

Celebrity Baby News: Former 'Pump Rules' Star Stassi Schroeder Reveals Sex of First Child



By Diana Iscenko

In latest [celebrity news](#), [reality TV](#) star Stassi Schroeder announced she'll be having a daughter with husband Beau Clark. The Instagram post was the [celebrity couple](#)'s first confirmation of the *Vanderpump Rules* alum's pregnancy, despite *UsMagazine.com* breaking the news two weeks earlier. Clark shared his own post about the pair's [celebrity baby](#), writing, "I was raised by great women, and the lessons I learned from them I'll [forward] to my daughter and then some!"

In celebrity baby news, Stassi and Beau will be welcoming a baby girl. What are some ways to prepare for a baby girl versus a boy?

Cupid's Advice:

Expecting a child is an exciting time! Your family is growing and there's a lot to prepare for. It's important to know that a baby's brain develops differently for each sex. If you want a sneak peek into your little girl talents and struggles, Cupid has some advice for you:

1. Talking: On average, girls start talking a month earlier than boys. Girls also tend to have larger vocabularies than boys as early as 18 and 24 months. However, reading to your child has more of an impact on their vocabulary than biological sex does, so be sure to talk and read to your baby as much as you can!

Related Link: [Celebrity Baby News: Stassi Schroeder Is Expecting First Child Amid 'Pump Rules' Firing](#)

2. Spatial skills: Boys tend to better understand the space objects take up. Boys can usually understand how objects appear rotated between three to five months old, which is earlier than girls. Make sure to play with your daughter in ways that help her with this: build with building blocks, teach her to count, throw a ball around with her.

Related Link: [Celebrity News: Kourtney Kardashian Says She Has 'Responsibility' to Teach Kids About White Privilege](#)

3. Potty training: Girls have the upper hand when it comes to potty training. They start toilet training between 22 and 30 months, which is three months to a year earlier than boys.

Girls pee on their own approximately four months earlier than boys. Girls also are able to sit still to poop around three-and-a-quarter-years-old, which is five months earlier than boys.

How else do you prepare for the birth of your little girl? Start a conversation in the comments below!

New Celebrity Couple: Jon Hamm Is Dating Former 'Mad Men' Co-Star Anna Osceola



By Diana Iscenko

In the latest [celebrity news](#), Jon Hamm and former co-star Anna Osceola have been spotted together, sparking relationship rumors between the two actors. *UsMagazine.com* confirms the [celebrity couple](#) is likely in a relationship. The *Mad Men* alums have been spotted together playing tennis and picking up food in the midst of the pandemic.

There's a newly identified celebrity couple in Hollywood! What are some reasons to keep your relationship under wraps at first?

Cupid's Advice:

A new relationship is always exciting! You might be tempted to tell everyone in your life about your new love, but there are some benefits to keeping a new relationship private. If you're not sure if keeping a new relationship under wraps is for you, Cupid has some advice:

1. You can connect on a deeper level: Keeping your new relationship private gives you and your partner a chance to establish your relationship. There's a lot of learning to do at the start of a relationship and keeping it private will allow the two of you to create a strong foundation.

Related Link: ['Mad Men' Creator Says Jon Hamm and Jennifer Westfeldt Are Having 'Tough Time' Post-Celebrity Break-Up](#)

2. There's less pressure: One way to have privacy in a relationship is to keep it off social media. This prevents people from having expectations about your relationship. This will keep the relationship between the two of you and away from those who aren't rooting for your happiness.

Related Link: [New Celebrity Couple Megan Fox & Machine Gun Kelly Confirm Relationship With a Kiss](#)

3. It will end cleanly: Relationships are always a shot in the dark and they don't always work out. If your new relationship wasn't built to last, keeping it private will make it easier to move on. You can rely on your inner circle without having it questioned by outsiders.

When do you know it's time to tell people about a new relationship? Start a conversation in the comments below!

Fashion Trend: Celebrity Looks On the Way Out





By Diana Iscenko

Fashion is a fun way to express yourself, with plenty of [celebrity styles](#) you might want to try out. No matter your personal style, there's always going to be enough [fashion trends](#) for you to choose from. While many of these bold celebrity looks last the test of time, many fall out of fashion as quickly as they came.

Here are five celebrity fashion trends that are already on the way out:

1. Tiny Sunglasses

Tiny shades were a major red carpet fashion trend in 2019, with everyone from Kylie Jenner to Millie Bobby Brown wearing them. The trend is a revival of '90s fashion, even though it was first popularized in the '60s. Despite this, the tiny sunglasses trend has been losing its momentum. Several

celebrity fashion brands, like Rihanna's Fenty and Kim Kardashian West's collaboration with Carolina Lemke, have moved on to big shades again.

Related Link: [Fashion Trends for 2020](#)

2. Tiny Handbags

Also in the "tiny fashion" department, many celebrities were spotted with tiny handbags last year. This celebrity fashion trend debuted at Paris Fashion Week and was eventually picked up by stars like Lady Gaga and Lizzo. While the trend was fun and eye-catching, it didn't catch on with the public since a handbag small enough to hold with a single finger isn't exactly practical.

3. Weird Animal Prints

Cheetah print and snakeskin patterns will always have a place in celebrity style, but 2019's animal print trends didn't stop there. Zebra and cow print were popular trends in 2019. Zebra print is another throwback '90s trend, but it didn't last long even with the support of Gigi and Bella Hadid. Cow print similarly lost steam halfway through 2019.

Related Link: [Fashion Tips: Current Trends That Need to Die Already](#)

4. Harnesses

This male-centered trend took off during 2019's award show season. Celebrities like Michael B. Jordan and Timothée Chalamet were spotted sporting harnesses at the SAG Awards and the Golden Globes. As much fun as a sparkly harness and black tux combo is, the fashion trend didn't make it off the red carpet.

5. Neutral Monochromes

The winter of 2019 brought us a much more wearable celebrity

fashion trend with neutral monochrome outfits. Layered ensembles of greys and beiges were popular on celebrities like Margot Robbie and Hailey Bieber. The trend never had a chance to catch on before the summer neon trend pushed it out of fashion

Do you want any of these trends to stick around? Start a conversation in the comments below!

Celebrity Wedding: Raven-Symoné Marries Miranda Maday in Surprise Ceremony





By Diana Iscenko

In the latest [celebrity news](#), Raven-Symoné announced on Instagram that she and girlfriend Miranda Maday were married in a surprise ceremony on June 18. According to *UsMagazine.com*, the [celebrity wedding](#) was an intimate backyard ceremony due to the Coronavirus pandemic. The [celebrity couple](#) has kept their relationship private, but Symoné opened up about her new wife on her Instagram post: “I got married to a woman who understands me from trigger to joy, from breakfast to midnight snack, from stage to home.”

