her client’s in order to choose a baby name. For a more realistic version of this, why not put a poll on Twitter or Facebook and see what feedback you get.

---

# **Saturday Night Live Alum Maya**

# Rudolph Is Expecting



Saturday Night Live alum Maya Rudolph, 38, revealed her baby bump on Sunday at the Milk and Bookies Second Annual Story Time Celebration in L.A, [UsMagazine.com](http://UsMagazine.com) reports. She's expecting her third child with her husband, Paul Thomas Anderson and the couple is already parents to two daughters, Pearl, 5, and Lucille, 1. Although pregnant, the Bridesmaids actress will continue working. "I seem to be pregnant through all my movies, so I never seem to give anything up, do I?" Rudolph said last June while promoting Grown Ups.

**What are some ways to stay active with your partner while pregnant?**

**Cupid's Advice:**

Being active is more fun with your significant other,

especially when you're pregnant. It's great to know that your partner supports you and wants to share the moment. Here are some ways you can both can be active during the pregnancy:

**1. Exercise:** Being pregnant shouldn't be an excuse to get out of shape. Consult with a doctor on what physical activities are safe. Not only will you be there to support her, but it'll be a way to spend quality time with each other.

**2. Take a walk:** Take a stroll around town or in a park. It'll help reduce your back pain and increase your energy levels.

**3. Yoga:** Take a yoga class with your significant other. It'll help strengthen your abdominal muscles and make you relax.

---

## Bryan Adams Is Expecting at Age 51







Canadian rocker Bryan Adams is becoming a dad for the first time ... at age 51. Adams, who is known for hits like "I Do It For You" and "Summer of '69" is expecting a baby with his personal assistant, Alicia Grimaldi. According to [E! Online](#), Adams and Grimaldi have been living together as a couple for awhile, unbeknownst to their families and friends. Grimaldi helped form the Bryan Adams Foundation, a charitable organization started in 2006 to help victims of the Asian tsunami. Adams wrote on his personal website, "She helped me start my foundation years ago, and it looks like she'll be running the family now!"

**How old is too old to have children?**

**Cupid's Advice:**

Some people welcome children into their lives at a young age, while others wait until later in life. Cupid has some ideas on when is the best time to have kids:

**1. You're active:** It doesn't really matter what age you have children, as long as you're a good parent. It might help,

though, to be at an active age so you can keep up with your kids.

**2. You're healthy:** If you're a woman, depending on your age, the later you have a child, the more likely there will be complications at birth. Make sure you are healthy enough to carry a child in the first place.

**3. Different strokes:** The bottom line is, there's no age limit when it comes to having children. Some prefer to have them younger while others prefer to wait. Have children whenever you feel ready.

---

## Alyssa Milano Is Expecting a Boy





Alyssa Milano can't keep a secret. This week, the pregnant 38-year-old actress revealed to fans the sex of her baby, according to [People](#). "As fun as it was reading all of your gender predictions on Twitter, I'm really bad at keeping secrets and had to share (not to mention, I was bound to unintentionally slip at some point)," Milano wrote on her website. "David and I are elated to announce that we are having a baby boy. We can't wait to meet him. Boys names, anyone?" The *Who's The Boss* and *Charmed* actress has been married to husband David Bugliari since August 2009.

**Should you name your child after a family member?**

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

When choosing a baby name, you can go the traditional route and name your child after a family member, or you can come up with a totally new and different name. Cupid has some tips on how to know what name is right for your baby:

**1. Keep it in the family:** If there is someone really special to you in your family that you want to honor, name your child

after a family member. Many people use their father or mother's names or reuse an old family name and make it new.

**2. Use the middle name:** Just because you don't choose a family name for your child's first name doesn't mean you can't still respect tradition. If you want, use a relative's name for your child's middle name.

**3. Try something new:** If you want to totally depart from traditional family names, go for it. Name your child after a song, an actor, a writer... or just pick a name you heard and liked.

---

## David and Victoria Beckham Are Expecting a Girl







Mozel tov; it's a girl! According to [People](#), David and Victoria Beckham announced Friday that their fourth child will be female. "We're still in shock. Obviously, having three boys, you kind of expect another one, so finding out a little girl is in there is surprising, but, obviously, we are over the moon," David said. "Our three boys are happy and excited, and Victoria is doing well." Fashion designer and former Spice Girl Victoria said that they know how to handle boys, but are still happy to have a girl in the family.

**How do you break the news of a baby to your other kids?**

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

**1. Have a game plan:** It's best to plan in advance what you will tell your kids when it's time to break the news. Let them know that things will change drastically when their new sibling arrives. Also, be prepared to answer the tough questions they'll ask such as, "Where do babies come from?"

**2. Be honest:** Lying to your kids is just wrong, especially in this scenario. It's best to let them deal with it for as long

as possible before the big day arrives.

**3. Tell them you'll still love them:** What's most important is to tell your children that you will love them just as much as before even though they won't be the only one in the spotlight anymore.