In celebrity wedding news, Raven-Symone is officially off the market. What are some ways to explain a small wedding ceremony with few guests to extended family

and friends?

Cupid's Advice:

Having a small wedding might be perfect for you. It's more intimate. It's cheaper. It's less stressful. The only downside is chopping down your guest list. If you're worried about your distant relatives and coworkers asking why they weren't invited, Cupid has some advice for you:

1. Blame your budget: One way to curve these awkward conversations is by blaming your budget. Tell those that didn't make the guest list that your tight budget prevented you from inviting everyone you wanted to celebrate with you.

Related Link: [Dating Advice: 3 Best Places for Women to Meet Women](#)

2. Blame your family: Another way to dodge this question is to bring up how you want your wedding to be intimate. Tell them that the guest list is made up of only your closest family members and your wedding party.

Related Link: [Celebrity News: Brooks Laich Says He's Proud of Wife Julianne Hough For Saying She's 'Not Straight'](#)

3. Blame your venue: When all else fails, bring up your venue. Tell those not invited that the venue you chose has limitations on how many people can attend and that you wish you could've invited more loved ones.

How would you tell someone that they're not invited to your wedding? Start a conversation in the comments below!

Reunited Celebrity Couple? Exes Nick Viall & Andi Dorfman Spotted Running Together



By Diana Iscenko

In the latest [celebrity news](#), *Bachelor* alums Nick Viall and [Andi Dorfman](#) were spotted on a run together in Santa Monica, according to *UsMagazine.com*. The [celebrity exes](#) were seen two days after Viall revealed he was dating someone on his podcast, the *Viall Files*. While the [reality TV](#) star didn't give any details, he discussed "a conversation with someone that [he's] dating." A few weeks prior, Dorfman joked about reaching out to her exes during quarantine, sharing a post

that read, “I’m about two days and/or three martinis away from texting all of my exes.” She included a screenshot of a blank group text to Viall and Chris Soules, who were both contestants on her season of *The Bachelorette*.

Exes Nick Viall and Andi Dorfman are starting celebrity couple rumors after they were spotted running together. What are some ways to know if you should reunite with your ex?

Cupid’s Advice:

Your relationship ended for a reason, but you can’t stop thinking about your ex. How do you know if you should really give it another chance with your ex? Cupid has some advice for you:

1. Time has passed: You and your ex have spent time apart. Maybe, you’ve both grown. Maybe, you can’t remember what fight broke you up. You may be able to start again with a clean slate. If extended time apart helped you realize you still want to be with your ex, why wait any longer?

Related Link: [Celebrity Break-Up: Kaitlyn Bristowe & Nick Viall React to Nick’s Past Proposal on ‘The Bachelor GOAT’](#)

2. You fixed the problem: Remember the reason you broke up in the first place? Maybe it’s not a problem anymore. If there was a specific issue that broke you two up—like long-distance no longer being an issue—and that issue has been solved, it might be worth it to try again.

Related Link: [Reality TV Update: Andi Dorfman Is ‘Excited’ to](#)

[See Arie Luyendyk Jr. as New Star of 'The Bachelor'](#)

3. You're on the same page: Sometimes relationships end because you and your partner don't want the same things. Maybe you couldn't agree on where to live or if you wanted kids. People can change their minds! If you and your ex want the same things now, it sounds like the timing is right.

Would you be open to giving your ex another shot? Start a conversation in the comments below!

Celebrity Break-Ups: Julianne Hough Is 'Super Upset' Amid Brooks Laich Split





By Diana Iscenko

In the latest [celebrity news](#), Julianne Hough is having a hard time with her recent separation from ex-NHL player Brooks Laich. The [celebrity couple](#) split in May after almost three years of marriage. A source told *UsMagazine.com* that the *Dancing with the Stars* alum is “super upset” about the pair’s upcoming [celebrity divorce](#) saying, “Julianne and Brooks’ split was a long time coming... There’s still a love there, but not in a romantic sense.”

In celebrity break-up news, Julianne is having a tough time dealing with her recent split. What are some happy things you can do while coping with a split to boost

your mood?

Cupid's Advice:

The end of a relationship is always hard. You need time to grieve no matter how it ended. It's also important not to let the grief be the only thing you feel. If you're having a hard time feeling positive after your breakup, Cupid has some advice for you:

1. Reconnect with friends: It's easy to distance yourself from your friends during your relationship, but it's important to spend time with them after a breakup. Your close friends are there for you and this is when you need them most. If they're long-distance friends, schedule times to call them!

Related Link: [Celebrity News: Brooks Laich Still Wants Kids After Split from Julianne Hough](#)

2. Fall in love with your hobbies: Some of your free time will be spent being upset about your breakup and that's okay. Try spending more of that time getting back into hobbies you may have stopped doing during your relationship. This is your time to experiment with new activities, too!

Related Link: [Celebrity Break-Up: Kaitlyn Bristowe & Nick Viall React to Nick's Past Proposal on 'The Bachelor GOAT'](#)

3. Say yes to new experiences: Accept every social invitation you have. Spend a night out with friends or have lunch with your family. Even if it doesn't feel genuine at the beginning, you'll be glad you spent time with people you care about instead of holing up and watching Netflix again.

What are some ways you pick yourself up after a breakup? Start a conversation in the comments below!

Food Trend: Oat Milk



By Diana Iscenko

Vegan-friendly alternatives have become super popular in the food world over the past decade. In terms of the [health trend](#) that is alternative foods, nothing else has risen to fame quite like oat milk. A study by the Specialty Coffee Association found that the popularity of oat milk has increased by 425% in the last year alone. The lactose-free, nut-free super milk is becoming a common alternative to dairy milk, joining almond milk and soy milk on supermarket shelves across the country.

Whether you'd opt for oat milk in your latte or you're thinking about making a shift to only oat milk in your house, there's plenty of room for you on the oat milk bandwagon. Here are four reasons why you should ditch your dairy milk and hop on this food trend:

1. It works with most diets.

Some people turn to dairy-free milk due to allergies and other dietary restrictions. Oat milk is free from lactose, nuts, soy and gluten, which are some of the most common allergens. Most other dairy-free milks only focus on removing lactose, but still have other allergens (We're looking at you, almond milk and soy milk!). It's also free from any animal products, so it's perfect for vegans, too.

Related Link: [Food Tips: Natural Sugar Replacements](#)

2. It's environmentally friendly.

For some, switching to a dairy-free milk is due to its impact on the environment. Oat milk uses very little water to produce, making it the least impactful non-dairy milk on the market. According to a 2018 study, dairy farming uses 628 liters of water to produce one liter of milk. Oat milk only needs 48 liters of water.

3. It's great with coffee

Oat milk's claim to fame is partly due to its popularity with baristas. Oat milk steams really well and gives your drink an

extra creaminess that other dairy-free milks don't. Many coffee shops offer the alternative now. Plus, coffee creamers and bottled coffees made with oat milk have started to hit grocery store shelves.

Related Link: [Food Trend: 5 Benefits of Lavender Lemonade & Tea](#)

4. Most importantly, it tastes like milk.

The best news is that oat milk tastes pretty much like dairy milk. Many other milk alternatives taste vaguely like its main ingredient (i.e. almonds). They can also have different textures, making them either too thick or too watery. Oat milk is pretty neutral-tasting, which makes it great for those who drink milk by itself.

Are you open to switching to oat milk? Start a conversation in the comments below!

Celebrity News: 'Bachelorette' Becca Kufrin Doesn't Know Relationship Status with Garrett Yrigoyen After His Pro-Cop Remarks





By Diana Iscenko

In the latest [celebrity news](#), [Bachelorette](#) Becca Kufrin reveals fiancé Garrett Yrigoyen's controversial Instagram post may be the end of their [celebrity relationship](#). In a recent episode of the *Bachelor Happy Hour* podcast, Kufrin said, "All I can say right now is that I don't know ... about my relationship with Garrett at this point." The [reality TV](#) star initially spoke out about Yrigoyen's post, which included a lengthy statement that said he "couldn't sit back and not support" his "many friends and family in law enforcement." Kufrin initially condemned the post, but she didn't think it was "meant in a malicious way." On the podcast, she apologizes to Rachel Lindsay, the franchise's only black *Bachelorette*, for her initial response, saying, "That conversation deserved my complete, undivided attention. It deserved much more care and thoughtfulness on my end."

In celebrity news, *Bachelorette*

couple Becca and Garrett may not be living happily ever after. What do you do if you discover a difference in morals between yourself and your partner?

Cupid's Advice:

You and your partner won't always see eye-to-eye, but there are some things that are harder to compromise on. If you've recently realized you and your partner have different moral values and don't know how to approach that, Cupid has some advice for you:

1. Understand where they're coming from: It's easier to understand your partner's opinions if you understand why they think that way. Consider how they grew up: heir family, their neighborhood, their education. Have productive conversations with your partner to better understand their values.

Related Link: [Celebrity News: 'Bachelorette' Becca Kufrin Speaks Out About Garrett Yrigoyen's Controversial Police Support](#)

2. Find common ground: Even if you and your partner are disagreeing about a topic overall, there is bound to be something you agree on. Try to focus on these agreements and don't force each other to change. You're likely trying to both educate each other, but that doesn't mean it will change how either of you think.

Related Link: [Celebrity News: 'The Bachelor' Names Matt James as First Black Male Lead](#)

3. Know your boundaries: It's important to communicate, but there's only so much you can compromise on. If you feel like

you and your partner are disagreeing on something that's fundamentally important to you, you'll need to think about how this will affect your future relationship. If this disagreement is really a deal-breaker, it isn't going to go away.

Where do you draw the line between a difference in opinion and a difference in morality? Start a conversation in the comments below!

Celebrity Divorce: What Went Wrong for Kelly Clarkson & Brandon Blackstock?





By Diana Iscenko

In the latest [celebrity news](#), Kelly Clarkson and soon-to-be ex-husband Brandon Blackstock have filed for divorce. A source close to Clarkson revealed that issues have been plaguing the [celebrity couple's](#) marriage for a long time. "They clashed on so many levels and being in quarantine together heightened their problems to the point of no return," the source *told UsMagazine.com*. Hosting her own talk show and coaching on *The Voice* required Clarkson to spend a lot of her time in Hollywood. However, the source reveals that the singer's [celebrity ex](#) "prefers their quiet life in Nashville."

In celebrity divorce news, quarantine heightened Kelly Clarkson and her husband's relationship issues. What are some

ways to work on your relationship in quarantine?

Cupid's Advice:

Quarantine can be hard on any relationship, but it can take an especially heavy toll on those who are already having issues. If you're worried about COVID-19 ending your relationship for you, Cupid has some advice for you:

1. Make sure you're on the same page: Everyone is extra stressed out right now. Take time to discuss what is troubling you both most. Once you're both aware of what about the pandemic is worrying you most, you can work as a team to find ways to deal with it.

Related Link: [Celebrity Divorce: Kelly Clarkson Files for Divorce from Husband After 7 Years](#)

2. Find an activity to do together: You and your partner are probably spending much more time together. While every waking moment doesn't need to be spent together, find something you and your partner can do together that lets the two of you have quality time together. Do a puzzle, have movie nights, anything to make quarantine still feel like dating.

Related Link: [Celebrity Break-Up: Kristin Cavallari & Jay Cutler Reach Temporary Child Custody Agreement](#)

3. Focus on communication: Having healthy communication with your partner is always important, but it's even more vital when you're with them 24/7. Especially in such a high-stress time, you're bound to have disagreements. Make sure to be empathetic and steer clear from trying to "win" the argument by belittling your partner.

How have you been working on your relationship during quarantine? Start a conversation in the comments below!

Celebrity Divorce: Kelly Clarkson Files for Divorce from Husband After 7 Years



By Diana Iscenko

In the latest [celebrity news](#), Kelly Clarkson and husband Brandon Blackstock file for divorce. The [celebrity couple](#) were married in 2013 and have two kids together, five-year-old River and four-year-old Remington. The singer cited irreconcilable differences when filing for divorce in Los Angeles. Despite these differences, the [celebrity exes](#) have been quarantining with their children at the pair's ranch in

Montana.

In celebrity divorce news, Kelly Clarkson has decided to part ways with her husband after seven years of marriage. How do you know your relationship is over and not fixable?

Cupid's Advice:

It's hard to come to terms with things when your relationship is ending. Is it something you can work through or is it over? If you're thinking about calling it quits with your partner, Cupid has some advice for you:

1. They're no longer your go-to: You just got amazing news, but your partner isn't the first to know. You want to go to a concert, but you don't think to bring them as your plus one. While this might not seem like major problems, it shows that your partner is losing importance to you. You're feeling closed-off from your partner, which could show that your relationship isn't working as well as it was.