---

## Jennifer Aniston Shoots Down Pregnancy and Pet Rumors



Despite what you may have heard, Jennifer Aniston is not having pups of any kind! Since Aniston's rep issuing a denial statement to [People](#) had little to no effect on the rumors, the

41-year-old actress decided to shoot them down herself during a taping for Thursday's *The Ellen DeGeneres Show*. When DeGeneres asked if she was adopting another dog, Aniston jokingly replied, "I think you're confusing that with the Mexican child I'm supposedly adopting." When the laughter died down, she reassuringly answered, "No, I'm not adopting any children" and added, "And no doggies right now."

**What are ways to keep family and friends from pressuring you to have a child?**

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

Family pressure to have children can get overwhelming pretty quickly, so Cupid thought of a few ways for you to handle yourself in the situation:

**1. Show:** Without saying it, make it clear to your guests that you're simply not ready for a child. Reference work a lot so they realize a child doesn't fit well with your schedule, and let them see that the house isn't baby-proofed. Sometimes actions speak louder than words.

**2. Tell:** If they can't take the hint, it's time for a family meeting. With your spouse or partner by your side, very calmly explain to your family and friends that having kids is a huge decision, and it's not theirs to make. Tell them that the pressure is too much and reassure them that when you do make the decision, they'll be the first ones to know.

**3. Consider:** The most effective way to get rid of the pressure is to give into it. Sit down and have a serious talk with your partner to see if having a baby is something you want to do. Are you both emotionally, mentally and financially ready? If the answer is still 'no,' it will at least reassure your family that you've thought about it.



---

# Jewel and Husband Ty Murray Are Having a Boy



Jewel and Ty Murray have finally found out the sex of their baby. It's a boy! The couple is very excited to finally be able to get the ball rolling on decorating the nursery. "We would have been happy either way, of course, but we are so excited to be having a little boy," Jewel, 36, tells *People*. Murray agrees, saying, "I have to admit, I was doing a little dance on our way out of the doctor's office when we found out!"

**How do you prepare for a baby boy versus a girl? Cupid's Advice:** Although any baby is a blessing, the way you prepare



for each one can vary. Cupid has some tips on how to prepare for a baby boy versus a girl:

**1. Blues and greens:** Now that you know you're having a little boy, ditch the pinks and stock up on the typical boy colors. Even though people say yellow is neutral, it's cute to pair it with blues and greens as well.

**2. Baby boy themes:** You want to design the nursery with your new baby boy in mind. Trucks, airplanes and trains are always safe picks for boy nursery decor. Dinosaurs and farm animals are also great choices.

**3. Plan of action:** Before your baby is born, make sure to discuss how you want to raise him. Put together a plan for how you're going to instill values (like how to treat women) in him.

---

## Hilary Duff is Excited to Have Kids with Husband, Mike Comrie





Now that Hilary Duff and Mike Comrie are married, is a baby in the near future? According to *UsMagazine.com*, Duff says, "Yeah, I think we're really excited to have kids." The new addition to the Comrie family might not be as soon as we had all hoped though. Duff also adds, "I'm only 23, so give me a little bit of time. Come on people!" Although a baby might not be in the near future, the two seem to be doing very well and are enjoying every bit of the newlywed life.

### **After marriage, how long should you wait before having kids?**

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

You've just taken the plunge with marriage, so when should you start adding to the family? Cupid has some tips on how long you and your partner should wait before having kids:

- 1. When you have time:** Having children is a huge responsibility that takes up a lot of time. Make sure that you both have enough time for life without children before you decide to make time for new additions.
- 2. When your finances are in order:** It's no secret that having

a child can end up being pretty expensive. Make sure you have the finances to back up your decision.

**3. When you're comfortable with your career:** Before you decide to completely change your life around, make sure you've accomplished at least some of your career goals. It's ultimately harder to balance your work and personal lives after you have kids.

---

## 'Sister, Sister' Star Tia Mowry and Actor Husband Cory Hardrict Are Expecting





Former *Sister, Sister* star Tia Mowry and her actor husband Cory Hardict are expecting their first child this July, *People* reports. The expecting couple got married in 2008 in Santa Barbara, California. Mowry is currently on BET's *The Game*. A source close to the couple says, "This is something that they've wanted for a long time and they're thrilled." The pregnancy will be documented on a show for the Style Network.

### **What should you think about before having a child?**

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

Bringing home a baby is one of the most exciting new chapters a relationship can take on. But before you and your partner decide to add on to your family, sit down and consider just what all goes into raising a child:

- 1. Cost:** Not only are babies expensive, but the pregnancy and birth is as well. New clothes for your growing belly and a new room to furnish are two other factors, so there's a lot of preparation that goes into those nine months leading up to the birth.



**2. New roles:** After your maternity leaves ends, decide who will be the the breadwinner and who will be the caretaker. Decide whether daycare is an option. Sometimes it is more convenient for the father to become a stay-at-home dad. Find out how he feels about that.