Related Link: [Celebrity Divorce: Ewan McGregor Settles Divorce from Eve Mavrakis 2 Years After Filing](#)

2. You've stopped talking about the future: Planning for your future together is an important part of being a couple. If you find yourself no longer looking forward to a future with your partner (or don't see them in your future at all!), it might be time to let them go. If you're no longer in it for the long haul, you're holding both you and your partner back.

Related Link: [Celebrity Exes: Scott Disick is 'Always](#)

[Flirting' With 'Best Friend' Kourtney Kardashian](#)

3.You're bored: Not only are you feeling bored with your relationship, but with your entire life. If you're feeling dissatisfied with everything, it may be because your relationship is stagnant and that's seeping into other areas of your life.

How do you know it's time to call it quits on your relationship? Start a conversation in the comments below!

Celebrity News: 'The Bachelor' Names Matt James as First Black Male Lead





By Diana Iscenko

In the latest [celebrity news](#), [The Bachelor](#) announced its next season lead, and it's Matt James. James will be the [reality TV](#) show's first black male lead in its 25-season history. James said he was honored to hold the title and hopes the audience can see "that I'm not much different from them and they see that diverse love stories are beautiful." The franchise has had one other black lead, [Bachelorette](#) Rachel Lindsay, in 2017. Lindsay has been advocating for a more diverse cast since her season ended. In a recent blog post, Lindsay wrote, "These changes have to extend beyond casting a lead of color. The whole franchise needs a diversity makeover."

In celebrity news, *The Bachelor* listened to recent criticism from fans and franchise alums, and has selected a black male lead for the

next season of the long-running show. What are some ways to meet a diverse dating pool in the “real world”?

Cupid's Advice:

It's easy to stay inside your current social circle. Depending on where you live and where you work, that social circle might only be filled with people that look like you. It's important to put yourself out there whenever trying to find a new partner, so why not put yourself into more diverse spaces? If you're not sure where to start, Cupid has some advice for you:

1. Start volunteering: Find a cause you're passionate about and volunteer at a local organization. Volunteering brings different people together for a common passion. Not only will you meet new people but you already know you have something in common!

Related Link: [Celebrity News: 'Bachelorette' Alum Rachel Lindsay Reveals the Most Awkward Part of Finding Love on Reality TV](#)

2. Attend community events: It's easy to talk to the same people in your community, but there are plenty of events in your town that will help you connect with new people. There's more to your community than just checking out the farmer's market every so often.

Related Link: [Celebrity News: Arie Luyendyk Jr. Says 'Bachelor' Concept 'Barely Works' for Finding Love](#)

3. Take time to learn: There are plenty of opportunities to learn about different cultures. There are bound to be cultural events in nearby towns and local colleges. It's not POC's

responsibility to educate you on their issues! If you're interested in dating outside your race, you should be knowledgeable about your future partner's culture.

How do you put yourself out there for a new relationship? Start a conversation in the comments below!

Beauty Tips: Choosing and Using Blush Based On Your Needs



By Diana Iscenko

The makeup world is constantly evolving and it feels like there's always more beauty trends to keep up with. It can feel overwhelming to figure out the best routine for you. Today, we're going to focus on finding the perfect blush.

There are four different kinds of blush: powder, cream, gel and stain. Each kind interacts differently with certain skin types. They have different pigmentation and finishes on your cheeks. Luckily, Cupid has some beauty tricks to help you find the perfect blush for your skin type.

Whether you want to up your date night makeup look or improve your daily makeup routine, here are four different types of blush you might want to add to your makeup bag:

1. Powder Blush

This blush is easy to blend and looks great on everyone. Powder blush is the most traditional type of blush, so it comes in a bunch of colors and in every price point. The only drawback is that powder blush doesn't last super long, so you'll need to reapply if you want to keep your soft glow going.

Powder blush works with all skin types. It's especially flattering on people with smooth complexions or larger pores. If you have large pores or bumpy skin, try using a matte powder blush instead of a shimmer! Too much shine will bring attention to your pores and imperfections.

Applying powder blush is easy. Use a dense blush brush to apply the powder on your cheeks. Use sweeping movements toward your hairline. If you want to go the extra mile, you can use a

smaller brush in circular motions to get some extra blending after your initial application.

Related Link: [Beauty Trends: Date Night Makeup Looks to Match Your Style](#)

2. Cream Blush

Looking for a dewy look? Cream blush is perfect for you! It's also very pigmented, which lets the blush last all day without needing to be reapplied. Cream blush is hydrating, too. It'll give your face a fresh and youthful look and won't dry out your skin.

Cream blush works for most skin types, except oily skin. The oils found in the creamy formula will prevent it from being able to stick to oilier skin. It can also clog pores and cause breakouts. If you have oily skin, cream blush isn't your best bet.

Applying cream blush is more like applying foundation. Use a small stippling brush to pick up the blush and apply it to your cheeks with light, short strokes. Then use either a damp makeup sponge or clean fingertips to blend it out. Be careful with cream blush! Its strong pigmentation means it's easy to overapply.

Related Link: [Beauty Trend: Smokey, Golden, and Monochrome Eyes](#)

3. Gel Blush

This blush isn't as heavy and pigmented as cream blush, but it still gives a fresh, dewy look. It's especially great for summer because it's lighter formula is less likely to clog your pores. Unfortunately, it doesn't last as long and it's harder to show up on deeper skin tones.

Gel blush works well for light to medium skin tones. The light pigmentation might be able to build up on darker skin tones,

but it might not be worth the extra effort. Using a small amount of cream blush on deeper skin tones will give a similar effect without overloading the product on your skin.

The application for gel blush is similar to cream blush. Because it's less pigmented, you can apply it straight to the apples of your cheeks and then blend the gel out with a damp makeup sponge or clean fingers.

Related Link: [Beauty Trend: Red Lipstick](#)

4. Stain Blush

Also called tint blush, stain blush gives you long-lasting color with a barely-there feel. As the name suggests, it stains your cheeks. It can be hard to work with because it dries so quickly. It can dry out your skin, so remember to moisturize before using it!

Stain blush works for all skin types. It works especially well for people who tend to sweat because it so strongly sticks to your cheeks after application. Those with drier skin should make sure your skin is hydrated, so it doesn't dry you out more.

Be careful when applying this blush! Lightly tap the stain into your cheeks with clean fingers and blend with a damp makeup sponge. Apply a little at a time and remember to blend quickly. Once it sets into your skin, it'll be hard to blend out.

Are you going to mix up your blush routine? Start a conversation in the comments below!

Celebrity News: Arie Luyendyk Jr. Says 'Bachelor' Concept 'Barely Works' for Finding Love



By Diana Iscenko

In the latest [celebrity news](#), *Bachelor* Arie Luyendyk Jr. says the [reality TV](#) show's concept "barely works" when it comes to finding love off-camera. On a recent episode of the *Couple Things With Shawn and Andrew* podcast, Luyendyk Jr. reveals how he feels the show is unrealistic: "It's not natural to have two people that you [have], at the end, and then have to break up with one person and get engaged to another person an hour later." *The Bachelor* alum isn't completely writing off the

show as he married his runner-up, Lauren Burnham. Despite not giving his wife the final rose, Lyendyke Jr. and Burnham tied the knot at their [celebrity wedding](#) in January 2019. Burnham also told the podcast, “it’s so hard to [build trust] in such a short amount of time.”

In celebrity news, Arie Luyendyk came out saying that The Bachelor is ‘unnatural’ when it comes to finding love. What are some unique ways to go about finding love?

Cupid’s Advice:

Most couples meet a partner through mutual friends or dating apps. We can’t all sign up for *The Bachelor*, but there’s always other ways to meet a new partner. If you’ve given up on blind dates and Tinder conversations, Cupid has some advice for you:

1. Throw a singles party: Crowded singles events can be uncomfortable and overwhelming. Instead, throw a party and ask all your invitees to bring one single friend. Do something you enjoy—like a karaoke night or a cocktail party—to take the pressure off finding a potential partner.

Related Link: [Celebrity Parents: Former ‘Bachelor’ Arie Luyendyk Jr. Calls Wife Lauren the ‘Hottest Momma’](#)

2. Dress outside your comfort zone: You may be passing by people every day that might want to talk to you. There’s no better excuse for them to speak up when you dress in a way that stands out in a crowd. Dye your hair a fun color or dress in a unique style. Whatever you’re comfortable with that draws attention!

Related Link: [Celebrity Wedding: 'Bachelor' Arie Luyendyk Jr. Proposes to Lauren Burnham After Breaking Off Engagement to Becca](#)

3. Slide into someone's DMs (nicely!): Take advantage of people you're already connected with on social media. Keep your eyes peeled for posts that show what the person cares about. Try starting a conversation based on something you know you have in common. Don't send them a generic "hey" if you want to get an actual conversation going.

How do you put yourself out there for a new relationship? Start a conversation in the comments below!

Celebrity Divorce: Ewan McGregor Settles Divorce from Eve Mavrakis 2 Years After Filing





By Diana Iscenko

In the latest [celebrity news](#), Ewan McGregor and Eve Mavrakis have finalized their divorce more than two years after filing. The [celebrity couple](#) was married for 22 years, with McGregor filing for divorce in January 2018, citing insupportable differences. There were rumors of this [celebrity divorce](#) before it was filed, with McGregor spotted kissing *Fargo* costar Mary Elizabeth Winstead in October 2017. The couple went public with their relationship after McGregor's divorce was filed and are still together today.

In celebrity divorce news, it's officially over for Ewan McGregor and his now ex-wife Eve. What are some ways to get through tough divorce proceedings?

Cupid's Advice:

No one is expecting to get divorced on their wedding day. Even if your divorce was a long time coming, it can be hard to come to terms with the end of your marriage. If you need help getting through your divorce, Cupid has some advice for you:

1. Let yourself mourn: Your marriage is over and you're supposed to be upset about it. Whether you're heartbroken over betrayal or just bummed it didn't work out, you need to let yourself feel your emotions. Let yourself be upset.

Related Link: [Relationship Advice: Does Marriage Change Your Feelings?](#)

2. Stop fighting with your ex: You might be tempted to call your ex out on their bad behavior. If you keep fighting with your ex, you're letting the unhappiness of your past marriage get in the way of your moving on. Remember you aren't married anymore and you don't need to fight with them.

Related Link: [Celebrity Divorce: Judge Rejects Mary-Kate Olsen's Emergency Divorce Filing from Olivier Sarkozy](#)

3. Open up to someone: It's important to find someone to confide in. Talk to a trusted friend, family member or therapist. You shouldn't keep your frustrations inside, but you also shouldn't complain about your divorce to your ex's voicemail or to your children.

How do you handle things with your ex? Start a conversation in the comments below!

Celebrity

News :

'Bachelorette' Becca Kufrin Speaks Out About Garrett Yrigoyen's Controversial Police Support



By Diana Iscenko

In the latest [celebrity news](#), [Bachelorette](#) Becca Kufrin disagrees with fiancé Garrett Yrigoyen's recent Instagram post. Yrigoyen posted a photo of the "Thin Blue Line," a symbol showing support for police officers. "With so many friends and family in law enforcement, I couldn't sit back and not support them," said Yrigoyen on the post. On a recent episode of the *Bachelor Happy Hour* podcast, the [reality TV](#) star spoke out: "I believe that he is a good person... I do

think [the post] was tone-deaf, and it was the wrong time and message and sentiment.” Kufrin’s co-host, Rachel Lindsay, was more critical of his silence about the Black Lives Matter movement: “I don’t think Garrett is malicious, but Garrett is what the problem is.”

In celebrity news, Becca Kufrin opened up about her fiancé Garrett’s recent social media posts supporting the police during the Black Lives Matter movement. What do you do if you disagree with your partner’s social views?

Cupid’s Advice:

It’s impossible to agree with your partner on everything. However, differences in political and social beliefs can feel harder to find a compromise. If you’re not sure how to talk to your partner when you disagree on these views, Cupid has some advice for you:

1. Acknowledge each other’s views: You don’t have to agree, but you both need to understand where the other is coming from. Acknowledging and understand your partner’s views will let you understand their thought process. Being able to have healthy conversations will prevent misunderstanding their views.

Related Link: [Celebrity Couple News: ‘Bachelorette’ Becca Kufrin Is Engaged to Garrett](#)

2. Be specific: Focus on the issues you’re discussing. Don’t diminish each other’s beliefs to political parties or

candidates. Even if you're registered to different parties, there are still issues you might have similar views about. Having pointed discussions about the issues you care about will prevent you or your partner from generalizing.

Related Link: [Celebrity News: 'Bachelorette' Star Blake Horstmann Talks Moving On After Becca Kufrin Split](#)

3. Agree to disagree: It's almost impossible to change people's beliefs. You need to decide when it's time to give yourselves space to disagree about topics. Some topics can easily be left alone. Other topics that you're passionate about may be harder. If you're unable to comfortably leave these disagreements with your partner, it may be time to consider how these disagreements affect you and your relationship.

How do you navigate these difficult conversations with your partner? Start a conversation in the comments below!