**3. Values and morals:** You and your husband may connect on every level and feel like you've discussed every topic there is, but bringing a child into the world will bring out a whole new slew of conversation starters. Come to a consensus about what values you will raise your children.

---

## **Beyoncé Knowles: Pregnancy “When I Am Ready”**





Superstar Beyoncé Knowles has a broad range of issues on her plate, but pregnancy isn't one of them. The singer has previously acknowledged her wish for a baby, and assures U.K.'s [YOU](#) magazine that her plans have not changed. However, she says she is determined "to continue to learn about the world and to eventually have a family." This attitude allows for the *Dreamgirls* actress to continue work on her acting, singing, songwriting, and her new perfume, Heat. Knowles adds that isn't on any schedule: "It will happen when I am ready."

**How can you deal with the pressure to start a family?**

**Cupid's Advice:**

**1. Analyze:** You need to be sure of you and your partner's maturity, financial stability, and ambitions. Only commit to pregnancy when you and your partner are ready to devote 100 percent of your time to a new baby. Don't sacrifice your dreams of traveling the world just to please the in-laws.

**2. Reality check:** Not everybody is ready for a baby at 25. Your best friend who has been playing with dolls and

babysitting since the age of 12 is probably more eager to start a family than you are. Follow Beyoncé's advice and only try for pregnancy when you are ready.

**3. Don't rush:** New advances in medicines and procedures, like in vitro fertilization, have made it easier for women to become pregnant later in life. Your doctor will help you to become pregnant whenever you wish for it. Don't race against any biological clock.

---

## John Travolta & Kelly Preston Look Forward to New Baby





It was all smiles last weekend for a pregnant Kelly Preston and husband, John Travolta, who partied at the Celebrity Centre of Scientology. The couple attended the centre's annual bash with their daughter, Ella. As reported on [E! Online](#), Travolta and Preston are now looking toward a bright future with a new baby a year after the devastating loss of their son.

### **How can a couple survive the loss of a child?**

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

The loss of a child is one of the most devastating things anyone can possibly go through. Many marriages have ended soon after such a tragedy. Cupid has some insight on how to survive such a loss and build a stronger relationship through it:

**1. Support each other:** At a time like this, you need to be a couple more than ever. No one can go through losing someone close to them alone. However, remember that everyone grieves differently. When one person may feel angry, the other may be



deeply saddened. Pay attention to and respect the way your partner wants to grieve.

**2. Kids come first:** If you have other children, they are certainly feeling this loss, as well. Both partners must be strong for the other children and make them feel as secure as possible.

**3. Moving on:** Though the sadness surrounding the loss of a child never really goes away, it's important to celebrate and remember your child's life together as a family. A small memorial can be a wonderful reminder of the life they led, and the act of building a memorial can also be a great way to reconnect with your partner and family.

---

## Ali Larter Pregnant!





*Heroes* star Ali Larter and husband Hayes MacArthur are expecting their first child, [People](#) reported this week. The couple married last August, but the actress admitted to telling MacArthur she wanted to marry him after only three weeks of dating. She also told [Cosmopolitan](#) in 2007 that she was looking forward to having children. Their child will be born this winter.

**How soon is too soon to have a baby after marriage?**

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

Plenty of people want to jump straight from marriage to children. The exact time frame depends on the couple, but there are certain things you should consider before making that decision:

- 1. Dating game:** Couples who get married shortly after they start dating should take some serious time to have a relationship with each other before they have one with a child.
- 2. Age matters:** For couples who marry young, as well as those

who wait until later in life, should consider age when thinking about children. Talk to your doctor and get a professional opinion.

**3. Talk it out:** The biggest key is to know what you both want, both in terms of when to have the child, and how to raise it after its born. Do this before trying to have a baby – it's not something you want to have disagreements about when you've already brought a life into the world.

---

## Craig Ferguson: Daddy-to-Be!



And baby makes four! Craig Ferguson announced via Twitter that he and his art-dealer wife, Megan, are expecting their

first child together, reported [People](#). Last Wednesday, the host of *The Late Late Show* on CBS tweeted, “Holy crackers! Mrs F is pregnant. How did that happen? ...oh yeah I know how. Another Ferguson arrives in 2011. The world trembles.” The new addition will give Milo Hamish, Ferguson’s son from a previous marriage, a baby sibling to look forward to.

**What can you do to prepare your child to be an older sibling?**

### **Cupid’s Advice:**

A new baby can take up most of your time, and it’s easy for older ones to feel left out. Here are some of Cupid’s ideas on preparing your child for a baby on the way:

- 1. Involvement:** Keep your child involved by letting him or her help with baby preparations, like decorating their room, or picking out clothes.
- 2. Minimize jealousy:** Don’t make too many changes to your child’s routine right before the baby is born. This might foster resentment towards their new sibling, as those changes will be associated with his or her birth.
- 3. Practice:** Give your child an idea of what he or she has to look forward to by visiting friends or relatives who have infants.