Celebrity Wedding News: Gwen Stefani & Blake Shelton Want to Get Married Post-Pandemic





By Diana Iscenko

In the latest [celebrity news](#), [Gwen Stefani](#) and [Blake Shelton](#) are waiting until after the COVID-19 pandemic ends to tie the knot. The [celebrity couple](#) has been secretive about their wedding plans, leaving fans in the dark about their engagement. A source close to the couple told *UsMagazine.com* that Stefani had begun the process to annul her previous marriage in the Catholic church in March of last year. However, the current global crisis has “changed Gwen’s feelings about getting the annulment and getting married.” Now Stefani and Shelton’s [celebrity wedding](#) will take place after social distancing restrictions are lifted. “She didn’t wait this long to get married with family watching on Zoom,” the source reveals.

In celebrity wedding news, Gwen and Blake want to take the next step in

their relationship and tie the knot, but they want to wait until after the pandemic. What are some ways to have a special wedding celebration during the pandemic?

Cupid's Advice:

Quarantine has put a halt to a lot of weddings. Whether you pushed back your ceremony or decided to get married without the reception (for now), you'll still want to do something special. Whether you want to celebrate your actual marriage or your would-have-been wedding date, Cupid has some advice for you:

1. Virtual reception: While a Zoom-sponsored wedding reception may not have been your first choice, being able to talk to your closest friends is worth it. Get dressed up and make speeches with your wedding party and others close to you!

Related Link: [Celebrity News: How Blake Shelton's Divorce Led Him to True Love](#)

2. Socially-distant car parade: One way to celebrate your special day is to have your close friends and family who live locally drive by your house. Despite the distance, your loved ones will be able to celebrate your wedding in person from inside their cars.

Related Link: [Celebrity News: Gwen Stefani Had No Idea Who Blake Shelton Was Before 'The Voice'](#)

3. Stay-at-home celebration: At the end of the day, your wedding is about you and your partner. Take this chance to have a romantic stay-at-home date with your new spouse. You

could dress you and make a fancy dinner or you could get comfy and reminiscence on your relationship.

What are you doing to celebrate the special moments in your life during quarantine? Start a conversation in the comments below!

Celebrity News: Kourtney Kardashian Says She Has 'Responsibility' to Teach Kids About White Privilege





By Diana Iscenko

In the latest [celebrity baby](#) news, [Kourtney Kardashian](#) shares that she's committed to teaching her children about white privilege. In a recent Instagram post, Kardashian shares the importance of allowing "conversation without judgement" with your kids. In the wake of George Floyd's death and Black Lives Matter protests, it's easy to turn away from these conversations because they're uncomfortable. "As a mother, there is a natural instinct to protect my children from anything that might make them feel sad or unsafe," said Kardashian. However, that's not stopping the [reality TV](#) star: "I bare the responsibility to speak with my kids honestly and often about it, even when the truth is uncomfortable." Kardashian set an example for her children by donating to the NAACP and the Bail Project through her lifestyle and wellness brand Poosh.

In celebrity news, Kourtney

Kardashian is speaking out about teaching her kids about racism and white privilege. What are ways to come to terms with your partner on which values to instill in your children?

Cupid's Advice:

As much as we love our partners, we won't always see eye to eye. This becomes especially challenging when it comes to raising your children. If you need help deciding what values to teach your kids, Cupid has some advice for you:

1. Decide what's important: Have a conversation with your partner. Decide what values are non-negotiable and what's most important to actively teach your kids. Remember that your kids will model their behavior after your own, so not every lesson will be verbal!

Related Link: [Celebrity Babies: Kristen Bell Vows to Raise Her and Dax Shepard's Kids to Be 'Anti-Racists'](#)

2. Delegate "teachable moments": While you should both be teaching your children values, one of you might have a stronger connection to a particular issue. If your partner has a personal experience that makes them passionate about a subject, you might want to take the backseat for those conversations.

Related Link: [Celebrity Exes: Scott Disick is 'Always Flirting' With 'Best Friend' Kourtney Kardashian](#)

3. Adapt your views: As your child (and you and your partner!) ages, what's most important to teach them will change. Outside

forces, like experiences at school and current events, might require you and your partner to have discussions you hadn't planned on before. Flexibility is important to best teach your child in a changing world.

How is your partner helping plan your special day? Start a conversation in the comments below!

Celebrity Wedding News: Sienna Miller 'Can't Wait' to Make Lucas Zwirner Her Husband





By Diana Iscenko

In the latest [celebrity news](#), actress Sienna Miller is excited to tie the knot with fiancé Lucas Zwirner. The [celebrity couple](#) got engaged in February after meeting in December 2018. A source close to the pair told *UsMagazine.com* that Miller “can’t wait” to turn her fiancé into her husband. “They’re so in love. They’re so excited for this new chapter,” revealed the source. The couple hasn’t announced a date for their [celebrity wedding](#) yet.

In celebrity wedding news, Sienna Miller is in planning mode for her marriage to Lucas Zwirner. What are some ways to incorporate both of your personalities into your

wedding day?

Cupid's Advice:

Your wedding should be a great day for both you and your spouse. It's easy to get caught up in your ideas on how the day should go, but it's just as much your partner's special day as it is yours. If you're not sure how to involve your future spouse in the wedding process, Cupid has some advice for you:

1. Start on the same page: Set the tone for your wedding planning process. Let your partner know that their ideas are just as valid as yours and that you want their help. A good jumping-off point is making a list of must-haves for each of you and coming together to see what's most important to the other.

Related Link: [Celebrity Couple News: Hilary Duff Shares Heartfelt Tribute to Matthew Koma on Engagement Anniversary](#)

2. Put them in charge: Give your partner complete control over an aspect of your wedding. If they're passionate about music, let them make the decisions regarding the band or DJ. If you're in charge of other aspects of our special day, your partner should have the same experience.

Related Link: [Relationship Advice: How Important Are Similarities For A Happy Marriage?](#)

3. Value their input: Let your partner voice their opinions. A good way to do this is to present your partner with your topic choices. Let them help you decide between your top three cake choices. Not only will it make the decision process simpler, it gives both parties input on an aspect of the wedding.

How is your partner helping plan your special day? Start a conversation in the comments below!

Celebrity Babies: Carrie Underwood Said She 'Considered Adoption' Following Multiple Miscarriages



By Diana Iscenko

In the latest [celebrity news](#), [Carrie Underwood](#) shared that she and husband Mike Fisher “considered adoption” before the birth of their second son. Underwood recently revealed that

the [celebrity couple](#) had three miscarriages in two years. According to *UsMagazine.com*, on the latest episode of *Mike and Carrie: God & Country*, the singer said, “We needed to have a baby or not ever. Because I couldn’t keep going down that road anymore.” The pair considered adopting to bring [celebrity baby](#) #2 into the world, but they were then able to conceive their second son Jacob, whom they welcomed in January 2019.

In celebrity baby news, Carrie Underwood considered adoption after having multiple miscarriages. What are some ways to decide if adoption is right for you and your partner?

Cupid’s Advice:

When you and your partner are ready to start a family, consider adopting kids! Adoption comes with its own set of challenges, but it’s just as rewarding (if not more) as having your biological children. If you’re not sure if adoption is right for you and your partner, Cupid has some advice for you:

1. You are unable to have biological children: Many couples who are unable to conceive on their own turn to adoption. Whether you have fertility issues or have a same-sex partner, adoption is the perfect way to expand your family.

Related Link: [Celebrity Baby: Carrie Underwood Welcomes Second Son!](#)

2. You want to help the foster system: Many people feel that they should adopt children, not because they are physically unable to do so, but because they want to lighten the burden of the foster system. You and your partner have love to give and there are thousands of children who need a loving home.

Related Link: [Celebrity Parenting: Find Out What Carrie Underwood Is Doing Differently as a Second-Time Mom](#)

3. You have religious limitations: Some couples who are having trouble conceiving turn to adoption, instead of fertility treatments and in vitro fertilization, because of religious beliefs. Believing every life is sacred extends to the children you can adopt.

Would you be open to adoption? Start a conversation in the comments below!

Health Advice: Exercise Is a Complementary Medicine for Chronic Conditions





By Diana Iscenko

Getting [exercise](#) during quarantine is hard for everyone, but it may be the most detrimental to the 100 million American adults who struggle with chronic pain. Exercise is a common treatment to minimize chronic pain. While it's not a replacement for more traditional medicine, it can increase mobility, decrease inflammation, and minimize your overall pain.

Exercise also helps improve sleep patterns, which are often disrupted by medications commonly used to treat chronic pain. People who exercise consistently usually sleep longer and deeper than those who don't exercise.

Remember that it's important to talk to a doctor before starting a new exercise regimen. Depending on where your chronic pain bothers you, some exercises may be too difficult and will worsen your pain. Always move at your own pace, and listen to your body! Some days will be harder than others, but don't force your body to something that will hurt you.

Keeping your own body and limitations in mind, here is some health advice on four different types of exercise that you might want to try that can help minimize chronic pain:

1. Stretching exercises

Stretching once a day increases flexibility, loosens stiff muscles, and brightens your mood. If you have chronic pain, stretching can help release the tension you feel in your body. Stretching is a great exercise for those new to working out because it's low impact and can easily be done at home without equipment.

Stretching is especially helpful for those with chronic back or neck pain. To stretch your back, get on your hands and knees and start with your back flat. Stretch your abdominal muscles and raise your back to be curved. You want to let your head hang comfortably between your arms as you stretch your back. Try to keep your abdominal muscles as tight as possible while stretching your back.

To stretch your neck, start by sitting with your legs crossed. Bring your left ear to your left shoulder. Lower your head and bring your chin to your chest. Breathe deeply and roll your head so your right ear touches your right shoulder. Remember to relax your neck muscles and stop if you feel and pain.

Related Link: [Health Trend: Top 10 Tips to Develop a Health Education](#)

2. Relaxation exercises

Another beginner-friendly exercise is relaxation exercises! This requires no equipment and can be done virtually anywhere you want. Relaxation exercises include deep breathing and visualization, which can be helpful to those living with chronic pain. While this may not “feel” like traditional exercise, it releases endorphins and can minimize pain.

To start, lie in a comfortable position on a bed or the floor. Relax your body and close your eyes. Focus on your breathing: inhale through your nose and exhale through your mouth. It may be helpful to place your hands on your stomach to feel yourself breathing. Visualize the pain leaving your body as you continue to focus on your breathing.

Many people use relaxation exercises before bed to help them fall asleep, but it can be done at any point during the day.

Related Link: [Fitness Trend: Move Away from Your Dependence on Technology](#)

3. Strengthening exercises

While these exercises can be a little more intense, it's still easy to do strengthening exercises from the [comfort of your home](#) with little-to-no equipment. These exercises can help reduce joint pain, build muscle and prevent injuries in the future. Building core muscles is especially important for those with chronic pain because it helps with posture and balance and can prevent future injuries resulting in worsened pain.

You want to push your muscles outside their comfort zone during these exercises. Any exercise that uses resistance against your muscles will make you stronger. Sometimes that resistance is your own body weight. There's no need to overextend yourself.

Strength exercises do not need weights. There are plenty of exercises that build strength—such as squats, push-ups,

lunges, planks and jumping jacks—that don't require any equipment and don't feel as intimidating. Remember to do several repetitions of each to build up your strength!

Related Link: [Fitness Tips: Mix Up Your Routine with These Celeb-Approved Workouts](#)

4. Cardio exercises

Cardio exercises are great because there's something for everyone! These exercises include walking, running and swimming. Cardio helps heart health and builds endurance. It also releases endorphins, which will help decrease your chronic pain.

If you have access to a gym, you can use the treadmill or elliptical machines to work on your cardio. If not, you can go on walks or runs. Don't worry about how long you can exercise. Practice makes perfect and the more often you do cardio exercises, the more endurance you'll build up. If you use mobility aids, be sure to take it with you on your walks.

If you find walking or running too difficult, swimming is a great alternative. It's a great cardio exercise while being extremely low impact. Swimming keeps your body moving without putting pressure on your muscles and joints. It's also therapeutic and can help you clear your mind.

Which of these exercises are you willing to try? Start a conversation in the comments below!

Celebrity Babies: Kristen

Bell Vows to Raise Her and Dax Shepard's Kids to Be 'Anti-Racists'



By Diana Iscenko

In the latest [celebrity news](#), [Kristen Bell](#) shared her and husband Dax Shepard's commitment to teaching their daughters about racial inequality. In the wake of George Floyd's death and Black Lives Matter protests, the [celebrity couple](#) is working toward raising "anti-racist" children. In an interview with *The Morning Beat*, Bell said, "I have been having a lot of conversations with my children about what's happening right now because I think part of the problem is discomfort." Bell continues to say that while these conversations are hard, they need to occur within white communities: "Bring it to your

dinner table, don't look away because it's uncomfortable."

In celebrity baby news, Kristen and Dax's kids will be raised as anti-racists. How do you instill good values in your children?

Cupid's Advice:

We all want our kids to grow up to be good people but toeing the line of informative and lecturing can be difficult. If you're not sure where to start, Cupid has some advice for you:

1. Be a good role model: You need to set a good example for your children. No matter what you teach them, it will be undone if they see you acting differently from what you've taught them. Don't undermine yourself! Apologize to your kids when you mess up. Share your experiences with them so they can understand why the values you teach them are so important.

Related Link: [Celebrity Couple Kristen Bell & Dax Shepard Talk Disciplining Their Daughters](#)

2. Relate the issue to their life: Relating a value back to your child's life will make it easier for them to understand it and why it's important. You can use anything to teach them—an issue at school, an event you witness at the store, or even an incident on the news. These make great spontaneous lessons. Ask your kids what they would've done.

Related Link: [Celebrity News: Dax Shepard Originally Turned Down 'Parenthood' for Kristen Bell](#)

3. Follow through: Let your kids know when you're proud of their behavior! Thank them when they do something you asked. Acknowledge when they make you proud. However, you also need

to hold your kids accountable when they're less than perfect. Turn their mistakes into a chance to learn and make amends for what they did.

How do you start these difficult conversations with your kids? Start a conversation in the comments below!

Celebrity Couple News: Kim Kardashian & Kanye West Are on 'Different Pages' Amid Quarantine





By Diana Iscenko

In the latest [celebrity news](#), things between [Kim Kardashian](#) and [Kanye West](#) are rocky during quarantine. A source told *UsMagazine.com* that the [celebrity couple](#) has different routines: “Kim is working out nonstop and doing her thing. Kanye is having a harder time because he does not have a regimented routine like Kim.” Despite their opposing schedules, the duo is “doing well” and trying to get back on the same page.

In celebrity couple news, Kim and Kanye aren't seeing eye to eye during quarantine. What are some ways to adapt to quarantine with your partner?

Cupid's Advice:

Being stuck at home can cause a strain on your relationship, but it doesn't have to! Turn quarantine into a time to strengthen your relationship with your partner. Cupid has some advice for you:

1. Have alone time: Being unable to leave your house means you're spending 100% of your time with your partner. It's healthy to have time for yourself. Plan for you and your partner to have time without the other. It doesn't matter what you do as long as you focus on yourself.

Related Link: [Celebrity Couple News: Kim Kardashian Needs Space From Kanye West](#)

2. Make a routine: Quarantine has gotten rid of all the structure you're used to having, so it's time to create your own! Sit down with your partner and create a rough schedule of the day. This will help your days feel more "normal."

Related Link: [Celebrity News: Chris Lane Reveals Quarantine Has Strengthened Relationship with Lauren Bushnell](#)

3. Stay connected with others: Just because you can't see your friends and family doesn't mean you shouldn't be talking to them! There are plenty of ways to stay in touch with the outside world. Make sure to schedule time to talk to other people outside of your household.

How have you and your partner been working on your relationship during the pandemic? Start a conversation in the comments below!

Celebrity News: Ben Affleck & GF Ana De Armas Join California Black Lives Matter Protests



By Diana Iscenko

In the latest [celebrity news](#), [Ben Affleck](#) and Ana De Armas participated in the #BlackLivesMatter protests in Venice, Calif. last Tuesday. The [celebrity couple](#) was spotted holding signs that read "Black Lives Matter" and "Save First Baptist Church of Venice." Affleck and De Armas showed their support of the historic black church built in 1910 that faces the possibility of demolition. The famous couple are only two of the many Hollywood stars who are speaking out against the

recent death of George Floyd.

In celebrity news, Ben Affleck and his new girlfriend are joining forces to protest racism. What are some ways to support a worthy cause with your partner?

Cupid's Advice:

Activism is important and there are countless causes that need your support. Find out what topics you're passionate about! If you're not sure where to start or how to support these causes with your partner, Cupid has some advice for you:

1. Protest in your city: No matter what cause is close to your heart, there's sure to be an upcoming demonstration for it. You and your partner can attend these together. You two can also spend the day before preparing for them together: making signs and packing the necessary supplies.

Related Link: [Celebrity Couple News: Ben Affleck Is 'Very Supportive' of Girlfriend Ana De Armas](#)

2. Donate to causes: It's important to put your money where your mouth is when it comes to activism. Research a trusted organization and donate to them. Everyone has limits to what they can afford so don't feel obliged to drop money you don't have!

Related Link: [Celebrity News: Blake Lively & Ryan Reynolds Donate \\$200,000 to NAACP Legal Defense Fund](#)

3. Educate yourself and others: You can always be a better activist and there's always more to learn. You and your partner can watch documentaries or listen to podcasts

together. If you're feeling up to it, you can also try to educate other family and friends.

What causes are important to you and your partner? Start a conversation in the comments below!

Celebrity Baby News: 'Duck Dynasty' Star Phil Robertson Finds Out He has Adult Daughter From Past Affair



By Diana Iscenko

In the latest [celebrity news](#), *Duck Dynasty* star Phil Robertson discovered he has a 45-year-old daughter. In a recent episode of their podcast, *Unashamed with Phil Robertson*, two of Robertson's sons, Alan, 55, and Jase, 50, revealed they received letters from their long-lost sister, Phyliss. The [reality TV](#) patriarch took a DNA, which was a 99.9% match. "As it turns out, 45 years, you have a daughter that you don't know about. Finally, after all those years, we come together," Robertson said.

In celebrity baby news, Phil Robertson is coping with the news that he has an adult daughter he never knew about. What are some ways to welcome a child (baby or adult) into your family?

Cupid's Advice:

Families come in all shapes and sizes. No matter who you're bringing into your family, it's important to welcome them with open arms. If you're unsure how to seamlessly expand your family, Cupid has some advice for you:

1. Tell extended family: Whether you're having a baby, adopting a child, or reuniting with an adult family member, it's important to make sure they feel welcome. That starts with the entire family being excited to meet them, not just the parents.

Related Link: [Relationship Advice: How to Deal With Estranged Family Members](#)

2. Make sure they're comfortable: For a baby, this would be setting up a nursery. However, it can vary for older family members. Make sure to openly communicate with them about their needs. Listening to them will make them feel valued and like part of the family.

Related Link: [Duck Dynasty's Miss Kay Reveals She Birthed Her First Child Before Marriage](#)

3. Put energy into the relationship: It's not enough to be initially welcoming. Let your new family member know how excited you are for a future with them and use your actions to follow through with that. Be supportive, be accepting, and be there for them.

How do you welcome your new family members? Start a conversation in the comments below!